



Dear Parents and Guardians,

[Texas Education Code \(TEC\) §38.101](#) requires school districts to assess the physical fitness of Grades 3 through 12 students. All 3rd through 12th Grade students enrolled in a course that satisfies the physical education curriculum requirements must participate unless, as a result of a disability or other condition identified by commissioner's rule, the assessment is inappropriate. FitnessGram®, a research-based criterion-referenced fitness test developed by The Cooper Institute for Aerobic Research, is the designated assessment tool for all Texas school districts.

FitnessGram® measures health-related physical fitness components identified as important to overall health and function: aerobic capacity, muscular strength and endurance, flexibility, and body composition. It does not emphasize skill or sports-related fitness or compare students to other students. Students' results are not recorded as a grade, posted, or made public. They are reported without students' demographic information to the Texas Education Agency.

FitnessGram® uses Healthy Fitness Zones (HFZ) to determine overall physical fitness. The standards are set specifically for boys and girls of different ages using the best available research. If a score falls within the HFZ, it means the recommended level of fitness for the applicable age has been achieved. The assessment components include the PACER (20-meter shuttle run) or 1-mile run for aerobic capacity; curl-ups, trunk lifts, and pushups for muscular strength/endurance; shoulder stretch for flexibility; and Body Mass Index (BMI) for body composition.

Parents may receive their student's FitnessGram® results by submitting a written request to the campus principal. If you have any questions about the FitnessGram® assessment, please contact your child's PE or PE-equivalent course instructor. You may also visit the [FitnessGram® website](#).

Respectfully,

Chris Conner
Tarkington ISD Director of School and Student Services