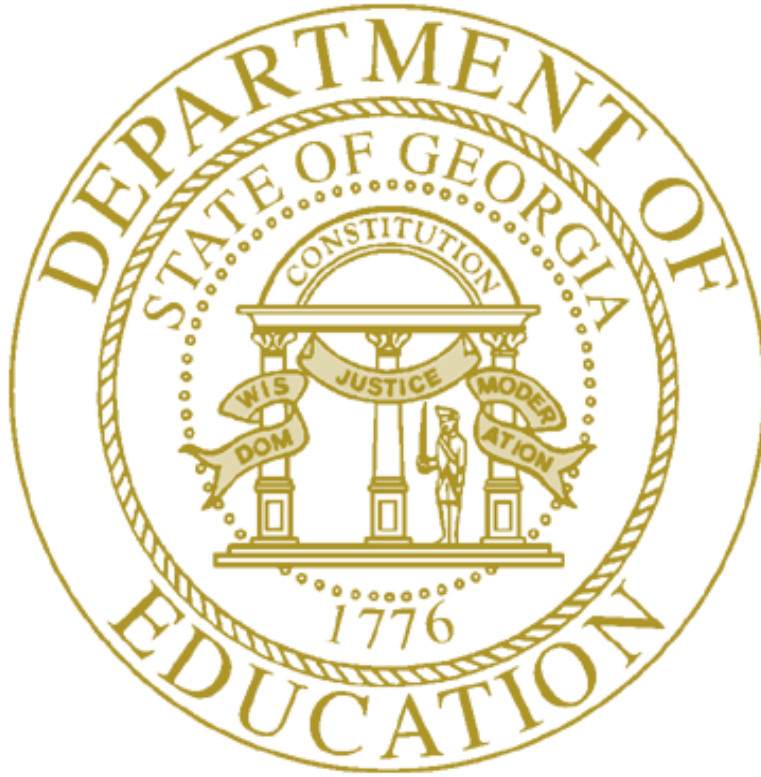


**Georgia Department of Education**  
**Annual Fitness Assessment Program Report**



**October 2013**

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## Georgia Department of Education

### Acknowledgements

The 2013 Georgia fitness assessment was initiated in the 2012-2013 school year with collaborative support and funding.

#### **Student Health and Physical Education (S.H.A.P.E.) Partnership**

In an effort to support the fitness assessment initiative, the Governor's Office created the Georgia S.H.A.P.E. partnership in 2010. This group of government, education, healthcare, and not-for-profit leaders provided schools with the information and tools necessary to successfully implement a fitness assessment program. These partners provided funding, training, data centralization, reward/recognition, and a plan for long-term results. The initial S.H.A.P.E. group consisted of members from the Georgia Governor's Office, the Georgia Department of Education, the Georgia Department of Public Health (DPH), The Arthur M. Blank Family Foundation, Atlanta Braves Foundation, Atlanta Falcons Youth Foundation, and Children's Healthcare of Atlanta.

#### **The Georgia Department of Education Fitness Assessment Advisory Committee**

This expert panel was assembled to develop the details of the fitness assessment program by researching and identifying a testing tool, testing requirements for each grade level, and reporting needs. The committee will continue to provide ongoing technical assistance. Members represented the following: American College of Sports Medicine, Cherokee County Schools, Children's Health Care of Atlanta, Cobb County Schools, Coweta County Schools, Emmanuel College, Georgia Association for Health Physical Education Recreation and Dance (GAHPERD), Georgia Department of Education, Georgia Department of Public Health, Georgia Health Policy Center, Andrew Young School of Policy Studies, Georgia State University, Georgia Institute of Technology, Georgia Parent Teachers Association, Georgia Southern University, Georgia State University Department of Kinesiology and Health, Georgia State University Institute of Public Health, Governor's Office, Gwinnett County Schools, HealthMPowers, Lieutenant Governor's Office, Metro Atlanta YMCA, and several Pilot School Systems.

#### **Training**

HealthMPowers developed and coordinated the training component of the pilot and statewide implementation.

# Georgia Department of Education

## Introduction

The Georgia Student Health and Physical Education (S.H.A.P.E.) 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 S.H.A.P.E. 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.

Georgia has received national recognition and attention for being one of seven states in the country that conducts a statewide fitness assessment of students in grades 1-12. Based on the findings of the pilot and statewide implementation, it has been determined that students and

## Georgia Department of Education

parents will benefit from this successful S.H.A.P.E. 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. These strategies are measurable and results driven.

# Georgia Department of Education

## Summary

The statewide *Annual Fitness Assessment Program* was conducted in during the 2012-2013 school year. Health- related fitness assessments using FitnessGram were implemented in physical education classes for students in grades 1-12 across Georgia.

Goals for the Georgia Annual Fitness Assessment program were to:

- Maintain “Fitness Gram 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 Fitness Gram test to schools
- 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 aggregate data on the health related fitness of Georgia’s children

### Fitness Assessment Participation

The fitness assessment requirement states all students in physical education classes taught by a certified physical education teacher shall be tested. As identified in Figure 1 below, 100% 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 2,273 schools, 99% completed fitness assessments. Fitness scores were reported for 1,139,998 physical education students from 2,253 schools, representing 76% of the total population of students in grades 1-12. This represents only those students enrolled in physical education classes. Students are not required to enroll in a physical education class each year in grades 6-12.

**Figure 1: 2013 Fitness Assessment Completion Numbers**

Local School Districts 182	Local School Districts Reporting Fitness Assessment 182	Percentage 100%
Schools 2273	Schools Completing Fitness Assessment 2253	Percentage 99%
Total Enrollment Grades 1-12 1,507,092	Students Completing Fitness Assessment 1,139,998	Percentage 76% *

\*76% of total student population grades 1-12. Georgia students are not required to be enrolled in physical education every school year.

## Georgia Department of Education

### Test Results- School Year 2012-2013

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).

#### **Aerobic Capacity and Body Composition: (Figure 2)**

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

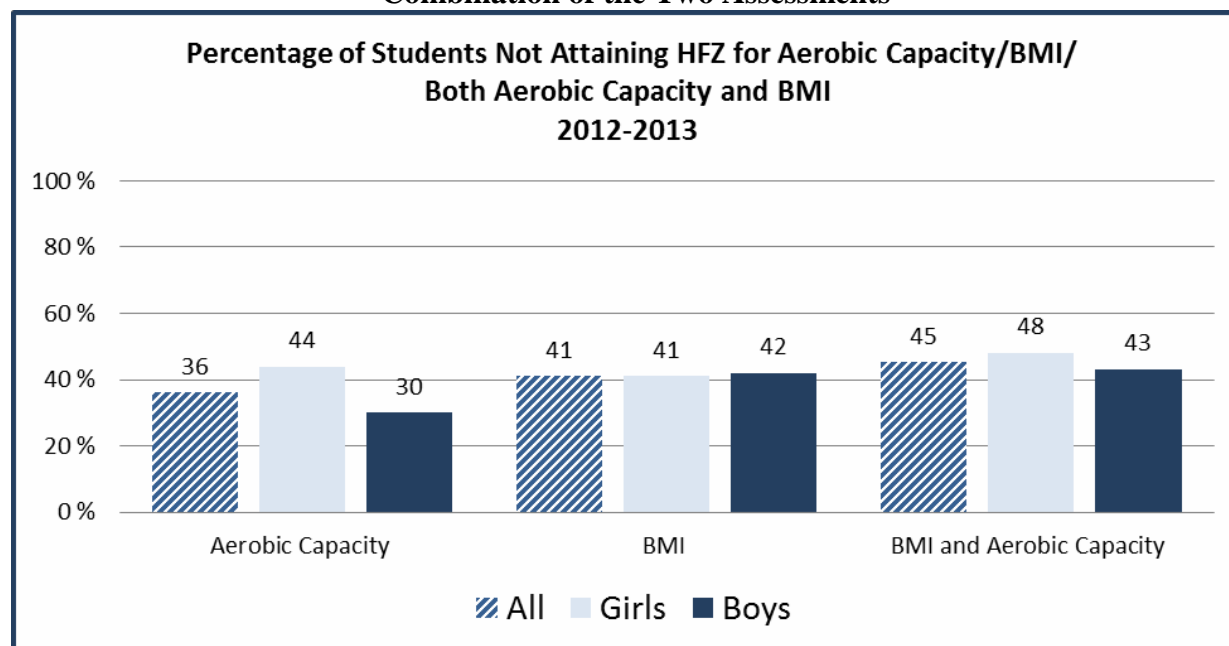
- 36% of students assessed are not in the HFZ for aerobic capacity. (All grades)
- A larger percentage of female students (44%) failed to attain the HFZ than boys (30%).

