

Georgia Department of Education
Annual Fitness Assessment Program Report



2014

Georgia Department of Education

Table of Contents

3	Acknowledgements
4	Introduction
6	Summary
17	Conclusion
18	Additional Health Related Fitness Data
Appendices	
22	Appendix A: Georgia FITNESSGRAM Tests Description
25	Appendix B: Sample Parent Report
26	Appendix C: Schools - 2013 Governor's SHAPE Honor Roll
30	Appendix D: Percentage Tested by District

Acknowledgements

The 2014 Georgia fitness assessment was implemented in the 2013-2014 school year with collaborative support and funding.

Student Health and Physical Education (SHAPE) Partnership

In a collaborative effort to support the SHAPE Initiative, the Governor's Office created the Georgia SHAPE Partnership in 2010. This group of government, education, healthcare and non-for-profit leaders provide the schools with the proper information and tools to successfully implement the program. These partners provide funding, training, data centralization, reward/recognition and a sustainable plan for long-term results.

The Georgia SHAPE network of partners includes: The Georgia Governor's Office, the Arthur M. Blank Family Foundation, the Georgia Department of Public Health, the Georgia Department of Education, the Atlanta Falcons Youth Foundation, the Atlanta Braves Foundation, Bright From the Start, Children's Healthcare of Atlanta, The Coca-Cola Company, Destiny Organics, Georgia Grown, Georgia Organics, Giving Point, Good Sports, HealthMPowers, Tons of Fun, and The Southeast United Dairy Industry Association, Inc. (SUDIA) all committed to improving the health of our young people by offering assistance and opportunity to achieve a greater level of overall fitness.

Georgia SHAPE begins with a basic, benchmark measurement of fitness among our students called FITNESSGRAM. The FITNESSGRAM tool used for SHAPE's annual standardized fitness assessment evaluates five different parts of health-related fitness, including aerobic capacity, muscular strength, muscular endurance, flexibility and body composition using objective criteria. It also generates reports providing valuable individual, school, and state-level data to empower parents, schools, and the community to best access the current health needs for children in Georgia. The report is delivered confidentially to families and aggregate results are reported to create a true "snapshot" and highlight areas for improvement.

Georgia SHAPE takes the next step in offering resources to learn more about FITNESSGRAM, healthy recipes and a first-of-its-kind Fitness at Your Fingertips app to locate health and fitness activities throughout Georgia.

When schools participate in the SHAPE initiative, their physical education teachers receive professional training about testing protocol and data entry, and they are supplied with the equipment, software and technical support needed to conduct the assessment in their school. Participants will also be eligible for the Governor's award and recognition program, which will provide exciting incentives for teachers and schools.

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Introduction

The Georgia Student Health and Physical Education (SHAPE) Act was passed in the 2009 Georgia legislative session and is outlined in the Official Code of Georgia Annotated § 20-2-777. Beginning in the 2011-2012 school year, the law required each local school district to conduct an annual fitness assessment program for all students in grades 1-12 enrolled in classes taught by certified physical education teachers.

After the initiative was passed, a Georgia Department of Education (GaDOE) Fitness Assessment Advisory Committee was appointed to make recommendations to the State Board of Education about the assessment tool, the goals, and success measures of a pilot program. The Committee recommended FITNESSGRAM, which is a comprehensive health-related physical fitness and activity assessment and computerized reporting system developed by The Cooper Institute, and is used by tens of thousands of schools nationwide. The Committee recommended and the Board approved an assessment battery to include aerobic capacity, flexibility, muscular strength, muscular endurance, and body composition measures. Aggregate reports and individual student reports for parents/guardians would be integral parts of the program.

For grades 1-3, it was determined that students should be familiarized with the aerobic capacity, flexibility, muscular strength, and endurance tests. Data should be collected on height/weight, with individual reports optional, and aggregate data reported.

Grades 4-12 should participate in a full battery of assessments and both individual and aggregate student data reported and recorded in all areas of the assessment.

After FITNESSGRAM was selected as the assessment tool, the Governor's Office recognized the opportunity to bring together the Georgia SHAPE Partnership, a group of government, education, healthcare, and non-profit leaders to collaborate on this statewide effort. Funding, project management, and a pilot program were identified as critical needs to ensure the ongoing success of the initiative.

As part of the statewide implementation of the Georgia Fitness Assessment Program, physical education teachers received professional training concerning testing protocol and data entry. School personnel were also supplied with the equipment, software, and technical support needed to conduct the assessment in their schools. Participants were also eligible to apply for the Governor's award and recognition program, which provides incentives to teachers and schools. Along with the recognition of schools and teachers, Georgia has also received national recognition and attention. Most recently Georgia was recognized by the President's Council on Fitness, Sports and Nutrition as a model for school based fitness assessment programing.

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Based on the findings of the pilot and statewide implementation, it has been determined that students and parents will continue to benefit from this successful SHAPE initiative in several ways. In the short term, parents will receive reports detailing their child's fitness level along with recommendations for improvement. These results will encourage important conversations about physical health and fitness, and endorse a long-term view of health-related fitness that promotes lifelong habits of physical activity. Over time, consistent data collection on health-related fitness standards will establish baseline data, provide an opportunity to track and monitor trends, and enable physical education teachers to develop instructional strategies to improve student fitness levels and knowledge.

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Summary

The statewide *Annual Fitness Assessment Program* was conducted during the 2013-2014 school year. Health-related fitness assessments using FITNESSGRAM were implemented in physical education classes across Georgia.

Goals for the Georgia Annual Fitness Assessment program are to:

- Maintain “FITNESSGRAM Georgia” website
- Ensure physical education teachers are adequately trained to administer the fitness assessment, collect data, and utilize the FITNESSGRAM Georgia website
- Distribute equipment required to conduct the FITNESSGRAM assessment
- Administer the fitness assessment to all students in physical education classes taught by certified physical education teachers in compliance with O.C.G.A. §20-2-777
- Provide parents with individual fitness assessment information utilizing the FITNESSGRAM reporting program
- Gather Georgia’s aggregate health related fitness data

Fitness Assessment Participation

The fitness assessment requires all students in physical education classes taught by a certified physical education teacher shall be tested. As identified in Figure 1 below, 99% of Georgia’s 182 school districts assessed students and utilized the FITNESSGRAM Georgia program to enter data to generate individual student reports for parents and guardians. Out of Georgia’s 2,264 schools, 99% completed fitness assessments. Fitness scores were reported for physical education students from 2,253 schools, representing 71% of the total population of students. In the 2014 school year 1,082,721 students in grades 1-12 participated in the Georgia fitness assessment. This represents students enrolled in physical education classes.

Figure 1: 2013-2014 Fitness Assessment Completion Numbers

Local School Districts 182	Local School Districts Reporting Fitness Assessment 181	Percentage 99%
Schools 2264	Schools Completing Fitness Assessment 2253	Percentage 99%
Total Enrollment Grades 1-12 1,530,414	Students with reported Fitness Scores 1,082,721	Percentage 71% *

*71% of total student population grades 1-12. Georgia students are not required to be enrolled in physical education every school year.

Test Results- School Year 2013-2014

FITNESSGRAM utilizes criterion-referenced standards to determine Healthy Fitness Zones (HFZ). Fitness scores in the HFZ indicate a fitness level associated with positive health benefits. Scores not in the HFZ over a sustained period of time may indicate some health risk. (Please see Appendix A for a description of each Fitness Gram test that was administered).

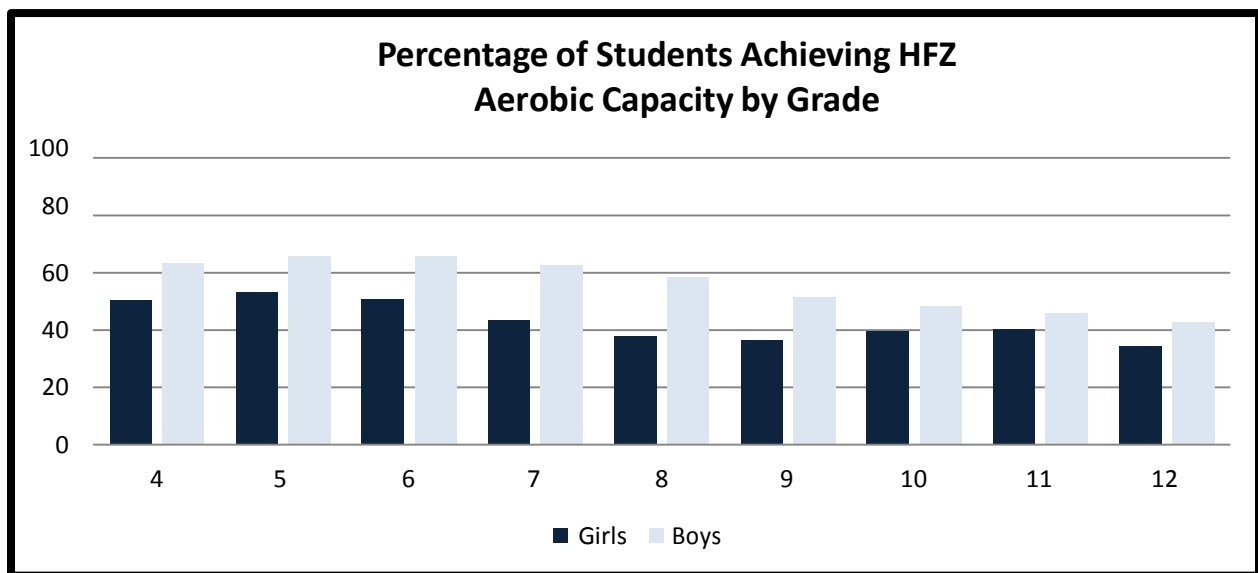
The data in 2013-2014 was entered into an updated FITNESSGRAM program. The FG 10 program uses an updated PACER equation that no longer requires height and weight measurements to predict VO2max and the FITNESSGRAM standards and CDC values for BMI are now aligned. In this report the PACER and BMI data for the 2013 and 2014 school year reflect the FG10 standards. This provides matched standards for comparison.

