



### 2007-2008 Achievements

- 2,658,665 Students Assessed
- 6,532 out of 9,212 campuses (70.91%)
- 1,074 out of 1,267 districts (84.77%)
- Attention and involvement from school leadership, parents and community members
- National model for fitness assessment and coordinated school health
- Impetus for strengthening other school health mandates
- Baseline from which we can all move forward

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### Planning for 2008-2009

- Import/enter each student's name, date of birth, gender and grade-level, and ethnicity
- Six test items are required of each student
- Share FITNESSGRAM results with parents
- Data submitted to agency in the Spring of 2009
- Testing can begin at any time
- One test annually is required
- TEASE access is required to upload

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### A Message from Human Kinetics

- The FITNESSGRAM software 8.4 update should be available in approx two weeks. HK will notify all of customers via email to the address that was entered for the license code file.
- With the network versions, only the IT staff will be able to install the update as there will be two updates—one for the server and one for the client.
- Stand alone users can install the update on their own.
- Data management documents for the network versions will be on the FITNESSGRAM web site this week. These should be used as a source of info for districts with either the Small Area Network version or the District SQL version.
- We have reports that some schools/districts have deleted the **unassigned class** from the program. We are adding this to the upcoming 8.4 update that this action cannot be done under any circumstances. But those schools/district that have done this will have to uninstall and reinstall the program.
- As part of the 8.4 update, HK will be adding the Texas PEIMs ethnicity codes as options other than the three-digit federal labels so that these codes can be imported into the software.

Human Kinetics tech support is here to help you!  
 We would like all of our Texas customers to call us whenever an issue arises.  
 Human Kinetics remains fully committed to providing support to the Texas project  
 and to do our part to make sure it continues to be a success.

[www.fitnessgram.net/texas](http://www.fitnessgram.net/texas)    800-747-4457

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**Ethnicity Code Information**

- Texas PEIMS - 1 American Indian or Alaskan Native
- Texas PEIMS - 2 Asian or Pacific Islander
- Texas PEIMS - 3 Black, not of Hispanic origin
- Texas PEIMS - 4 Hispanic
- Texas PEIMS - 5 White, not of Hispanic origin

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**Lessons Learned & Moving Forward**  
*Testing*

- Do not test beyond the Healthy Fitness Zone
- Do not reward for pre-tests
- Provide fun opportunities to practice
- Conduct the tests for an individual student in condensed timeframe
- Provide for campus nurse to be on call during testing times
- Conduct the mile run in the morning, use heat index
- Maintain results for special education students with the details of the modification that you are using for annual review

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**Lessons Learned & Moving Forward**  
*Leadership and Support*

- Identify district lead to coordinate efforts
- Communicate requirements with district leadership
- Involve parents, principals and community
- Be transparent with parents and guardians
- Host an event that showcases the components of Coordinated School Health being implemented on the campus or within the district
- Recruit local celebrities to talk about the fitness assessment and overall health

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**Lessons Learned & Moving Forward**  
***Training and Communication***

- Employ a train the trainer model
- Maintain a FITNESSGRAM training manual in each school library
- Create your own district training manual
- Involve IT staff in all software or data-related communications
- Attend ongoing professional development opportunities
- Send an initial announcement letter with a sample exemption form
- Consider hiring a paid person at each high school campus to be responsible for training, testing/scheduling, and data entry

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**More to Learn...**

- Testing, scheduling, timelines
- Improving curriculum and programs
- Involving students, administrators, parents and community members
- Training, communications, continuous improvement
- Safety, Special Populations
- Marketing, promotion, use of data

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**Sharing Experiences**

- At your site, share one thing that you would repeat and one thing you would not repeat from the 2007-2008 school year
- ESCs: Pick your group's favorite example of a "do" and a "don't" to share with the TETN audience
- Please send these thoughts to me at [Marissa.Rathbone@tea.state.tx.us](mailto:Marissa.Rathbone@tea.state.tx.us)
- FITNESSGRAM Implementation Guide available in October-November 2008

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**Resources**

- <http://www.tea.state.tx.us/health/PFAI.html>
- [www.fitnessgram.net/texas](http://www.fitnessgram.net/texas)
- [www.tahperd.org](http://www.tahperd.org)
- Division of Curriculum, TEA: 512.463.9681
- Health and Safety, TEA: 512.463.3070

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