Body composition data uses height and weight measures to determine Body Mass Index (BMI). In Georgia the body composition data indicates that:

- 41% of students assessed fail to attain the HFZ for Body Composition measure. (This includes both under and overweight)

As indicated in Figure 2, one in five students (45%) failed to attain a combination of the HFZ in both the aerobic capacity **and** body composition assessments.

**Figure 2: Percentage of Students Not Attaining HFZ for Aerobic Capacity, BMI and Combination of the Two Assessments**

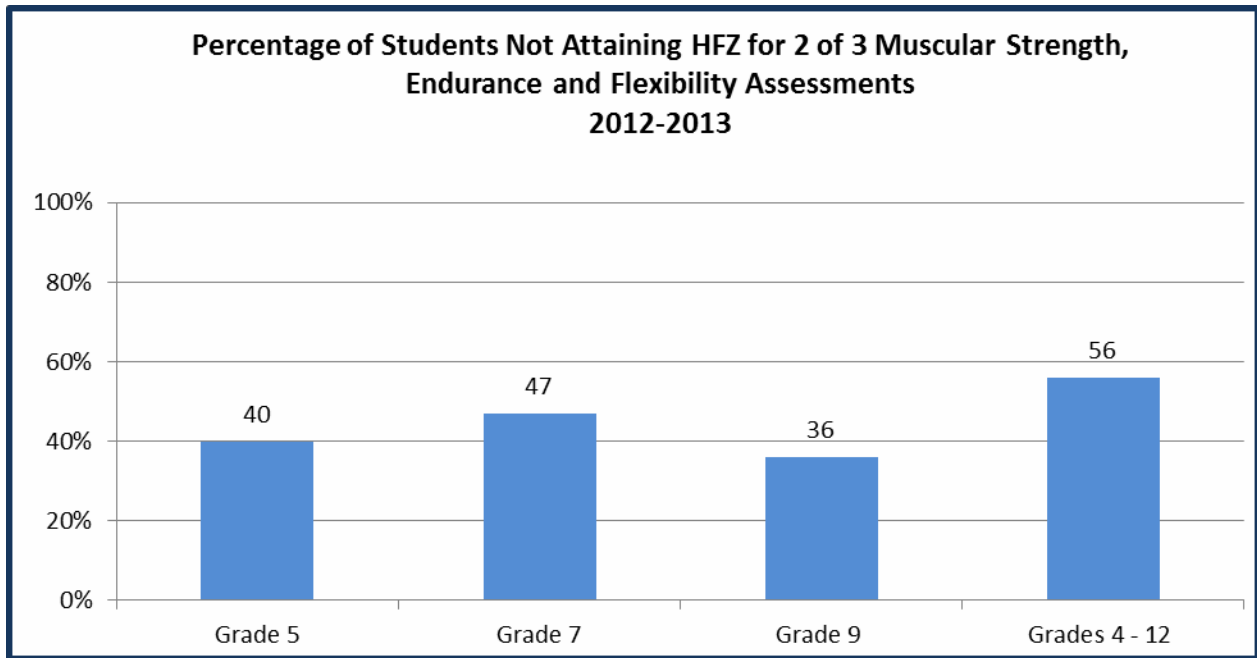


**Muscular Strength, Endurance, and Flexibility: (Figure 3)**

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

- 40% of 5<sup>th</sup> graders did not attain HFZ in at least two of three assessments for muscular strength, flexibility, and endurance flexibility; 47% of 7<sup>th</sup> graders did not attain HFZ in at least two of three assessments for muscular strength, flexibility and endurance flexibility 36% of 9<sup>th</sup> graders did not attain HFZ in at least two of three assessments for muscular strength, flexibility and endurance flexibility.

**Figure 3: Percentage of Students Not Attaining HFZ for 2 or 3 Muscular Strength, Endurance, and Flexibility Assessments**



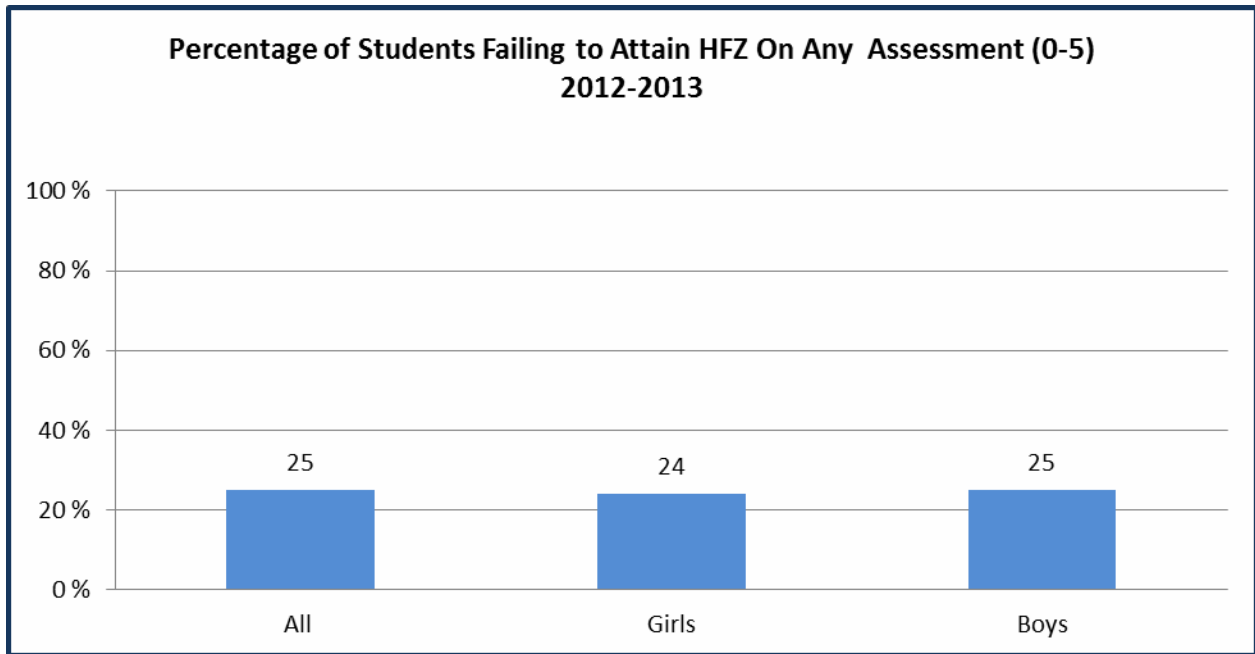


Georgia Department of Education

**Health Related Fitness: Percentage of Students Unable to Achieve HFZ on any assessment component. (Figure 4)**

- 25% of all students across all grade levels ( 4-12) **unable to** achieve the HFZ in any of the five assessments (0 of 5)
- 19% of all students across all grade levels (4-12) **achieved** the HFZ on all five assessments. (5 of 5)