Aerobic Capacity: (Figure 2)

Aerobic capacity data as measured using Progressive Aerobic Cardiovascular Endurance Run (PACER) or a mile run indicates that, in Georgia schools:

- A greater percentage of boys achieved the HFZ in aerobic capacity at each grade level.
- Student in grades 5 and 6 had the highest percentage of students in the HFZ for aerobic capacity.
- Students in grades 11 and 12 had the lowest percentage of students in the HFZ for aerobic capacity.

Figure 2 Aerobic Capacity HFZ by Grade



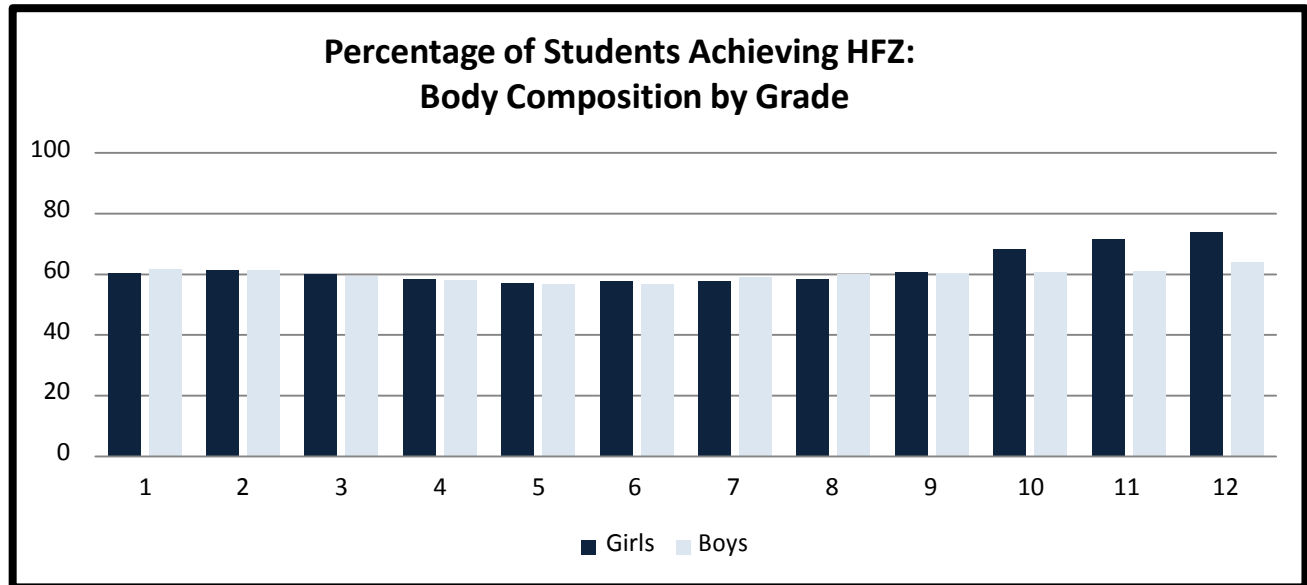
*Data reflects the FGRAM 10 version criteria.

Body Composition (BMI): (Figure 2)

Body composition data as measured using height and weight indicates that, in Georgia schools:

- The highest percentage in the HFZ are 12th grade girls at 73.7%.
- The lowest percentage in the HFZ are 5th grade boys at 56.7%.

Figure 3: Body Composition HFZ by Grade



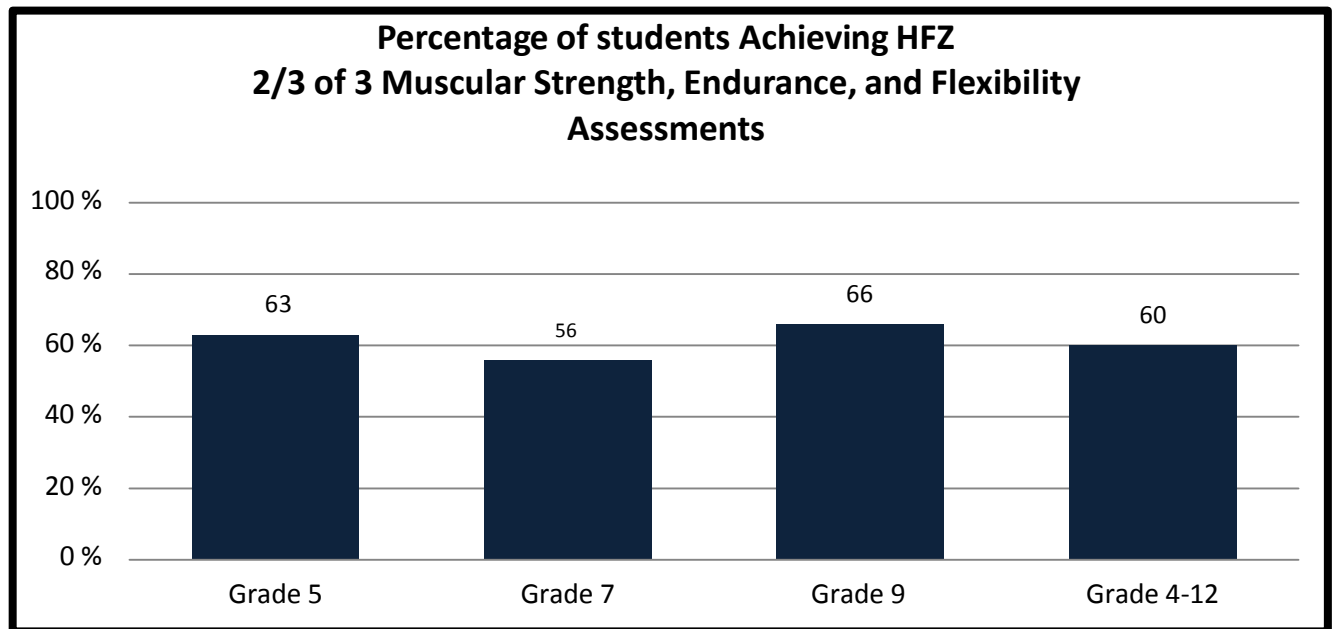
*Data reflects the FGRAM 10 version criteria.

Muscular Strength, Endurance, and Flexibility: (Figure 4)

Muscular strength, endurance, and flexibility data as measured by the curl up, push up, and back saver sit and reach assessments of students indicates:

- 63% of 5th graders attained HFZ in at least two of three assessments for muscular strength, flexibility, and endurance flexibility;
- 56% of 7th graders attained HFZ in at least two of three assessments for muscular strength, flexibility and endurance flexibility and
- 66% of 9th graders attained HFZ in at least two of three assessments for muscular strength, flexibility and endurance flexibility.

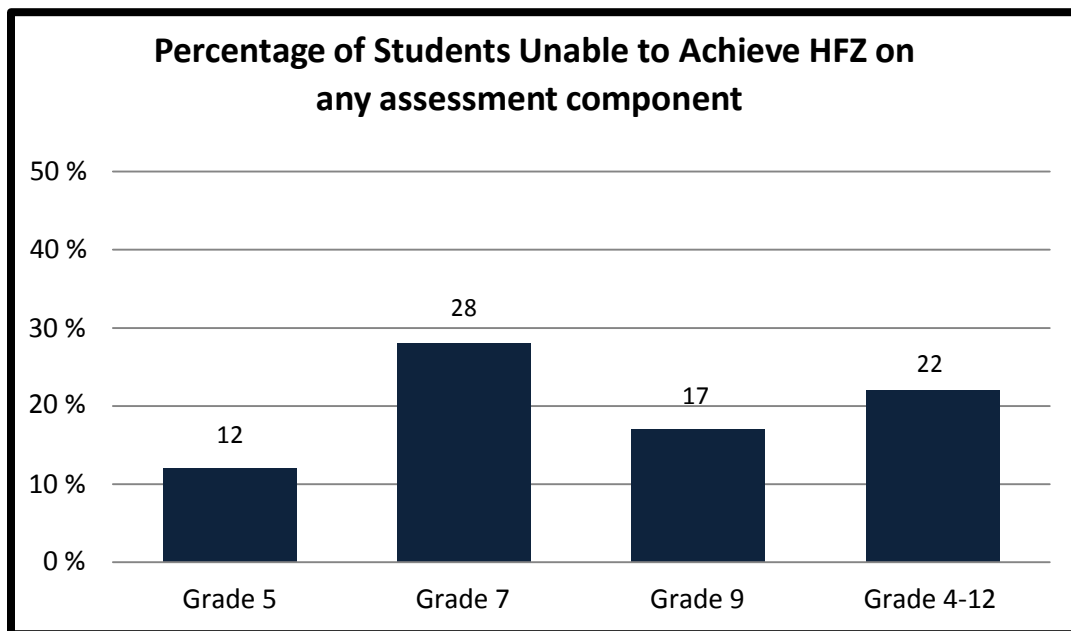
**Figure 4: Percentage of Students Attaining HFZ for 2/3 of 3 Muscular Strength, Endurance, and Flexibility Assessments
(2 of 3)**



**Percentage of Students Unable to Achieve HFZ on any assessment component.
(Figure 5)**

- 12% of 5th grade students were **unable to** achieve the HFZ in any of the five assessments (0 of 5)
- 28% of 7th grade students were **unable to** achieve the HFZ in any of the five assessments (0 of 5)
- 17% of 9th grade students were **unable to** achieve the HFZ in any of the five assessments (0 of 5)
- 22% of students across all grade levels (4-12) **unable to** achieve the HFZ in any of the five assessments (0 of 5)

