

Comanche ISD

Physical Fitness Assessments

During the 80th Legislative Session, Senate Bill 530 was passed into Texas state law. This new law requires physical fitness assessment for all students in grades 3-12 starting in the 2007-2008 school year. The Texas Education Agency has identified FITNESSGRAM as the assessment tool that will be used by all districts throughout the state. Comanche ISD began physical fitness assessment for all students in grades 3-12 in the spring of 2008.

FITNESSGRAM was developed by The Cooper Institute in an effort to provide physical educators with a tool that would facilitate communicating fitness testing results to students and to parents. FITNESSGRAM measures three components of health-related physical fitness that have been identified as important to overall health and function:

- aerobic capacity
- body composition
- muscular strength, endurance, and flexibility

Comanche ISD will test for aerobic capacity with either a mile run or a pacer test. A pacer test uses cones which are set up 30 meters apart. Students will have to run back and forth between the cones at a specific pace for a short amount of time. Body composition will be assessed by body mass index which requires a measurement of height and weight. Muscular strength and endurance will be assessed by using a choice of push-ups, pull-ups, or flexed arm hangs and with curl-ups and trunk lifts. Muscular flexibility will be assessed by either sit and reach or shoulder stretch testing.

FITNESSGRAM assessments are conducted on all students in grade 3-12 per state law. Testing will begin each spring and will be completed by the end of May. Each individual campus will develop a testing time period that is specific for each campus with a goal of minimal disruption to the regular school day.

Parent will receive their student's fitness results at the conclusion of the assessment.

For more specific information about FITNESSGRAM you can refer to their web site: <http://www.fitnessgram.net/overview/> or contact your student's campus principal.