**Figure 4: Health Related Fitness: Percentage of Students Unable to Achieve the HFZ on any assessment component.**



## Georgia Department of Education

### Georgia Aggregate Data Comparison: 2012/2013

The statewide *Annual Fitness Assessment Program* was conducted in during the 2011-2012 school year and the 2012-2013 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 2012 data ( 2011-2012) school year was collected for the second semester only. The 2013 data ( 2012-2013) was collected for a full school year.

#### **Fitness Assessment Participation**

The fitness assessment requirement states all students in physical education classes taught by a certified physical education teacher. As identified below, 100% 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 2,273 schools, 99% completed fitness assessments. Fitness scores were reported for 1,139,998 physical education students from 2,253 schools, representing 76% of the total population of students in grades 1-12. This percentage represents only those students enrolled in physical education classes. 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 increased from 2012 to 2013 with 2% more schools reporting and a 9% increase in the number of students with fitness assessment data.

#### **2012/2013 Fitness Assessment Completion Numbers**

School Year	School Systems	Schools	Students Assessed
2012	182 (100%)	2156 (97%)	998,774 (67%)
2013	182 (100%)	2253 (99%)	1,139,998 (76%)
	No Change	2%	9%

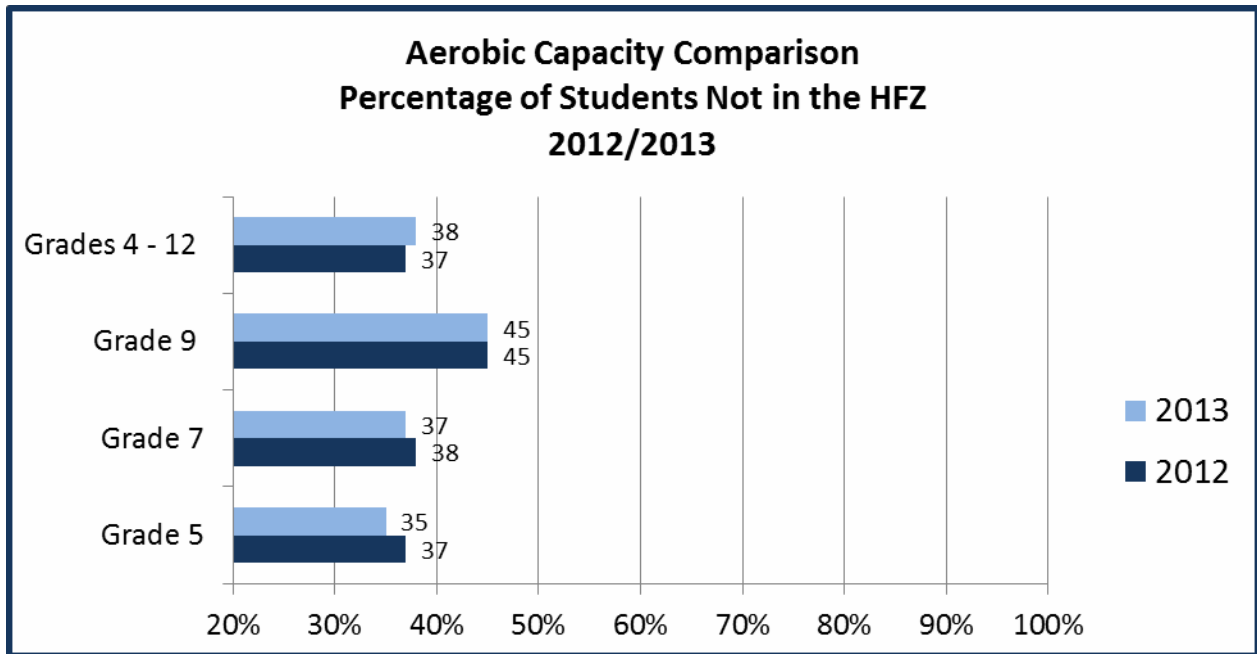
## Georgia Department of Education

### Aerobic Capacity: (Figure 5)

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

- There was a slight (1%) decrease of Grade 4-12 students assessed who are not in the HFZ for aerobic capacity.
- Grades 5 and 7 have a slight increase in students assessed who fail to attain the HFZ. Grade 7 had a 1% increase and Grade 5 a 2% increase.

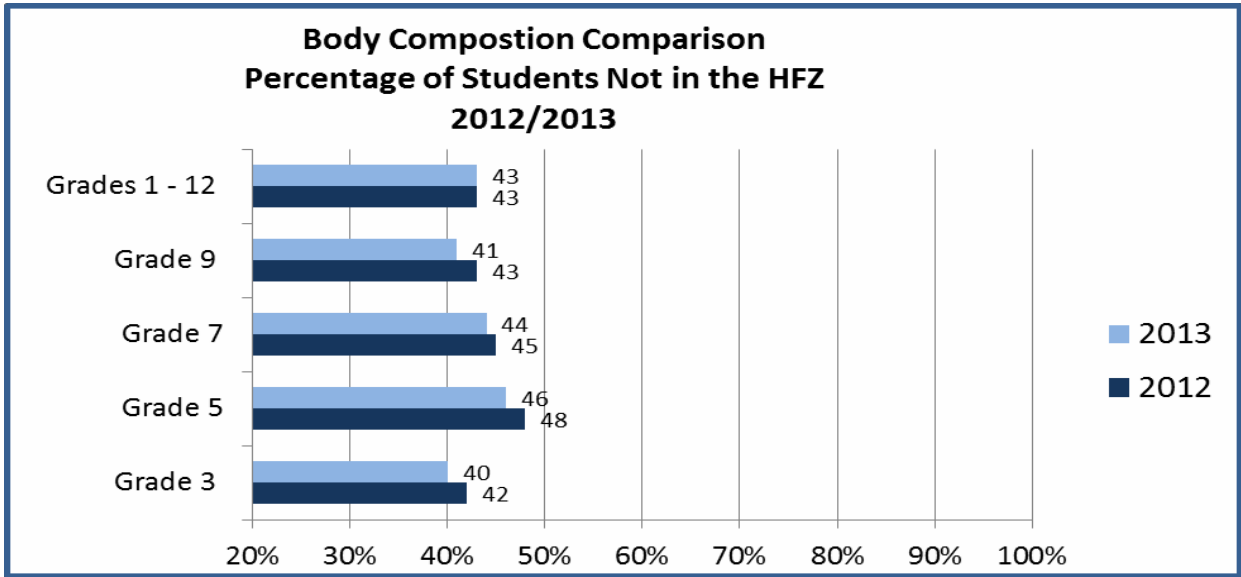
**Figure 5: Aerobic Capacity Comparison: Students Not in the HFZ**



### Body Mass Index-height and weight measurement (Figure 6)

- The percentage of all students assessed in grades 1-12 who did not attain the HFZ for body composition as measured using height and weight remained the same for the schools years compared.
- The percentage of students in Grades 3, 5, 7, and 9 all had a decrease in the percentage of students not in the HFZ for body composition. The decreases by grade: Grade 9-2%; Grade 7 1%; Grade 5-2%; and Grade 3-1%.