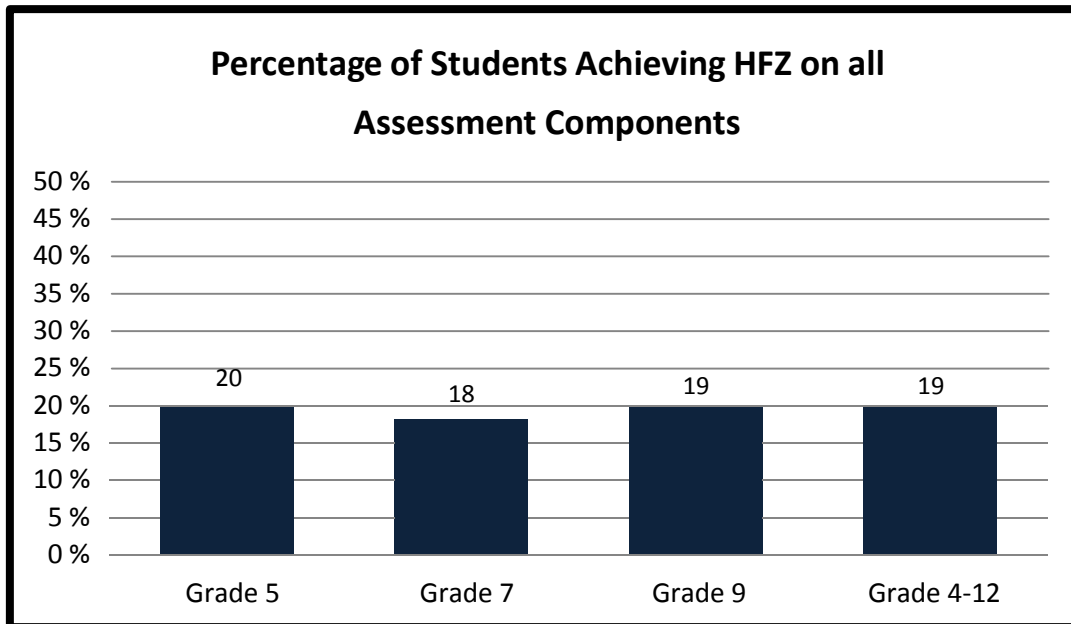
**Figure 5: Percentage of Students Unable to Achieve the HFZ on any assessment component.
(0 out of 5)**



Percentage of Students Achieving HFZ on all assessment components (Figure 6)

- 20% of 5th grade students achieved the HFZ on all five assessments (5of 5)
- 18% of 7th grade students achieved the HFZ on all five assessments (5of 5)
- 19% of 9th grade students achieved the HFZ on all five assessments (5of 5)
- 19% of all students across all grade levels (4-12) achieved the HFZ on all five assessments. (5of 5)

Figure 6: Percentage of Students to achieve the HFZ in all five assessments (5of 5)



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Georgia Aggregate Data Comparison: 2013/2014

The statewide *Annual Fitness Assessment Program* was conducted in during the 2012-2013 school year and the 2013-2014 school year. Health- related fitness assessments using FITNESSGRAM were implemented in physical education classes for students in grades 1-12 across Georgia. FITNESSGRAM results were reported for each school year. The 2013 data (2012-2013) school year was the first full school year of fitness assessment in Georgia public schools.

Fitness Assessment Participation

The fitness assessment requirement states all students in physical education classes taught by a certified physical education teacher shall be tested. Students are not required to enroll in a physical education class each year in grades 6-12.

Participation as required in O.C.G.A. §20-2-777 decreased from 2013 to 2014 with 5% decrease in the percentage of students with fitness assessment data.

Figure 7: 2013/2014 Fitness Assessment Completion Numbers

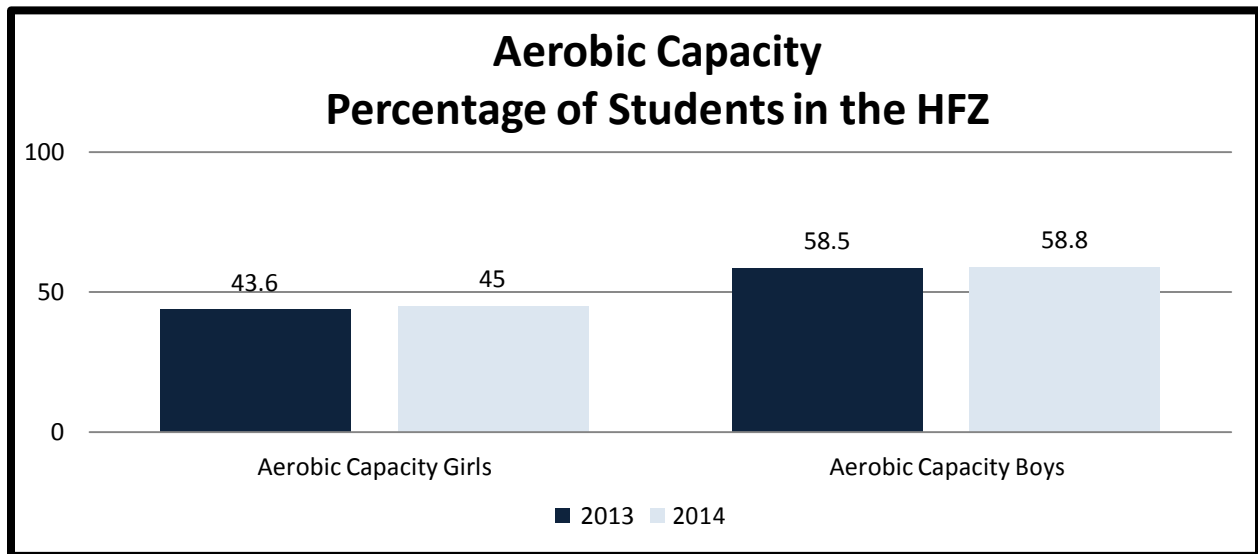
School Year	School Systems	Schools	Students Assessed
2013	182 (100%)	2253 (99%)	1,139,998 (76%)
2014	181 (99%)	2253 (99%)	1,082,721 (71%)
	Change –1%	No Change	Change: -5%

Aerobic Capacity: (Figure 8)

Aerobic capacity data as measured using Progressive Aerobic Cardiovascular Endurance Run (PACER) or a mile run indicates that, in Georgia schools:

- 45% of girls and 58.8% of boys in grades 4-12 assessed in 2014 achieved the HFZ for aerobic capacity.
- As compared to the 2013 data there is an increase in the percentage of students in the HFZ for aerobic capacity for both girls and boys. Girls 1.4% increase and boys a .3% increase.

Figure 8: Percentage of Students Attaining HFZ for Aerobic Capacity



*Data reflects the FGRAM 10 version criteria.

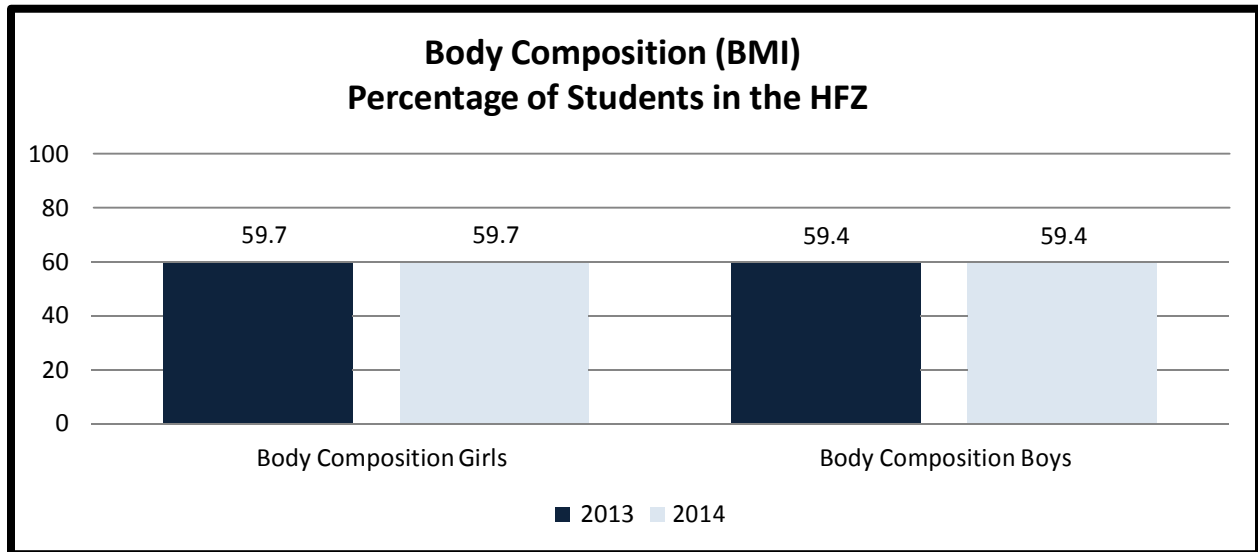
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Body Composition: (Figure 9)

Body composition data as measured using height and weight indicates that, in Georgia schools:

- 59.7% of girls and 59.4% of boys in grades 1-12 assessed in 2014 achieved the HFZ for body composition.
- As compared to the 2013 data there the percentage of students in the HFZ for capacity for both girls and boys was unchanged.

Figure 9: Percentage of Students Attaining HFZ for Body Composition



*Data reflects the FGRAM 10 version criteria.

