

# Fitnessgram

## **Grades/Students**

All students enrolled in physical education grades 4-12

## **Date**

Pretest: October 1-31; Posttest: April 1-30

## **Description**

FITNESSGRAM is a comprehensive educational, reporting and promotional tool used to assess physical fitness and physical activity levels for children. It was first developed in 1982 by the Cooper Institute and is the only nationally recognized health-related fitness assessment. The assessment includes a variety of health-related physical fitness tests that are used to determine students' overall physical fitness and suggest areas for improvement when appropriate.

## **Results**

All student data must be input by each physical education teacher for the students enrolled in their classes. Each teacher can access Fitnessgram on their employee portal.

## **Basis of Test**

District mandate

## **Website**

<http://pe.dadeschools.net>

## **Local Contact**

Dr. Jayne D. Greenberg, District Director, Physical Education and Health Literacy