

Physical Fitness Testing

Dear Council Rock Parents & Guardians,

This letter is to inform you that the Council Rock School District has adopted the most current practices in fitness testing in the Physical Education community by moving to the **Fitnessgram** program. Highlighted below are some of the changes that you will notice during your child's fitness testing experience from elementary school through high school.

Fitnessgram	Presidential Youth Physical Fitness
Student's scores are assessed by " Healthy Fitness Zone " (HFZ); these figures are research based scores linked to risk for diseases later in life	Student's scores are used to determine Presidential & National Awards based on percentiles
Measures personal fitness	Compares fitness levels to other students
Focus is on health-related fitness *Can be altered with individual work	Focus is on skill-related fitness *These are considered genetically inherited qualities
Aligns with the National Physical Education standards	

The chart below lists the recommended tests, however alternate tests may be administered.

Health-Related Fitness Component	Recommended Test	Test Rationale
Aerobic capacity	PACER (progressive aerobic cardiovascular endurance run)	Helps students learn pacing
Body composition	Skinfold measurements	High levels of body fatness are associated with increased risk of coronary heart disease, stroke & diabetes. *Note: Health screenings are performed by the health suite
Abdominal strength & endurance	Curl up	Safer alternative for back & hip flexors, as well as maximizing abdominal strength.
Trunk extensor strength & flexibility	Trunk lift	Added test due to the relationship to lower back health, especially proper vertebral alignment.
Upper body strength & endurance	90 degree push up	Important for daily living, maintaining functional health and promoting good posture.
Flexibility	Back saver sit & reach	The left & right legs are tested separately to determine any asymmetry in hamstring flexibility & hyperextension of both knees is avoided.

If you have any questions about the information please let me know.

Sincerely,

Liz Potash
 Health & Physical Education District Curriculum Coordinator
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