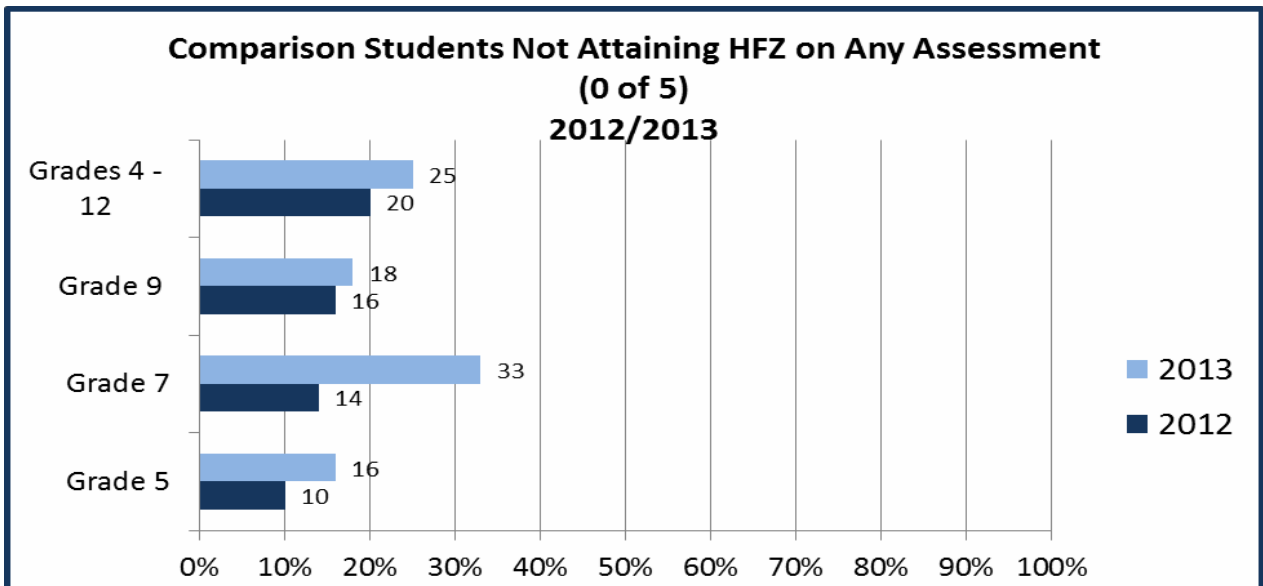
**Figure 6: Body Composition Comparison: Students Not in the HFZ**



**Health Related Fitness: Percentage of Students Unable to Achieve HFZ on any assessment component. (Figure 7)**

- This is a 5% increase in the percentage of students (grades 4-12) unable to attain the HFZ in all five assessment components over the previous school year.
- The percentage of grade 7 students unable to **achieved** the HFZ on all five assessments increased by 19% over the previous school year.

**Figure 7: Assessments Comparison: Students Not in the HFZ on any of the assessments**



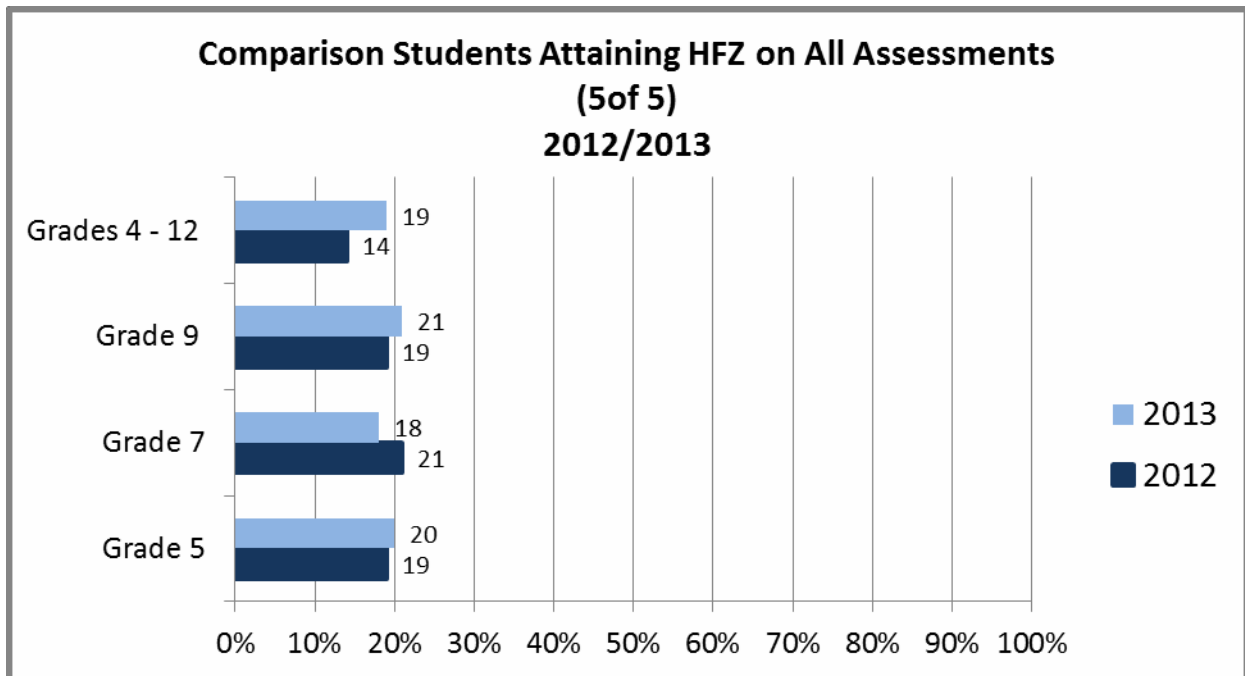
## Georgia Department of Education

### Health Related Fitness: Percentage of Students Achieving HFZ for all assessment components. (Figure 8)

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

- There is a 4% increase for those in the HFZ in all five assessments (5 of 5) from the previous school year.
- Grade 7 showed a 3% decrease for those in the HFZ for in all five assessments (5 of 5) from the previous school year.
- Grade 5 and 9 data shows a slight increase in those in the HFZ in five assessments (5 of 5) from the previous school year.

**Figure 8: Achievement 5 of 5 Assessments Comparison: Students achieving the HFZ on all assessments**



**Rewards and Recognition**

Schools were invited to submit application to be recognized by the Governor's office as S.H.A.P.E. Honor Roll Schools. The goal of the reward and recognition component of S.H.A.P.E. 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 three-tiered award system. The tiers are Bronze, Silver, and Gold. To qualify, schools submitted an application and related materials to the Governor's Office.

## Conclusion

The 2012-2013 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 were assessed in the second half of the 2012-2013 school year, 76% of Georgia's students participated in the assessment. This is an increase of 9% over the previous year. A strong collaborative network contributed towards the success of this effort.

In the first full school year of assessment, student data was successfully entered for 1,139,998 students, representing students in all Georgia school districts. Georgia data and a data-collection infrastructure is 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 2012 school year with data from the 2013 school year indicates both positive and negative movement. The assessment data for the 2013 school year showed a large increase in the number of students assessed and with reported data. The data from both school years consistently indicates a need for improvement in the health related fitness of Georgia students.