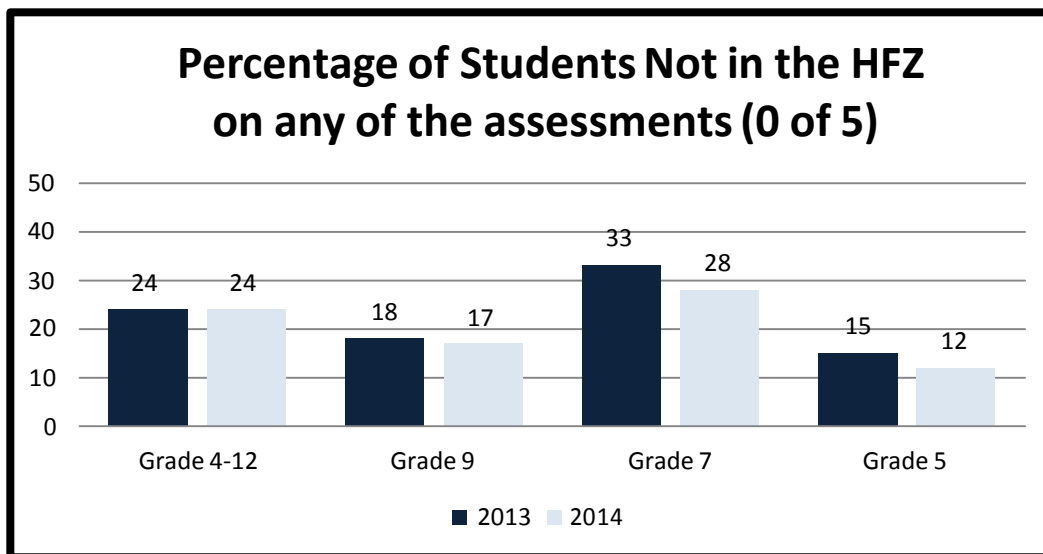
**Percentage of Students Unable to Achieve HFZ on any assessment component.
0 out of 5 (Figure 10)**

The five fitness assessments for students in grades 4 – 12 are as follows:

1. Aerobic Capacity – Progressive Aerobic Cardiovascular Endurance Run (PACER) or the One-Mile Run;
2. Body Composition – Height/Weight;
3. Abdominal Strength – Curl-Up;
4. Upper Body Strength – Push-Up;
5. Flexibility – Back-Saver Sit and Reach

- Fitness scores indicate no change in the percentage of students (grades 4-12) **unable to achieve** the HFZ in any of the five assessment components over the previous school year.
- Fitness scores indicate a 3% decrease in the percentage of grade 5 students **unable to achieve** the HFZ on any of the five assessments from the previous school year. Grade 7 decreased by 5%, grade 9 by 1%.

Figure 10: Assessments Comparison: Students Not in the HFZ on any assessments

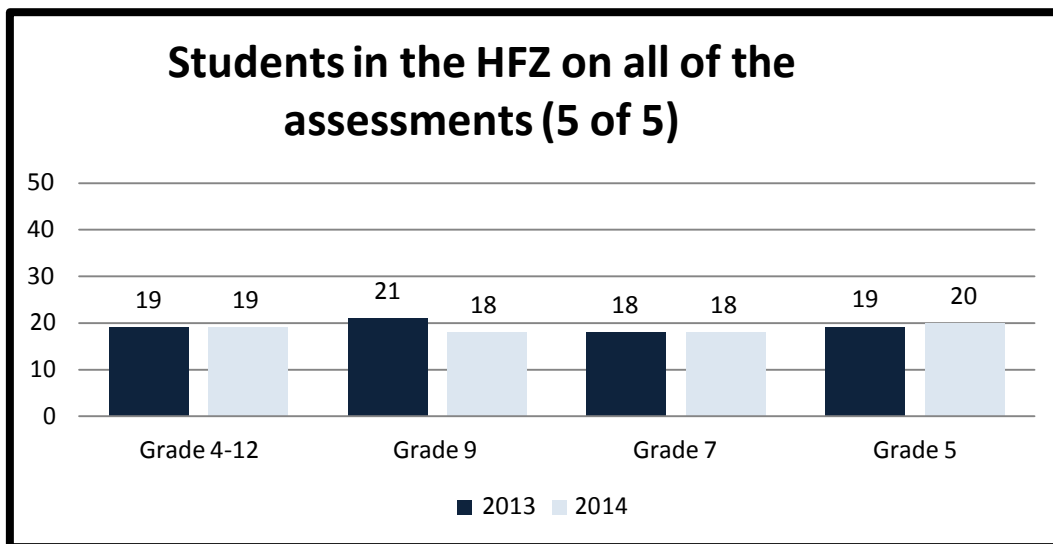


Percentage of students achieving HFZ for all assessment components.

5 of 5 (Figure 11)

- Fitness scores indicate no change in the percentage of students (grades 4-12) able to **achieve** the HFZ on all five assessment components over the previous school year.
- Fitness scores indicate a 1% decrease in the percentage of grade 5 students able to **achieve** the HFZ on all five assessments from the previous school year. Grade 7 remained the same and grade 9 decreased by 3%.

**Figure 11: Achievement 5 of 5 assessments comparison:
Students achieving the HFZ on all assessments**



Rewards and Recognition

Schools were invited to apply to be recognized by the Governor's office as SHAPE Honor Roll Schools. The goal of the reward and recognition component of SHAPE is to provide recognition and incentives for participation in the fitness assessment and data reporting, as well as to encourage and recognize schools that embrace and include local practices to improve student wellness.

Schools are awarded through a four-tiered award system. The tiers are Bronze, Silver, and Gold and Platinum. To qualify, schools submitted an application and related materials to the Governor's Office. See Appendix C for a list of the 2013-2014 Governor's SHAPE Honor Roll Schools

Conclusion

The 2013-2014 implementation of the Georgia Fitness *Annual Fitness Assessment Program* was successful in meeting the goals to administer the fitness assessment to students in physical education classes taught by certified physical education teachers in compliance with O.C.G.A. §20-2-777, to provide students and parents with individual fitness assessment information utilizing the FITNESSGRAM reporting program and to gather aggregate data on the health related fitness of Georgia's children.

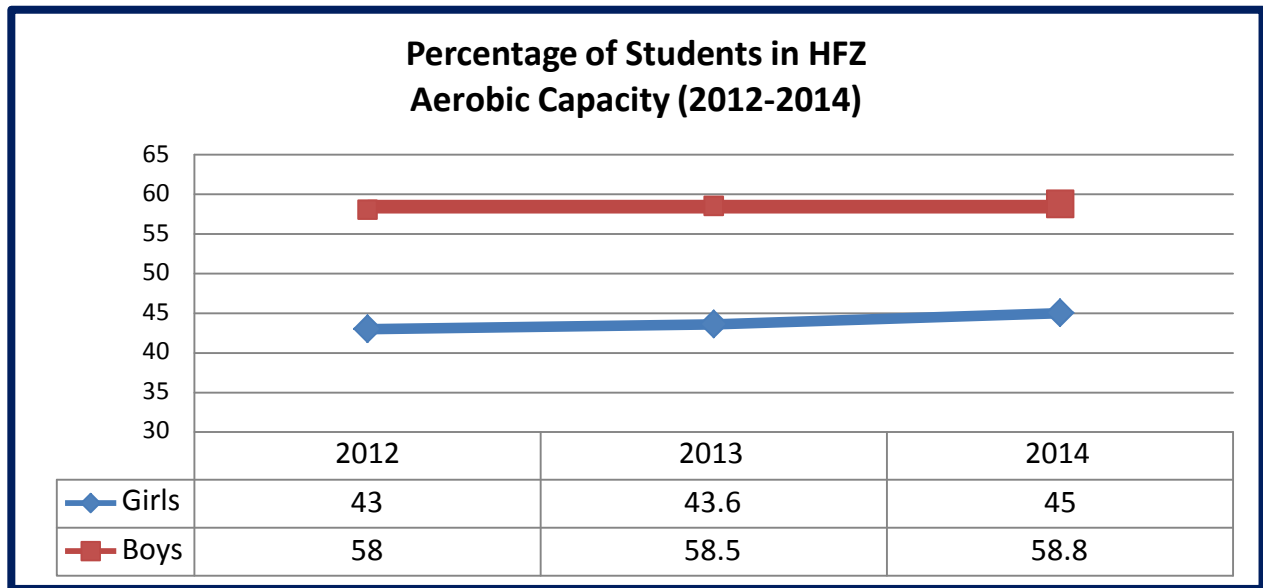
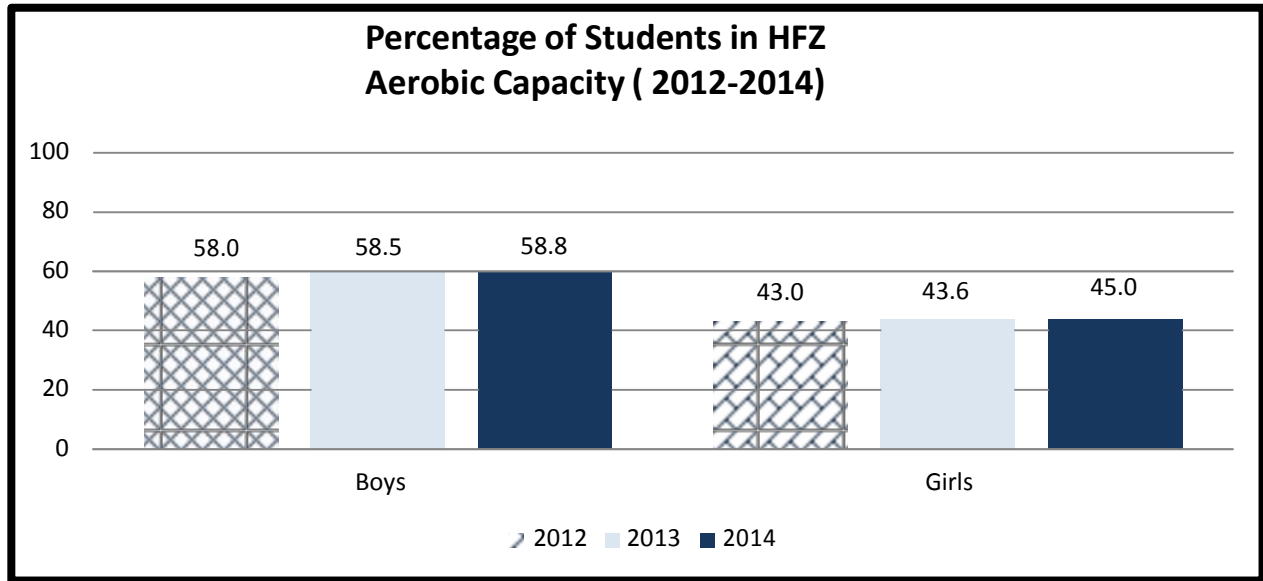
Students assessed in the 2013-2014 school year accounted for 71% of all public school students enrolled in grades 1-12. In the second full school year of assessment, student data was successfully entered for 1,082,721 students, and represents students in most Georgia school districts. Georgia data and a data-collection infrastructure are being implemented in ninety-nine percent of Georgia's public schools. In addition to the data collection component, parents of almost one million students received valuable individualized student health-related fitness information.

