

Physical Fitness Assessment Initiative

Programmatic Leveling Analysis

Grade	2007-2008 Data			2008-2009 Data		
	FITNESSGRAM [®] Test (% Achieving Health Fitness Zone on all 6 tests)			FITNESSGRAM [®] Test (% Achieving Health Fitness Zone on all 6 tests)		
	Total	Girls	Boys	Total	Girls	Boys
3	102,342	33.25	28.60	116,096	36.42	30.89
4	80,539	28.50	21.14	95,842	33.53	24.55
5	66,798	23.82	17.89	79,281	28.02	20.85
6	60,663	23.08	17.60	75,610	28.20	20.55
7	55,441	21.32	17.26	66,950	26.01	19.58
8	48,971	18.99	17.88	60,004	22.28	19.80
9	39,456	13.90	15.04	46,206	16.25	16.14
10	28,650	12.42	13.70	32,865	13.33	13.88
11	21,152	10.68	12.24	24,416	11.10	12.16
12	13,040	8.18	8.96	15,468	8.78	9.25

Students Assessed: 2,658,665
 Campuses: 6,532 out of 9,212 (70.91%)
 Districts: 1,074 out of 1,267 (84.77%)

Students Assessed: 2,801,486
 Campuses: 6,831 out of 9,240 (73.93 %)
 Districts: 1,132 out of 1,266 (89.42 %)

Summary of Data Analysis:

State level data improved slightly from year one to year two in almost every grade level. As with most other public health-related data, trends do not change significantly from one year to the next year particularly in the initial years of evaluation. With a focused effort at the local level to implement evidence-based physical activity and nutrition programs, we may continue to see improvement from year to year. School districts are encouraged to review their own data by utilizing the FITNESSGRAM software and its various reporting systems as well as other evaluation methods such as the School Health Index. Students, school personnel, parents and community members are strongly encouraged to utilize this locally-collected data to motivate the implementation of programs and practices that will improve the health and well-being of youth.

Goals for Districts and Campuses during the 2009-2010 school year:

- Collect and submit fitness assessment data representing 100% of school districts and charter schools.
- Increase percentage of students able to achieve the healthy fitness zone standard in all six required test items.
- Develop and implement goals and objectives for physical education/activity programs after reviewing data collected through fitness assessment and other evaluation methods.
- Incorporate Coordinated School Health as a part of Campus Improvement Plans.
- Strengthen and utilize School Health Advisory Councils to support the implementation of all school health policies and practices.