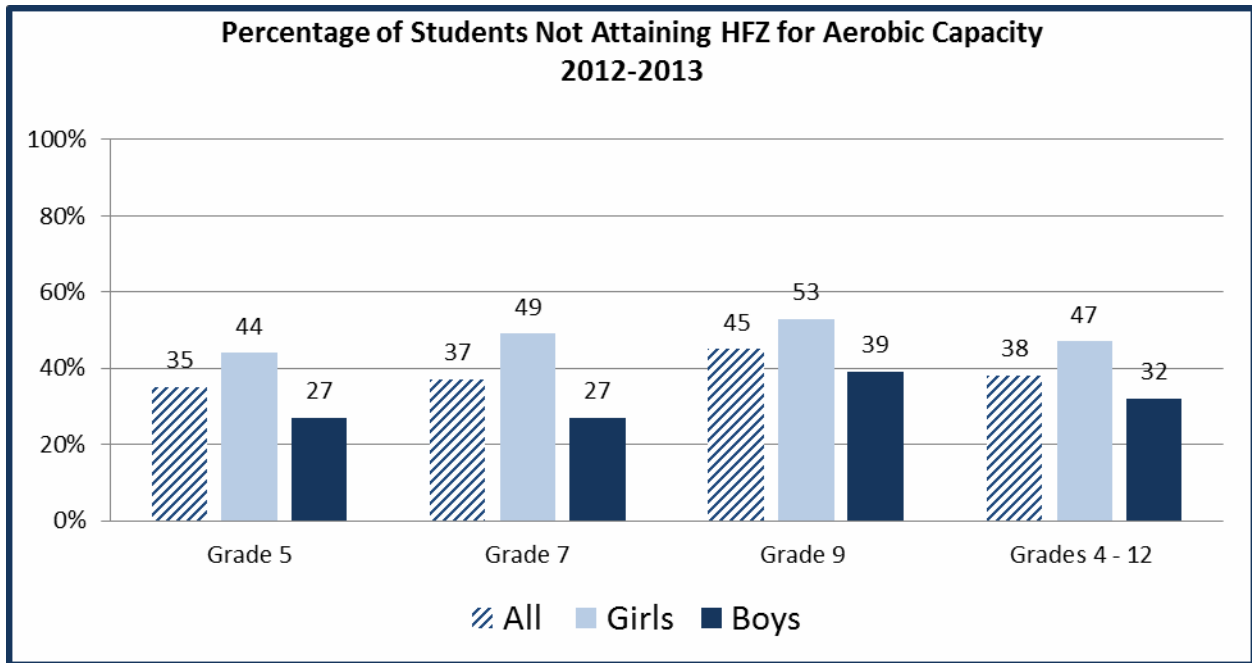
It is anticipated that future support will address specific concerns related to test administration, data collection, and communication. Support will also provide information and training on efforts to improve the health related fitness of Georgia's students. Additional partners and supporters joining 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  
2012-2013**

**Health Related Fitness: Aerobic Capacity (PACER or Mile Run) (Figure 9)**

- 38% of student in grades 4-12 did not attain the HFZ for aerobic capacity.
- 27% of grade 5 boys, 27% of grade 7 boys, and 39 % of grade 9 boys did not attain HFZ for aerobic capacity compared to 44%, 49%, and 53% of girls in respective grades.

**Figure 9: Health Related Fitness: Aerobic Capacity (PACER or Mile Run)**



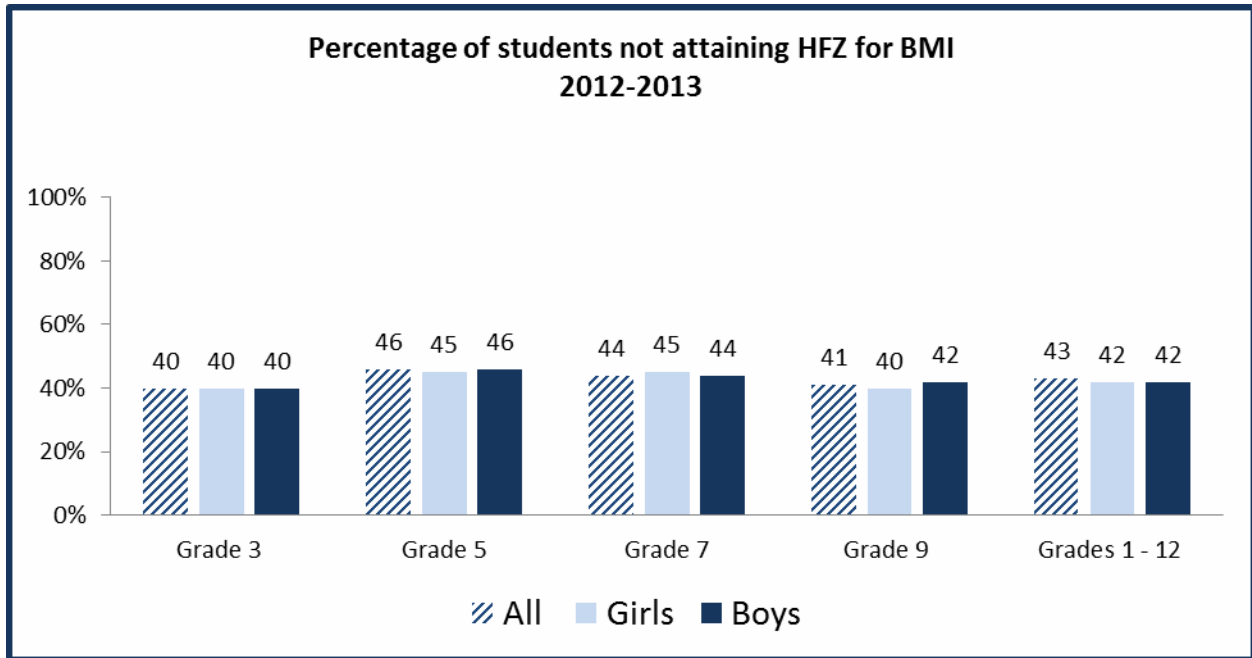


## Georgia Department of Education

### Health Related Fitness: Body Mass Index-height and weight measurement ( Figure 10)

- 43% of all students assessed in grades 1-12 did not attain the HFZ for body composition as measured using height and weight - BMI measurement
- 46 % of 5<sup>th</sup> grade students did not attain HFZ for body composition as measured using height and weight and a BMI measurement compared to 40% of 3<sup>rd</sup> grade students, 44 % of 7<sup>th</sup> grade students, and 41% of 9<sup>th</sup> students.