Aggregate information comparing data from the 2013 school year with data from the 2014 school year indicate positive change in health related fitness scores. The assessment data for the 2014 school year showed a comparable number of students assessed. The data from both school years consistently indicates a need for improvement in the health related fitness of Georgia students.

It is anticipated that future support will address specific concerns related to test administration, data collection, and communication. Support will also provide information and training on efforts to improve the health related fitness of Georgia's students. Additional partners and supporters joining the effort, combined with lessons learned from continued implementation, will ensure that Georgia will continue to build on this statewide success.

**Additional Health Related Fitness Data
Three Year Comparison
2012/2013/2014**

Figure: 12 a and b: Aerobic Capacity (PACER or Mile Run)



*Data reflects the FGRAM 10 version criteria.

Figure 13: Abdominal Strength and Endurance (Curl Up)

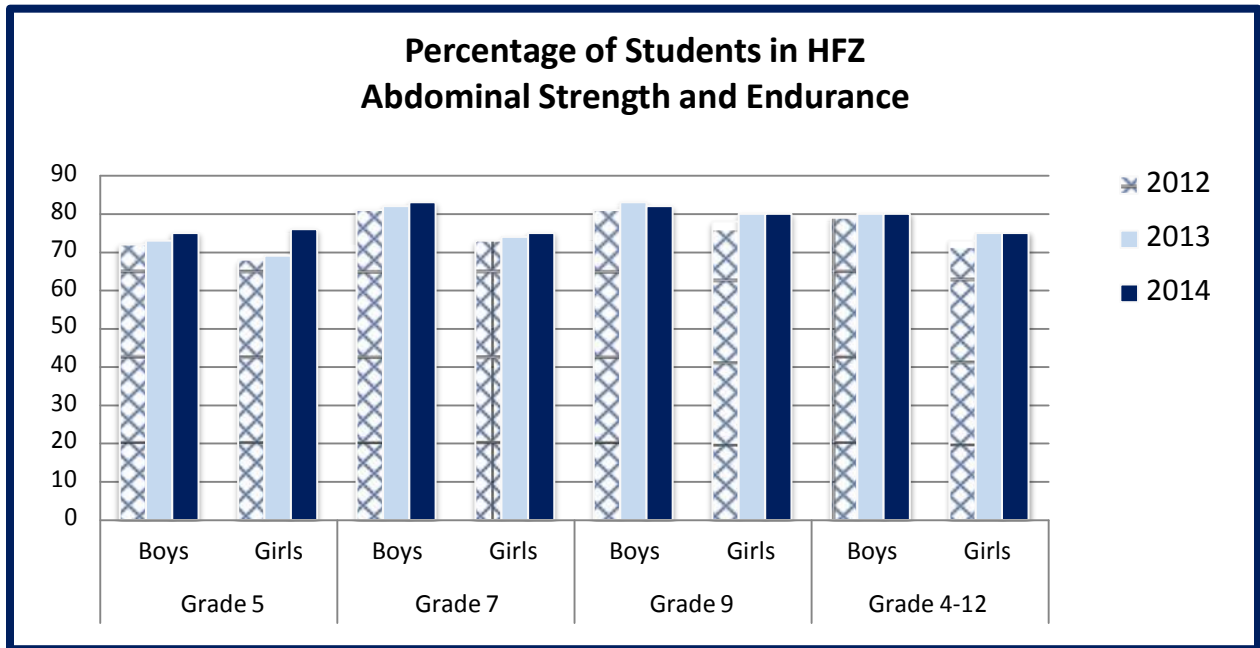
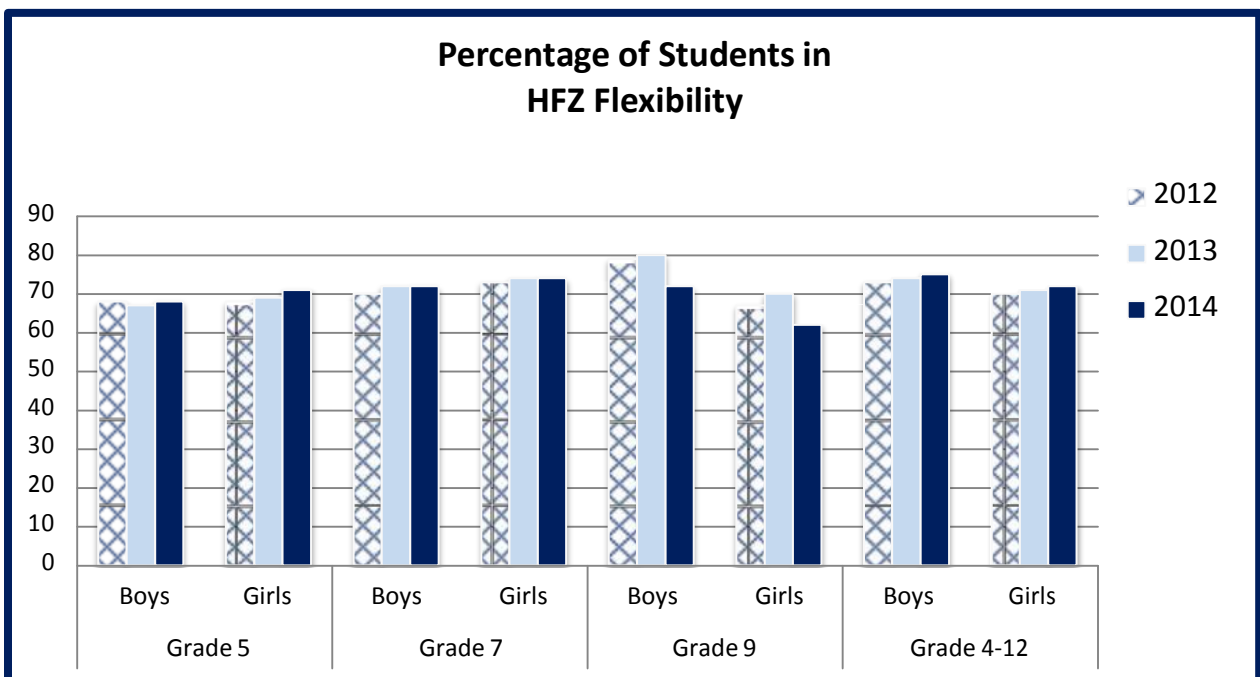


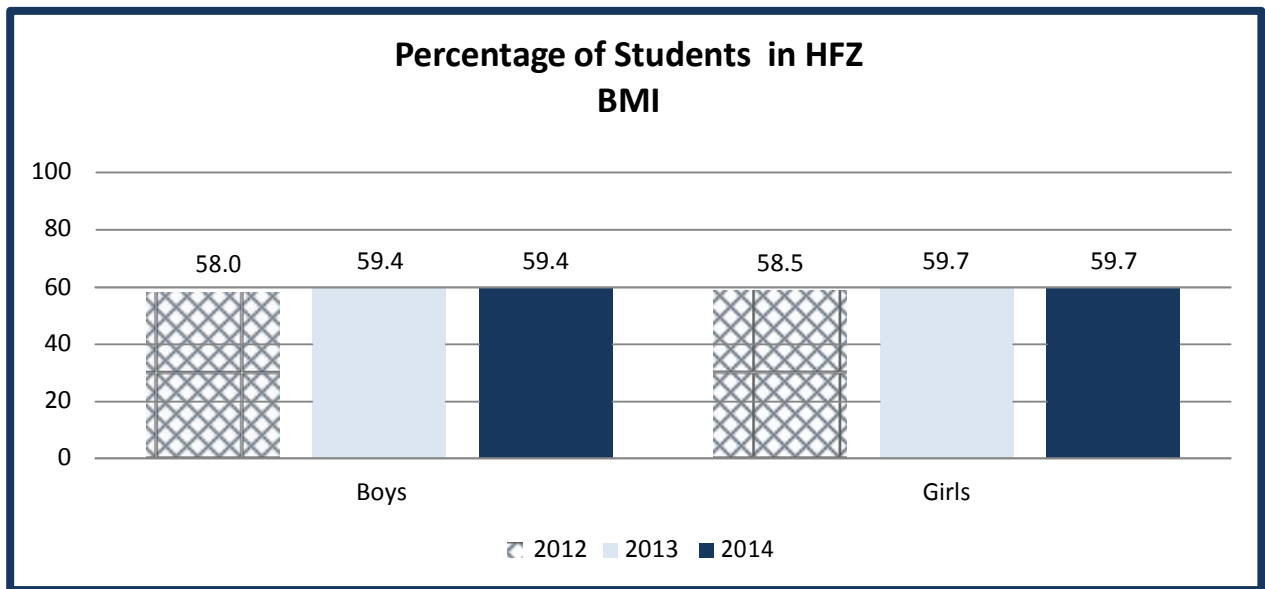
Figure 14: Flexibility (Back Saver Sit and Reach)



