

# ABOUT THE FITNESSGRAM

Today the FitnessGram is used annually in tens of thousands of schools, reaching over 10 million children across the United States. We know that data drives decisions and that we can't manage what we don't measure. FitnessGram allows teachers, administrators, parents, and most importantly, students, to know, understand and make positive changes to their health, and in turn build healthy habits needed to carry them well into the future.

Over 35 years of research, evaluation, validation, and enhancement by FitnessGram esteemed Scientific Advisory Board have made FitnessGram the most trusted and widely used fitness assessment, education, and reporting tool in the world.

FitnessGram is unique, and widely accepted, because the fitness assessments are evaluated using criterion-referenced standards. An advantage of criterion-referenced standards, over percentile norms, is they are based on levels of fitness for good health. The amount of fitness needed for good health differs between boys and girls and it also varies across age.

## Healthy Fitness Zone (HFZ)

The goal in FitnessGram is for children to achieve the Healthy Fitness Zone on as many assessments as possible. Because only modest amounts of activity are needed to obtain health benefits, most students who perform regular physical activity will be able to achieve a score that will place them within or above the Healthy Fitness Zone on most FitnessGram test items. If children are in the Healthy Fitness Zone they are considered to have sufficient fitness for good health.

## Muscular Strength, Endurance, and Flexibility

Test components for the musculoskeletal system are broken down into three primary areas: muscular strength, muscular endurance and flexibility.

FitnessGram tests these three areas to assess the functional health status of the musculoskeletal system.

- Muscular strength is the maximal force your muscles can exert in a single effort.
- Muscular endurance is the ability to sustain, or repeat muscular activity, over time.
- Flexibility describes the range of motion of muscles at the joint.