**Figure 10: Health Related Fitness: Body Mass Index-height and weight measurement**

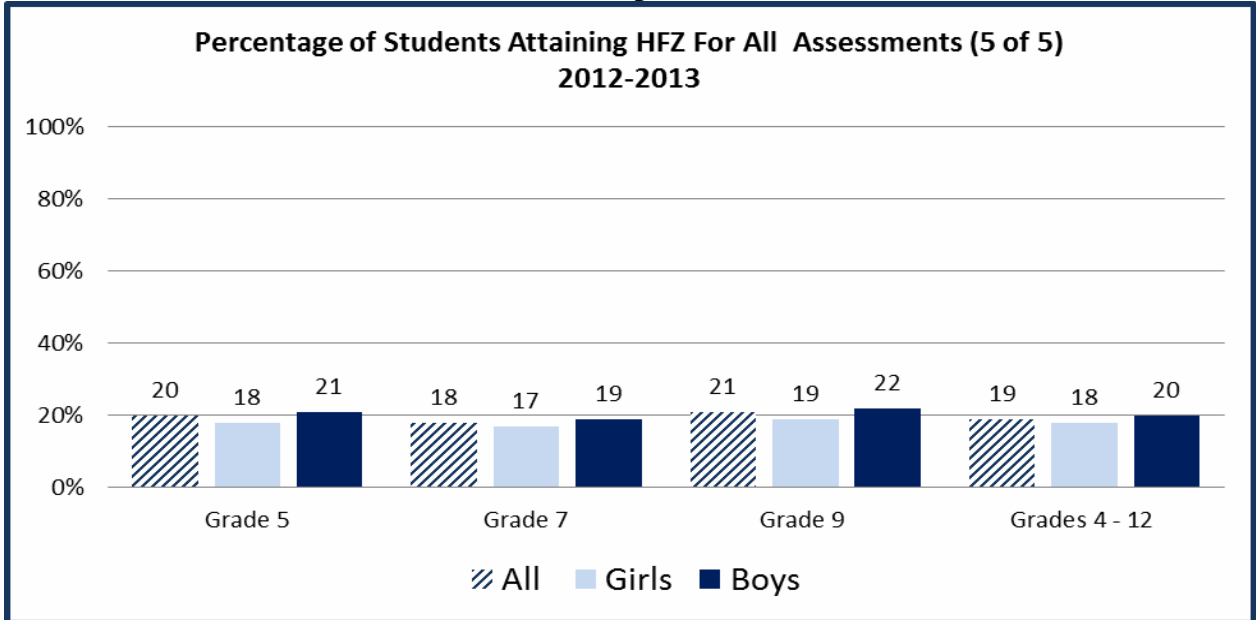


### Health Related Fitness: Percentage of Students Achieving HFZ for all assessment components. ( Figure 11)

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

- 20% of 5<sup>th</sup> graders, 18% of 7<sup>th</sup> grades and 21% of 9<sup>th</sup> grades achieved the HFZ in all five assessments (5 of 5)
- 19% of all students across all grade levels (4-12) achieved the HFZ in all five assessments (5 of 5)

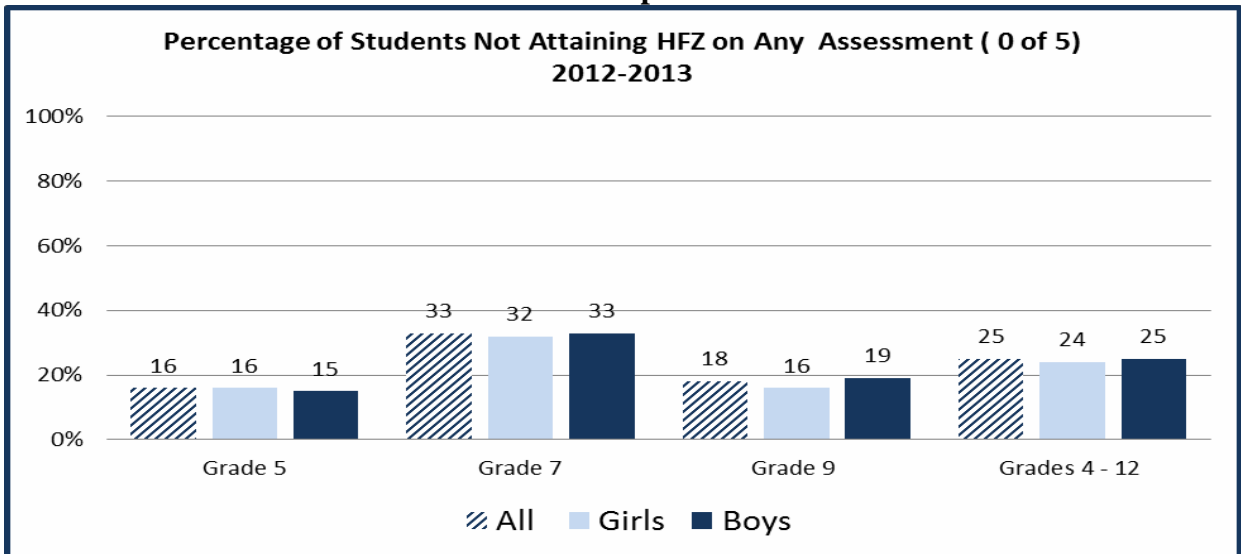
**Figure 11: Health Related Fitness: Percentage of Students Achieving HFZ for all assessment components**



**Health Related Fitness: Percentage of Students Unable to Achieve HFZ any assessment component. (Figure 12)**

- 16% of 5th graders, 33% of 7<sup>th</sup> grades and 18% of 9<sup>th</sup> grades did not achieve the HFZ in any of the five assessments (0 of 5)
- 25% of all students across all grade levels (4-12) did not achieve the HFZ in any of the five assessments (0 of 5)

**Figure 12: Health Related Fitness: Percentage of Students Unable to Achieve HFZ on any assessment component**



## Georgia Department of Education

### 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 VO<sub>2</sub>max (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.



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##### *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 VO<sub>2</sub>max (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.



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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.



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

**Gloria Smith**  
Grade: 7 Age: 13  
Northside Middle School

**Instructor(s): Read, Kathy**

**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.

	Date	Height	Weight
Current:	01/14/2010	5' 3"	90 lbs
Past:	09/15/2009	5' 1"	85 lbs

**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 13 year-old girls = 23 - 51 laps

**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 13 year-old girls  
Curl-Up = 18 - 32 repetitions  
Trunk Lift = 9 - 12 inches  
Push-Up = 7 - 15 repetitions  
Back-Saver Sit and Reach =  
At least 10 inches on R & L

**BODY COMPOSITION**

The body composition measure refers to the relative proportion of fat and lean tissue in the body. Body fat percentage can be estimated by skinfold calipers or other measuring devices. The Body mass index (BMI) is another indicator 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. It is important to begin healthy eating and regular activity early.

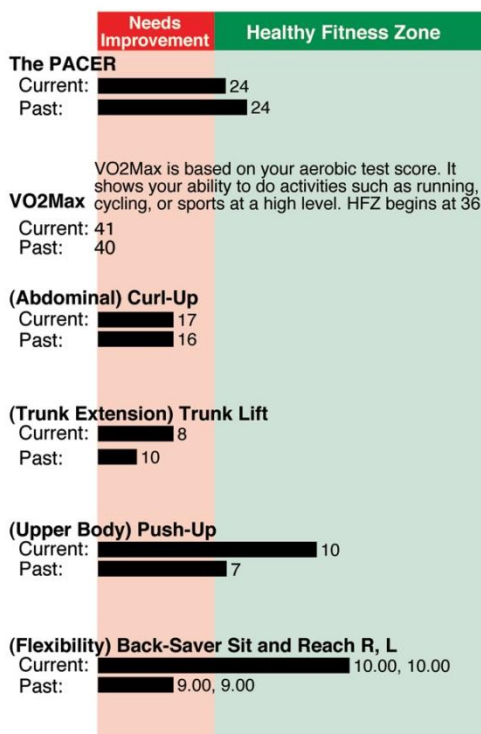
**Healthy Fitness Zone** for 13 year-old girls = 14.90 - 24.50

**INTERPRETING THE FITNESSGRAM REPORT**

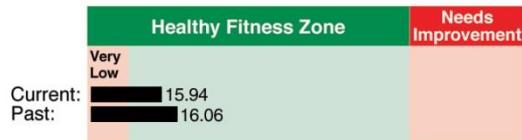
Health-related fitness includes a variety of factors. With regular physical activity most children will be able to score in the Healthy Fitness Zone for most of the tests. It is important for all children to be physically active every day (a total of 60 minutes is recommended) even if they are already fit. If your child is in the Needs Improvement area on a particular test, it is important to provide additional opportunities to be active so they can improve their levels of fitness. **See back of page for more information.**

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**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.

