Report for Parents

People come in all shapes and sizes, but everyone can benefit from regular physical activity and a healthy level of physical fitness. The FITNESSGRAM fitness test battery evaluates five different parts of health-related fitness, including aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. Parents play an important role in shaping children’s physical activity and dietary habits. This report will help you evaluate your child’s current level of health-related fitness and help you identify ways to promote healthy lifestyles in your family.

AEROBIC CAPACITY

Aerobic capacity is a measure of the ability of the heart, lungs, and muscles to perform sustained physical activity. In general, the more your child exercises, the higher his or her aerobic capacity level will be. Aerobic capacity is measured with the PACER test, the one-mile run, or the walk test. Importance: Good aerobic capacity can reduce risks of heart disease, stroke, and diabetes. Although generally not present in children, these diseases can begin during childhood and adolescence.

Healthy Fitness Zone for 11 year-old girls = 15 - 41 laps

MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY

These components of health-related fitness measure the overall fitness of the musculoskeletal system. A variety of tests are used to assess these different components. Importance: The fitness level of muscles is important for injury prevention and overall body function. Strength, endurance, and flexibility are important for maintaining good posture, low back health, and total body function.

Healthy Fitness Zone for 11 year-old girls

- Curl-Up = 15 - 29 repetitions
- Trunk Lift = 9 - 12 inches
- Push-Up = 7 - 15 repetitions
- Back-Saver Sit and Reach = At least 10 inches on R & L

BODY COMPOSITION

The body composition measure refers to the relative proportion of fat and lean tissue in the body. Body fat percentage can be estimated by skinfold calipers or other measuring devices. The Body mass index (BMI) is another indicator that determines if a person is at a healthy weight for his or her height. Importance: Overweight youth are at high risk for being overweight adults. Adult obesity is associated with a number of chronic health problems. Many of these health problems can begin early in life. It is important to begin healthy eating and regular activity early.

Healthy Fitness Zone for 11 year-old girls = 13.00 - 32.00 %

INTERPRETING THE FITNESSGRAM REPORT

Health-related fitness includes a variety of factors. With regular physical activity most children will be able to score in the Healthy Fitness Zone for most of the tests. It is important for all children to be physically active every day (a total of 60 minutes is recommended) even if they are already fit. If your child is in the Needs Improvement area on a particular test, it is important to provide additional opportunities to be active so they can improve their levels of fitness.

Please refer to the back page of the parent report for a description of the Healthy Fitness Zone and for tips on promoting physical activity in your family.

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about the Physical Activity Pyramid for Children

The Physical Activity Pyramid provides a way of describing the variety of physical activities that contribute to good health. Children are encouraged to learn and perform activities from each of the first three levels of the pyramid.

➢ Level 1 of the pyramid includes lifestyle activities, or activities that can be done as part of daily living. Activities at this level include walking to school, riding a bike, raking leaves, cleaning house, and general outdoor play of all kinds. These types of activity are emphasized because people are more likely to do them throughout their lifetimes.

➢ As children grow older, they will be interested in activities at level 2, including aerobic sports and other aerobic activities.

➢ Activities in level 3 include flexibility and muscular fitness activities.

Children should be introduced to the level 2 and level 3 activities gradually and at a rate consistent with their skills, age, and level of maturation.

Long periods of inactivity are inappropriate for children. For this reason it is important that children have several play periods in the form of recess or physical education each day and that they have opportunities to be active before and after school.
The FITNESSGRAM Parent Reports explains the importance of fitness and physical activity to parents.

Each of the three areas of health-related fitness are explained, and the report gives parents their child’s score for each test given.

The parent report gives more information about the relevance of the healthy fitness zones and the importance of daily physical activity.

FITNESSGRAM also provides a record of students height, weight, and current and previous test dates.

Current and past scores are included in the report so students can observe their improvement over time.

Please refer to the back page of the parent report for a description of the Healthy Fitness Zone and for tips on promoting physical activity in your family.