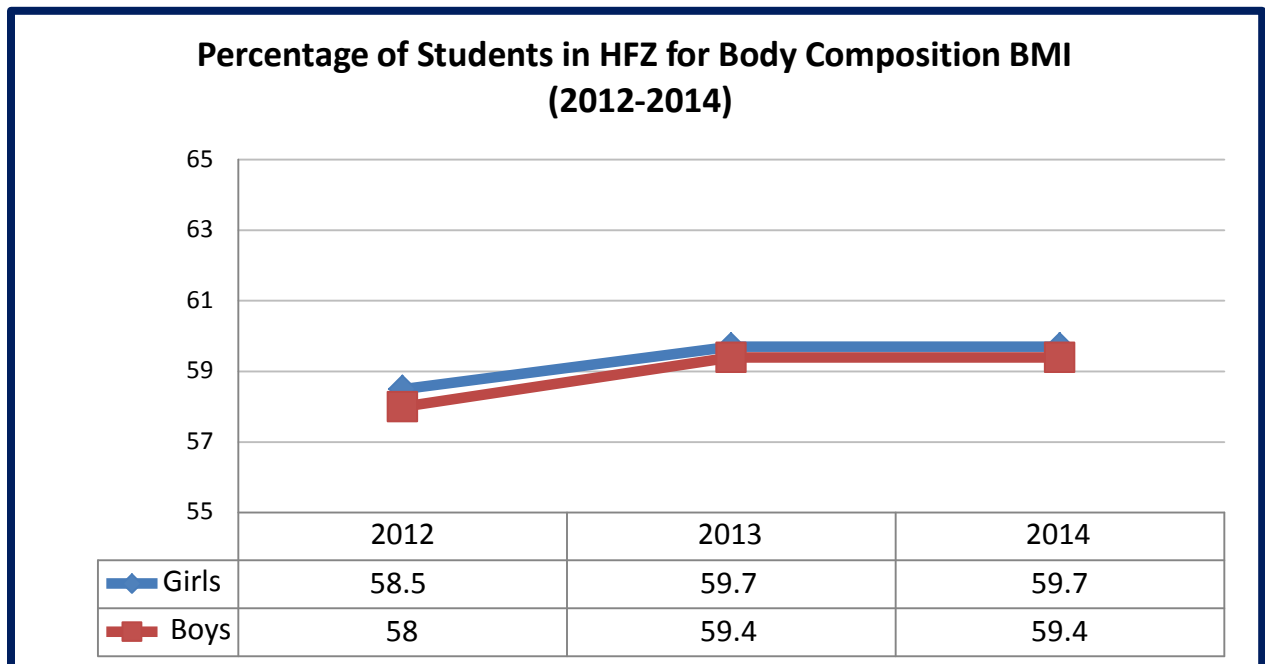
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Body Composition (Height and Weight-BMI)

Figure: 15 a and b: Height and Weight (BMI)



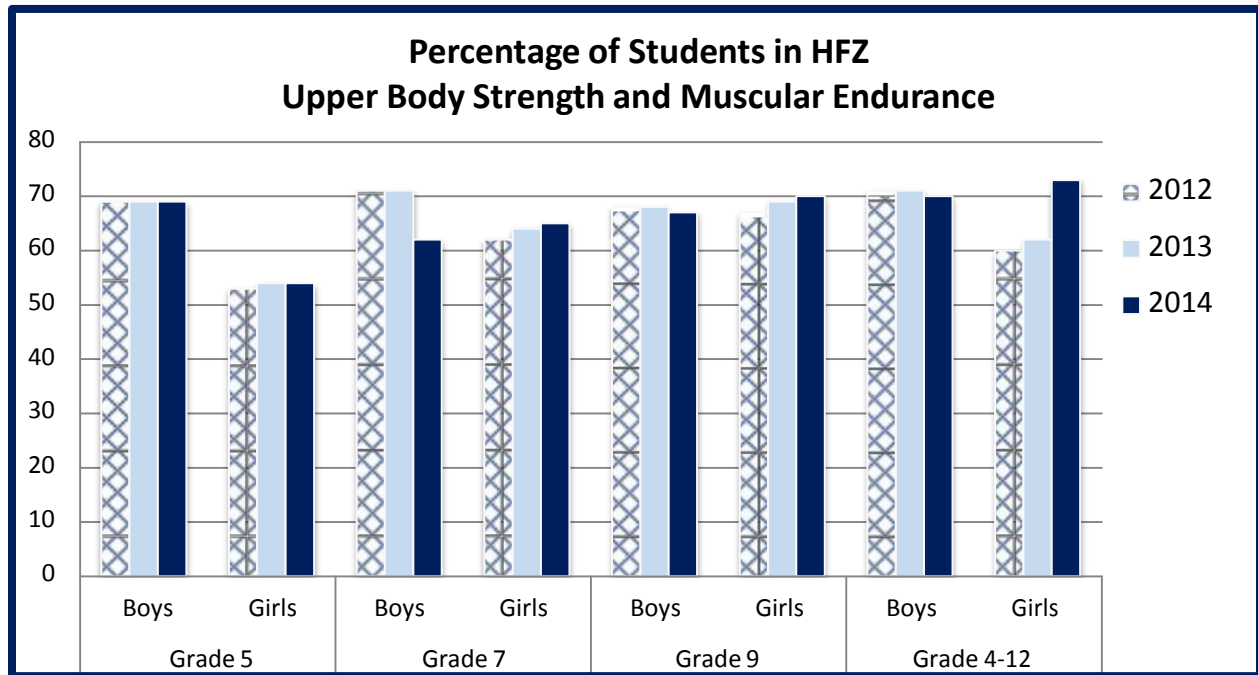
*Data reflects the FGRAM 10 version criteria.



*Data reflects the FGRAM 10 version criteria.

Upper Body Strength and Endurance (90° Push Up)

Figure: 16: Muscular Strength and Endurance



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APPENDIX A: Description of Georgia FITNESSGRAM Tests

Aerobic Capacity – Progressive Aerobic Cardiovascular Endurance Run (PACER) or the One-Mile Run

Body Composition – Height/Weight

Abdominal Strength – Curl-Up

Upper Body Strength – Push-Up

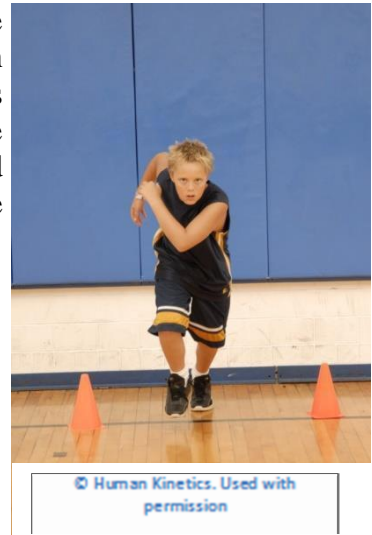
Flexibility – Back-Saver Sit and Reach

Aerobic Capacity

PACER

The PACER (Progressive Aerobic Cardiovascular Endurance Run) uses a recorded pace as the student runs back and forth between two points that are 20 meters apart (a 15 meter version is available for elementary schools with smaller gymnasiums). The objective is to get from one point to the other before the recorded “beep” sounds. The recording of beeps also has music in the background. The PACER is progressive in intensity – it starts easy and gradually gets more difficult. When the student can no longer complete the distance in the time allowed, the assessment ends. The score is the number of completed laps.

The PACER score is converted to an estimated VO₂max (indicates how efficiently the body uses oxygen). The score will be charted in the Healthy Fitness Zone, Needs Improvement – Some Risk, or Needs Improvement – High Risk.



The One- Mile Run

The One-Mile Run/Walk has been used for many years as a field test of aerobic capacity. For students who enjoy running and are highly motivated, it is a very good assessment. The objective of the test is to run one mile as fast as possible. Walking is permitted if necessary. The score on the test is the length of time in minutes and seconds to complete the distance.

The One-Mile Run/Walk score is converted to an estimated VO₂max (indicates how efficiently your body uses oxygen). The score will be charted in the Needs Improvement area or within the Healthy Fitness Zone area of the graph.

A low score on the field test estimates of aerobic capacity (PACER/ One Mile Run) may be influenced by several factors (i.e., the student may not be familiar with the test, time of day the test is administered, etc.)

APPENDIX A: Description of Georgia FITNESSGRAM Tests

Body Composition

Height/Weight Measurement

Body Mass Index (BMI) is calculated from a measurement of the student's height and weight. These numbers are entered into the software and the BMI is calculated. Body Mass Index provides an indication of the appropriateness of the weight for the height. Scores that fall either below or above this zone should receive attention, as these students have greater potential than others to develop health problems related to their level of fatness or leanness.

The body composition standards establish three zones based on potential risks for future health problems. The Healthy Fitness Zone was established by determining body fat values that indicate a low risk for potential health problems.

When interpreting body composition scores, it is important to remember the following:

- Body Mass Index provides an estimate of the appropriateness of the weight for the height.
- Body Mass Index may falsely identify a very muscular lean person as over fat (too heavy for height) or a lightweight person with little muscular development and a large percent of fat as being in the HFZ when the person is actually over fat).

Muscular Strength and Endurance and Flexibility

Curl Up –Abdominal Strength

The objective is to do up to 75 curl-ups to a specified cadence (three seconds per repetition). The student lies on the mat on his/her back, knees bent at an angle of approximately 140°, feet flat on the floor, legs slightly apart, arms straight and parallel to the trunk with palms of hands resting on the mat. The fingers are stretched out and the head is in contact with the mat. The student curls up and moves the fingertips from one side of the measuring strip to the other (3.0 inches or 4.5 inches). The head must touch the mat at the end of each curl-up.



Students who score poorly in abdominal strength should be encouraged to participate in calisthenics and other strengthening and stretching activities that will develop the abdominal muscles. However, it is essential to remember that physical fitness training is very specific and that the areas of the body being assessed represent only a fraction of the total body.