## Georgia Department of Education

### APPENDIX C: Georgia Fitness Advisory Committee Members

#### Georgia Fitness Advisory Committee Members 2012-2013

Mark Anderson	Cobb County Schools-Health and Physical Education Curriculum
James Annessi	Metro Atlanta YMCA
Adrian Watlington Cox	Georgia Parent Teacher Association
Seema Csukas	Georgia Department of Public Health
Dan Fesperman	Georgia Department of Public Health
Bob Heaberlin	Coweta County Schools -Lee Middle School
Trisha Hardy	Children's Health Care of Atlanta
Barry Joyner	Georgia Southern University
Christi Kay	HealthMPowers
Lucy Klausner	Children's Health Care of Atlanta
Rodney Lyn	Institute of Public Health Georgia State University
Dave Martinez	Cherokee County Schools-Adapted Physical Education
Therese McGuire	Georgia Department of Education
Michael Metzler	Georgia State University
Mindy Millard-Stafford	American College of Sports Medicine Georgia Institute of Technology
Mary Ann Phillips	Georgia Health Policy Center -Georgia State University
Jeff Townsend	Georgia Association for Health Physical Education Recreation and Dance
Richard (Bud) Reiselt	Emmanuel College
Katie Rogers	Georgia Governor's Office
Shea Ross	Georgia Lieutenant Governor's Office
James Sessions	Pike County Schools Physical Education Teacher
Michael Tenoschok	Georgia Department of Education
Chuck Truitt	Gwinnett County Schools Health and Physical Education Curriculum
Kim Thompson	Georgia Association for Health Physical Education Recreation and Dance
Arianne Weldon	Georgia Department of Public Health
Shannon Williams	Georgia State University

## Georgia Department of Education

### APPENDIX D: Governor's S.H.A.P.E. Honor Roll 2013

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

### Gold Schools

- \*Asa Philip Randolph Elementary – Fulton Co
- \*Birmingham Falls Elementary – Fulton Co.
- Blackwell Elementary – Cobb County
- Butler Elementary – Chatham County
- \*Chestnut Mnt. Creative School of Inquiry - Hall
- Chickamauga Elementary – Chickamauga City
- Conley Hills Elementary – Fulton County
- \*Craig Elementary – Gwinnett County
- Grayson Elementary – Gwinnett County
- \*Holly Springs Elementary – Cherokee County
- \*Indian Knoll Elementary – Cherokee County
- \*Jackson Road Elementary – Spalding County
- Joseph Knox Elementary – Cherokee County
- Keheley Elementary – Cobb County
- \*Largo-Tibet Elementary – Chatham County
- Lovin Elementary – Gwinnett County Lyons
- Primary School – Toombs County Lyons
- Upper Elementary – Toombs County
- Macedonia Elementary – Cherokee County
- McEver Arts Academy – Hall County
- Memorial Drive Elementary – Ware County
- \*Mountain View Elementary – Cobb County
- Mulberry Elementary – Gwinnett County
- Oak Knoll Elementary – Fulton County
- Ocee Elementary – Fulton County
- \*Pine Grove Elementary – Lowndes County
- \*Rincon Elementary – Effingham County
- River Ridge Elementary – Columbia County
- Riverbend Elementary – Hall County
- Sardis Enrichment School – Hall County
- Simonton Elementary – Gwinnett County
- \*South Effingham Elementary Effingham County
- \*Spout Springs School of Enrichment – Hall Co
- \*Stonewall Tell Elementary – Fulton County
- \*Sugar Hill Elementary – Hall County
- West Jackson Intermediate School – Jackson Co
- \*Westside Elementary – Lowndes County
- \*White Sulphur Elementary – Hall County
- Woodward Mill Elementary – Gwinnett County
- Berkmar Middle School – Gwinnett County
- \*ET Booth Middle School – Cherokee County
- \*Harlem Middle School – Columbia County
- Jean Childs Young Middle School – Atlanta
- \*Mill Creek Middle School – Cherokee County
- \*North Hall Middle School – Hall County
- Renfroe Middle School – Decatur City
- \*Ridgeview Charter School – Fulton County
- \*South Hall Middle School – Hall County
- \*Woodstock Middle School – Cherokee County

**\*Recognized in the 2012 school year. Two time winner.**



## Georgia Department of Education

### Silver

B.B Harris Elementary – Gwinnett County  
Ball Ground ES STEM Academy –Cherokee  
Benefield Elementary – Gwinnett County  
Burnette Elementary – Gwinnett County  
Camp Creek Elementary – Gwinnett County  
\*Carmel Elementary – Cherokee County  
\*Centralhatchee Elementary – Heard County  
Clark Creek STEM Academy – Cherokee Co.  
\*Clayton Elementary – Cherokee County  
Ferguson Elementary – Gwinnett County  
Freeman's Mill Elementary – Gwinnett County  
Greenbrier Elementary Columbia County  
\*Hannan Magnet Academy – Muscogee County  
Harmony Elementary – Gwinnett County  
Hembree Springs Elementary – Fulton County  
\*Hickory Flat Elementary – Cherokee County  
Kleven Boston Elementary – Cherokee County  
Lawrenceville Elementary – Gwinnett County  
Linwood Elementary – Houston County  
\*Martin Luther King Jr Elementary-Muscogee Co  
North Harlem Elementary – Columbia County

\*Oak Grove Elementary Fine Arts Academy  
Cherokee County  
Parsons Elementary – Gwinnett County  
\*Perry Primary School – Houston County  
W.C. Britt Elementary – Gwinnett County  
Creekland Middle School – Cherokee County  
Dacula Middle School – Gwinnett County  
\*Dean Rusk Middle School – Cherokee County  
Duluth Middle School – Gwinnett County  
Frank N. Osborne Middle School – Gwinnett Co.  
\*Freedom Middle School – Cherokee County  
Gwinnett Online Campus – Gwinnett County  
\*Holcomb Bridge Middle School – Fulton Co.  
J.E. Richards Middle School – Gwinnett County  
\*Lowndes Middle School – Lowndes County  
Morrow Middle School – Clayton County  
Pinckneyville Middle School – Gwinnett County  
Trickum Middle School – Gwinnett County  
Cherokee High School – Cherokee County  
Etowah High School – Cherokee County  
Evans High School – Columbia County

### Bronze

Bryant Elementary – Cobb County Harbins  
Elementary – Gwinnett County Muscogee  
Elementary – Muscogee County  
North Columbus Elementary – Muscogee County  
Sherwood Acres Elementary – Dougherty County  
Suwanee Elementary – Gwinnett County  
Blackmon Road Middle School – Muscogee County  
Columbia Middle School – Columbia County

Evans Middle School – Columbia County  
\*Georgia School for the Deaf  
Pickens County Middle School – Pickens County  
Thomas County Middle School – Thomas County  
Bishop Hall Charter School – Thomas County  
Brookwood High School – Gwinnett County  
\*Heritage High School – Rockdale County

**\*Recognized in the 2012 school year. Two time winner.**

## Georgia Department of Education

### APPENDIX E: Percentage of Physical Education Students with 2012-21013 Fitness Data

System	Number of Students with Fitness Data	Percentage Tested*
Appling County	2411	100%
Atkinson County	1112	86%
Atlanta Public Schools	23621	74%
Bacon County	1397	97%
Baker County	247	100%
Baldwin County	3474	100%
Banks County	2137	100%
Barrow County	9734	100%
Bartow County	10616	100%
Ben Hill County	1942	90%
Berrien County	2215	96%
Bibb County Public Schools	11529	83%
Bleckley County	1169	96%
Brantley County	2150	100%
Bremen City	1395	100%
Brooks County	1317	81%
Bryan County	5773	100%
Buford City	3203	100%
Bulloch County	6121	90%
Burke County	3033	100%
Butts County	2167	96%
Calhoun City	2698	100%
Calhoun County	485	98%
Camden County	7247	100%
Candler County	1264	100%
Carroll County	10704	100%
Carrollton City	3445	100%
Cartersville City	3254	100%
Catoosa County	7284	100%
Charlton County	1430	100%
Chatham County	23083	99%
Chattahoochee County	622	100%
Chattooga County	2066	100%
Cherokee County	29459	100%
Chickamauga City	1126	100%
Clarke County	9261	100%
Clay County	306	100%
*Percentage Tested: Physical Education enrollment numbers from the Ga Department of Education Student Record information as compared with numbers of students with reported FGram scores.		

## Georgia Department of Education

System	Number of Students with Fitness Data	Percentage Tested*
Clayton County	37754	100%
Clinch County	754	99%
Cobb County	73659	95%
Coffee County	5494	100%
Colquitt County	5923	100%
Columbia County	17655	100%
Commerce City	1022	100%
Commission Charter Schools- Atlanta Heights	336	75%
Commission Charter Schools- Atlanta Heights Charter School	147	100%
Commission Charter Schools- CCAT School	336	100%
Commission Charter Schools- Coweta Charter Academy	0	N
Commission Charter Schools- Fulton Leadership Academy	0	N
Commission Charter Schools- Ivy Preparatory Academy	0	N
Cook County	2321	94%
Coweta County	16399	100%
Crawford County	886	100%
Crisp County	2593	96%
Dade County	1753	100%
Dalton City	5517	100%
Dawson County	2772	100%
Decatur City	2758	100%
Decatur County	2578	74%
DeKalb County	68913	97%
Dodge County	1358	62%
Dooly County	766	82%
Dougherty County	8854	82%
Douglas County	18445	94%
Dublin City	1814	100%
Early County	1549	94%
Echols County	386	81%
Effingham County	8356	100%
Elbert County	2342	100%
Emanuel County	3243	100%
Evans County	1214	100%
Fannin County	2261	100%
Fayette County	14619	100%
Floyd County	6578	94%
Forsyth County	30068	100%
Franklin County	2899	100%
Fulton County	68097	100%
Gainesville City	3755	76%
Georgia Virtual School	230	100%
Gilmer County	3189	100%

## Georgia Department of Education

System	Number of Students with Fitness Data	Percentage Tested*
Glascocock County	382	87%
Glynn County	8880	100%
Gordon County	5005	100%
Grady County	3101	100%
Greene County	1297	100%
Gwinnett County Public Schools	113787	96%
Habersham County	5444	100%
Hall County Public Schools	14898	79%
Hancock County	290	85%
Haralson County	2799	100%
Harris County	3892	100%
Hart County	2712	100%
Heard County	1561	100%
Henry County	24727	100%
Houston County	21547	100%
Irwin County	1193	100%
Jackson County	5244	100%
Jasper County	1627	100%
Jeff Davis County	2091	100%
Jefferson City	2120	100%
Jefferson County	2137	100%
Jenkins County	972	99%
Johnson County	874	100%
Jones County	4027	100%
Lamar County	1893	100%
Lanier County	894	100%
Laurens County	4700	99%
Lee County	4712	100%
Liberty County	6903	100%
Lincoln County	864	100%
Long County	1903	100%
Lowndes County Public Schools	8296	100%
Lumpkin County	3033	100%
Macon County	858	76%
Madison County	3702	100%
Marietta City	5992	94%
Marion County	796	84%
McDuffie County	2572	90%
McIntosh County	1204	100%
Meriwether County	1429	100%
Miller County	232	60%
Mitchell County	1630	100%

## Georgia Department of Education

System	Number of Students with Fitness Data	Percentage Tested*
Monroe County	2782	96%
Montgomery County	749	100%
Morgan County	2493	100%
Murray County	5519	100%
Muscogee County	21480	100%
Newton County	14005	100%
Oconee County	5468	100%
Oglethorpe County	1499	91%
Paulding County	21239	100%
Peach County	2443	96%
Pelham City	1087	100%
Pickens County	3497	100%
Pierce County	2577	100%
Pike County	2542	100%
Polk County	6071	100%
Pulaski County	1156	100%
Putnam County	1859	100%
Quitman County	171	65%
Rabun County	1560	92%
Randolph County	750	100%
Richmond County	20084	95%
Rockdale County	11151	100%
Rome City	3657	97%
Schley County	815	78%
Screven County	1723	100%
Seminole County	955	100%
Social Circle City	1078	94%
Spalding County	7193	100%
State Charter Schools- Cherokee Charter Academy	997	100%
State Charter Schools- Georgia Connections Academy	1763	100%
State Charter Schools- Heritage Preparatory Academy School	0	N
State Charter Schools- Ivy Prep Academy at Kirkwood for Girls School	0	N
State Charter Schools- Ivy Preparatory Young Men's Leadership Academy	0	N
State Charter Schools- Mountain Education Center School	36	36%
State Charter Schools- Odyssey School	0	N
State Charter Schools- Provost Academy Georgia	0	N
State Charter Schools- Scholars Academy Charter School	0	N
State Schools- Atlanta Area School for the Deaf	32	26%
State Schools- Georgia Academy for the Blind	114	100%
State Schools- Georgia School for the Deaf	59	100%
Stephens County	2296	96%

## Georgia Department of Education

System	Number of Students with Fitness Data	Percentage Tested*
Stewart County	198	64%
Sumter County	3331	100%
Talbot County	35	26%
Taliaferro County	95	96%
Tattnall County	2843	100%
Taylor County	723	100%
Telfair County	1186	100%
Terrell County	1102	100%
Thomas County	3391	98%
Thomaston	3408	100%
Thomasville City	2012	100%
Tift County	5805	100%
Toombs County	2042	99%
Towns County	809	100%
Treutlen County	753	100%
Trion City	751	73%
Troup County	7806	100%
Turner County	1109	100%
Twiggs County	493	100%
Union County	1812	100%
Valdosta City	5420	100%
Vidalia City	2010	100%
Walker County	6150	99%
Walton County	9583	100%
Ware County	3742	100%
Warren County	553	100%
Washington County	2526	100%
Wayne County	3772	100%
Webster County	293	100%
Wheeler County	560	78%
White County Public Schools	2812	100%
Whitfield County	9464	100%
Wilcox County	877	100%
Wilkes County	1160	100%
Wilkinson County	977	100%
Worth County	2550	100%

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

**Georgia Department of Education**

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