APPENDIX A: Description of Georgia FITNESSGRAM Tests

To focus on activities that develop the abdominal muscles without equal attention to the trunk extensor muscles will not accomplish the important objective, which is to develop an overall healthy musculoskeletal system. Poor performance on the measures of abdominal strength and trunk extensor strength and flexibility may merit special attention. Gaining strength and flexibility in these areas may help prevent low back pain, which affects millions of people, young and old.

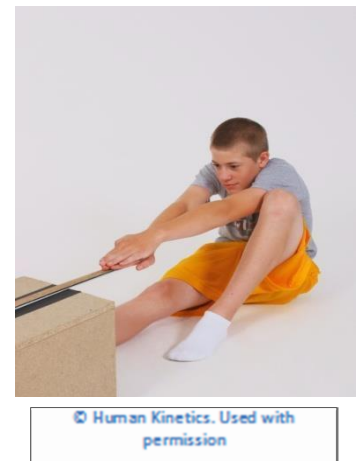
90° Push up - Upper Body Strength

The objective is to do as many push-ups as possible to a specified cadence (three seconds per repetition). This movement is repeated as many times as possible. The student should push up and continue the movement until the arms are straight on each repetition. The rhythm should be approximately twenty (20) 90° push-ups per minute or one (1) 90° push-up every 3 seconds. Students who score poorly in upper body strength should be encouraged to participate in calisthenics and other strengthening and stretching activities that will develop the muscles in the upper body. However, it is essential to remember that physical fitness training is very specific and that the areas of the body being assessed represent only a fraction of the total body. To focus on activities that develop the muscles that extend the arms without equal attention to the muscles that flex the arms will not accomplish the important objective, which is to develop an overall healthy musculoskeletal system. Upper body strength is important for functional health.



Sit and Reach- Flexibility

This assessment primarily measures the flexibility of the muscles in the back of the legs. With the one leg straightened, the student reaches as far as possible toward the toes. Student must achieve the standard on both right and left legs to be in the Healthy Fitness Zone. Students who score poorly in flexibility should be encouraged to participate in stretching activities that will develop the flexibility in the back of the legs. To focus on activities that develop flexibility without equal attention to the muscles that maintain strength will not accomplish the important objective, which is to develop an overall healthy musculoskeletal system. Most children will have adequate flexibility. A major reason for assessing this area of physical fitness is to educate children about the importance of flexibility as they age.



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APPENDIX B: Sample Parent FITNESSGRAM Report (Georgia FITNESSGRAM does not indicate information for the *Trunk Lift*)



IN PARTNERSHIP WITH THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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 12 year-old boys
Aerobic Capacity: ≥ 40.3 ml/kg/min

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 12 year-old boys
Curl-Up: ≥ 18 repetitions
Trunk Lift: 9-12 inches
Push Up: ≥ 10 repetitions
Back-Saver Sit and Reach: At least 10 inches on R & L

BODY COMPOSITION

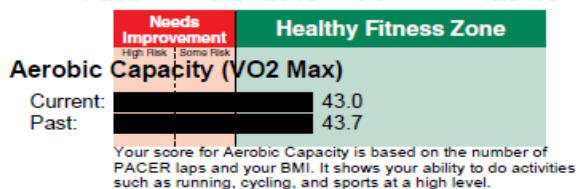
Body Mass Index (BMI) is an indicator of body composition that determines if a person is at a healthy weight for his or her height. **Importance:** Overweight youth are at high risk for being overweight adults. Adult obesity is associated with a number of chronic health problems. Many of these health problems can begin early in life. Congratulations! Randall's BMI is in the Healthy Fitness Zone. To promote good health and maintain this healthy level, encourage your child to do the following:

- Be active every day (60 minutes is the goal but some is better than none).
- Limit time watching TV or playing video games.
- Adopt a healthy diet containing fresh fruits and vegetables.
- Eat limited amounts of foods with solid fats and added sugars. P04

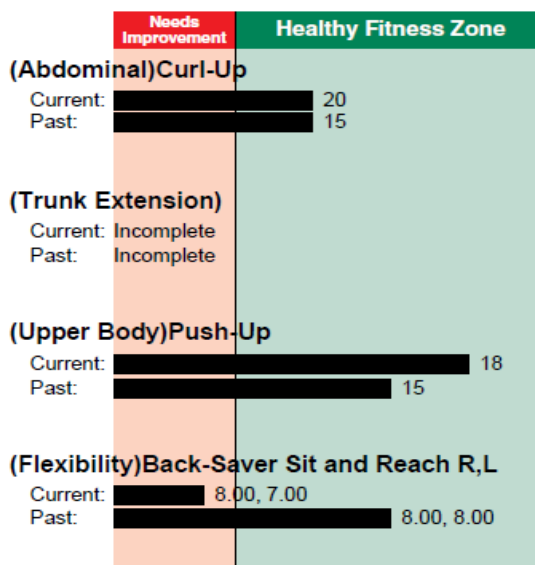
Healthy Fitness Zone for 12 year-old boys
Body Mass Index: 15% - 20.6%

With regular physical activity most children will be able to score in the Healthy Fitness Zone for most tests. Children in the Needs Improvement area should have additional opportunities to be active. See back of page for more information.

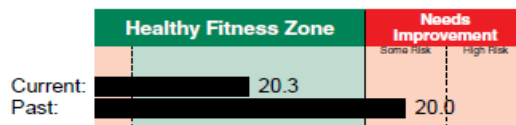
Randall Runner
Grade: 6 Age: 12
FG All-level School
Instructor(s): Mary Anderson
Date: 3/3/2011
Height: 5'6"
Weight: 126 lbs
Current: 3/3/2011
Past: 9/21/2010



PACER Laps
Current: 20
Past: 25
BMI
Current: 20.3
Past: 20.0



Body Mass Index



Being too lean or too heavy may be a sign of (or lead to) health problems. However, not all people who are outside the Healthy Fitness Zone are at risk for health problems. For example, a person with a lot of muscle may have a high BMI without excess fat.

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APPENDIX C: Governor's SHAPE Honor Roll 2014

Governor's SHAPE Honor Roll is a program to recognize and reward the schools, students, and teachers that demonstrate excellence on measures of SHAPE participation, data reporting, and student wellness.

Platinum

Elementary Schools

Bells Ferry Elementary - Cobb
Big Shanty Intermediate - Cobb
*Blackwell Elementary - Cobb
*Bryant Elementary - Cobb
*Chestnut Mountain – Hall
Clay Elementary – Cobb
Fernbank Elementary - DeKalb
Flowery Branch Elementary - Hall
Hampton Elementary - Henry
*Hembree Springs Elementary - Fulton
*Largo-Tibet - Savannah-Chatham
*Lyons Primary – Toombs
*Mountain View Elementary - Cobb
*Ocee Elementary - Fulton
Pulaski Elementary - Savannah-Chatham
*Riverbend Elementary - Hall
Rocky Mount Elementary - Cobb
Smyrna Elementary - Cobb
*Spout Springs - Hall
Still Elementary - Cobb
*Sugar Hill Elementary - Hall
Tritt Elementary - Cobb
Wauka Mountain - Hall
*White Sulphur Elementary – Hall

**Multi Year Honor Roll Member*

Middle Schools

East Hall Middle School - Hall
*Freedom Middle School - Cherokee
Hightower Trail Middle School - Cobb
*North Hall Middle School - Hall
*South Hall Middle School – Hall

High Schools

N/A

Georgia Department of Education

APPENDIX C: Governor's SHAPE Honor Roll 2014

Gold

Elementary Schools

*Asa Philip Randolph Elementary - Fulton
*Birmingham Falls Elementary - Fulton
Buford Academy - Gwinnett Campbell
Elementary - Fulton Carrollton
Elementary - Carrollton City
*Chickamauga Elem. - Chickamauga City
Clubview Elementary - Muscogee
*E. Lovin Elementary - Gwinnett
E.C. West Side Elementary – Fulton
Friendship Elementary - Hall
*Grayson Elementary - Gwinnett
*Greenbriar - Columbia
*Holly Springs Elementary - Cherokee
*Indian Knoll Elementary - Cherokee
*Jackson Road Elem. - Griffin-Spalding
*Knox Elementary - Cherokee
Lake Forest Elementary - Fulton
Lewiston Elementary - Columbia
*Linwood Elementary - Houston
*Mulberry Elementary - Gwinnett
North Columbia Elementary - Columbia
*Pine Grove Elementary - Lowndes
Rabun County Elementary - Rabun
*Stonewall Tell Elementary - Fulton
Susan Stripling Elementary - Gwinnett
*Westside Elementary - Lowndes
*Woodward Mill Elementary - Gwinnett

Middle Schools

*Berkmar Middle School - Gwinnett
*Dacula Middle School - Gwinnett
*Duluth middle School - Gwinnett
*E.T. Booth Middle School - Cherokee
*J.E. Richards Middle School - Gwinnett
*Mill Creek Middle School - Cherokee
*Osborne Middle School - Gwinnett
Riverside Middle School - Columbia
*Woodstock Middle School - Cherokee

High Schools

Lowndes County High School - Lowndes County
Clarke Central High School – Clarke

**Multi Year Honor Roll Member*

Georgia Department of Education

S.L. Lewis Elementary - Fulton
Samuel E. Hubbard Elementary - Monroe

APPENDIX C: Governor's SHAPE Honor Roll 2014

Silver

Elementary Schools

Austell Elementary - Cobb
Avery Elementary - Cherokee
*B.B. Harris Elementary - Gwinnett
*Ball Ground Elementary - Cherokee
Barnwell Elementary - Fulton
Bascomb Elementary - Cherokee
Boston Elementary - Cherokee*
Camp Creek Elementary
Chatham Ragsdale Elementary –
*Clayton Elementary - Cherokee Gwinnett
*Clark Creek Elementary - Cherokee
*Craig Elementary - Gwinnett
Dr. M.H. Mason Jr., Elementary - Gwinnett
Early County Elementary - Early
Esther Jackson Elementary - Fulton
Euchee Creek Elementary - Columbia
*Ferguson Elementary - Gwinnett
Free Home Elementary - Cherokee
*Freeman's Mill Elementary - Gwinnett
Garrison Mill Elementary - Cobb
*Hannan Magnet Academy - Muscogee
*Harmony Elementary - Gwinnett
Hayes Elementary - Cobb
*Hickory Flat Elementary - Cherokee
Lake Joy Elementary - Houston Lake
Park Elementary – Dougherty Lake
Windward Elementary - Fulton
*Lawrenceville Elementary - Gwinnett
Level Creek Elementary - Gwinnett
*Macedonia Elementary - Cherokee
Matt Arthur Elementary –
Houston Mountain Park Elementary - Fulton
*North Columbus Elementary - Muscogee
*North Harlem Elementary - Columbia
*Oak Grove Elementary - Cherokee
*Parsons Elementary - Gwinnett
Pleasant Grove Elementary –
Henry Pooler Elementary - Savannah-
Paulding Rosebud Elementary - Gwinnett

Elementary Continued:

*Sherwood Acres Elementary - Dougherty
Sixes Elementary - Cherokee
State Bridge Crossing Elementary - Fulton
*Suwanee Elementary - Gwinnett
*W.C. Britt Elementary - Gwinnett
Westmont Elementary - Columbia

Middle Schools

Bay Creek Middle School - Gwinnett
Couch Middle School – Gwinnett
Crabapple Middle School - Fulton
*Creekland Middle School - Cherokee
*Dean Rusk Middle School - Cherokee
Evans Middle School – Columbia
*Gwinnett Online Campus - Gwinnett
*Harlem Middle School - Columbia
Harris County Carver MS - Harris
North Gwinnett Middle School - Gwinnett
*Pickneyville Middle School - Gwinnett
River Trail Middle School - Fulton
*Trickum Middle School - Gwinnett

High Schools

*Cherokee High School - Cherokee
*Etowah High School - Cherokee
*Evans High School - Columbia
Gwinnett School of Mathematics, Science, & Technology

**Multi Year Honor Roll Member*

APPENDIX C: Governor's SHAPE Honor Roll 2014

BRONZE

Elementary Schools

Alice Coachman Elementary - Dougherty

Ingram Pye Elementary - Bibb

Jackson Heights Elementary – Dougherty

Live Oak Elementary - Dougherty

Morningside Elementary - Dougherty

Northside Elementary - Dougherty

Radium Springs Elementary - Dougherty

Sugar Hill Elementary - Gwinnett

*Harbins Elementary - Gwinnett

**Multi Year Honor Roll Member*

Middle Schools

*Blackmon Road Middle School - Muscogee

Double Churches Middle School –Muscogee

Lee County Middle School East Campus –

High Schools

*Heritage High School -Rockdale

East Hall High School -Hall

River Ridge High School -Cherokee

Shiloh High School –Gwinnett

Georgia Department of Education

APPENDIX D:

Percentage of Physical Education Students with 2013-21014 Fitness Data

System	Number of Students with FITNESSGRAM Data	Percentage with FITNESSGRAM Data*
Appling County	2570	96%
Atkinson County	878	100%
Atlanta Public Schools	30034	100%
Bacon County	1445	76%
Baker County	268	94%
Baldwin County	3251	25%
Banks County	2094	59%
Barrow County	10104	96%
Bartow County	9589	100%
Ben Hill County	2145	100%
Berrien County	2501	74%
Bibb County Public Schools	8790	100%
Bleckley County	1626	100%
Brantley County	2452	87%
Bremen City	1624	92%
Brooks County	1489	100%
Bryan County	6401	94%
Buford City	3664	87%
Bulloch County	5887	100%
Burke County	2628	100%
Butts County	2518	92%
Calhoun City	2504	100%
Calhoun County	286	100%
Camden County	7086	91%
Candler County	1393	76%
Carroll County	10791	85%
Carrollton City	2322	100%
Cartersville City	2793	100%
Catoosa County	6867	56%
Charlton County	1493	78%
Chatham County	20809	100%
Chattahoochee County	706	86%
Chattooga County	2058	61%
Cherokee County	29685	98%
Chickamauga City	1101	90%
Clarke County	10012	87%
Clay County	276	89%
Clayton County	31754	100%
Clinch County	706	100%
Cobb County	70826	100%
Coffee County	4842	100%
Colquitt County	5749	73%
Columbia County	18150	49%

Georgia Department of Education

System	Number of Students with FITNESSGRAM Data	Percentage with FITNESSGRAM Data*
Commerce City	1064	97%
Coweta	558	85%
Atlanta Heights	572	97%
CCAT School	NA	NA
Fulton Leadership Academy	NA	NA
Ivy Preparatory Academy School	NA	NA
Pataula Charter Academy	NA	NA
Cook County	1537	100%
Coweta County	16413	92%
Crawford County	948	72%
Crisp County	2087	100%
Dade County	1654	96%
Dalton City	5675	97%
Dawson County	2683	95%
Decatur City	2903	96%
Decatur County	3506	100%
DeKalb County	66231	100%
Dodge County	1618	100%
Dooly County	255	100%
Dougherty County	7588	100%
Douglas County	16456	100%
Dublin City	1477	100%
Early County	1424	100%
Echols County	310	100%
Effingham County	8091	96%
Elbert County	2307	84%
Emanuel County	3031	38%
Evans County	1194	40%
Fannin County	2310	96%
Fayette County	14379	97%
Floyd County	5017	100%
Forsyth County	27258	100%
Franklin County	2715	86%
Fulton County	65965	100%
Gainesville City	4378	100%
Georgia Virtual School	2277	100%
Gilmer County	2863	100%
Glascocock County	401	100%
Glynn County	8529	100%
Gordon County	3598	86%
Grady County	3183	95%
Greene County	304	100%
Gwinnett County Public Schools	116830	100%
Habersham County	5605	93%
Hall County Public Schools	16587	100%
Hancock County	301	91%

Georgia Department of Education

System	Number of Students with FITNESSGRAM Data	Percentage with FITNESSGRAM Data*
Haralson County	2850	81%
Harris County	3985	88%
Hart County	2621	89%
Heard County	1085	100%
Henry County	23236	100%
Houston County	21352	96%
Irwin County	1218	75%
Jackson County	5365	98%
Jasper County	1523	100%
Jeff Davis County	2268	88%
Jefferson City	2211	100%
Jefferson County	2209	89%
Jenkins County	896	99%
Johnson County	834	97%
Jones County	3714	100%
Lamar County	1797	71%
Lanier County	790	100%
Laurens County	4736	100%
Lee County	4960	95%
Liberty County	6873	92%
Lincoln County	870	99%
Long County	2087	55%
Lowndes County Public Schools	7588	94%
Lumpkin County	2590	49%
Macon County	578	100%
Madison County	3761	22%
Marietta City	6761	98%
Marion County	845	100%
McDuffie County	2868	100%
McIntosh County	1216	97%
Meriwether County	1343	100%
Miller County	449	100%
Mitchell County	1568	79%
Monroe County	2685	100%
Montgomery County	654	91%
Morgan County	1888	100%
Murray County	5345	77%
Muscogee County	22291	85%
Newton County	13845	79%
Oconee County	5270	100%
Oglethorpe County	1746	85%
Paulding County	20353	96%
Peach County	1862	100%
Pelham City	910	100%
Pickens County	3217	99%
Pierce County	2376	100%

Georgia Department of Education

System	Number of Students with FITNESSGRAM Data	Percentage with FITNESSGRAM Data*
Pike County	2528	96%
Polk County	5528	72%
Pulaski County	687	100%
Putnam County	1712	100%
Quitman County	11	100%
Rabun County	1614	100%
Randolph County	645	100%
Richmond County	20818	100%
Rockdale County	11071	67%
Rome City	3777	100%
Schley County	747	100%
Screven County	1556	100%
Seminole County	1012	41%
Social Circle City	1149	98%
Spalding County	6141	100%
Heritage Preparatory Academy School	NA	NA
Ivy Prep Academy at Kirkwood for Girls School	NA	NA
Ivy Preparatory Young Men's Leadership Academy School	NA	NA
Provost Academy Georgia	NA	NA
Scholars Academy Charter School	NA	NA
Cherokee Charter	937	73%
Georgia Connections	1789	100%
Mountain Education Center	97	100%
Odyssey	1269	100%
Georgia School for the Deaf	40	100%
Atlanta Area School for the Deaf	99	99%
Georgia Academy for the Blind	52	94%
Stephens County	2125	45%
Stewart County	139	100%
Sumter County	3226	83%
Talbot County	102	83%
Taliaferro County	69	100%
Tattnall County	2855	94%
Taylor County	680	100%
Telfair County	1091	100%
Terrell County	1116	91%
Thomas County	3502	99%
Thomaston	3077	99%
Thomasville City	1953	87%
Tift County	5743	91%
Toombs County	1766	100%
Towns County	766	94%
Treutlen County	682	100%
Trion City	781	100%

Georgia Department of Education

System	Number of Students with FITNESSGRAM Data	Percentage with FITNESSGRAM Data*
Troup County	8663	94%
Turner County	NA	NA
Twiggs County	90	100%
Union County	1878	75%
Valdosta City	5574	82%
Vidalia City	1918	96%
Walker County	5985	100%
Walton County	9742	73%
Ware County	4024	100%
Warren County	418	100%
Washington County	2440	36%
Wayne County	3600	100%
Webster County	278	83%
Wheeler County	79	100%
White County Public Schools	2689	93%
Whitfield County	9025	81%
Wilcox County	836	99%
Wilkes County	1098	68%
Wilkinson County	613	100%
Worth County	2454	89%

*Percentage Tested: Physical Education enrollment numbers from the Georgia Department of Education Student Record information as compared with numbers of students with reported FITNESSGRAM scores.

Georgia Department of Education

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