




Mar 26, 2026

HPS - Shac Meeting

Invited dianargilkes@gmail.com [Eric Abaci](#) [Guvanch Yazgeldi](#) [Jennifer Sabin](#)
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Attachments  [HPS - Shac Meeting](#)

Meeting records  [Transcript](#)  [Recording](#)

Summary

Fitness Gram program details reviewed, including 6 mandated testing areas, with a key decision made regarding data sharing.

Fitness Gram Program Overview

The meeting commenced with an overview of the state-mandated Fitness Gram program, which uses 6 criteria to assess student health-related physical fitness in K-12 education.

Testing Procedures and Components

The 6 assessment areas were detailed, covering aerobic capacity via the PACER test, BMI for body composition, and specific tests for upper body, abdominal, and trunk extensor strength, along with flexibility. The data gathered from these components is submitted to the state annually by June.

Parent Data Sharing Recommended

A recommendation was strongly made to share Fitness Gram results and vitals with parents following an anecdote about a student's undiagnosed cardiac issue. The committee decided to bring this important recommendation regarding data sharing to Dr. Thomas for consideration.

Details

Attendance: Mr. Abaci, Mrs. Sabin, Mr. Yazgeldi, Mrs. Duran, Mrs. Gilkes, Mr. Greer

- **Meeting Agenda Review and Start::** Eric Abaci outlined the meeting agenda, which focused on the Fitness Gram program, including what it is and its procedures, and confirmed that the meeting would proceed immediately before lunch ([00:00:00](#)) ([00:03:17](#)). Attendance was noted with a quorum present, and they confirmed no public comments had been received prior to starting the official discussion ([00:01:58](#)).
- **Fitness Gram Program Overview::** The primary agenda item was the Fitness Gram, a comprehensive, evidence-based physical fitness assessment battery developed by the Cooper Institute, which is mandated by the state for K through 12 students and is considered the gold standard for health-related fitness testing. Eric Abaci specified that the presentation would cover the six areas tested: aerobic capacity, body composition, upper body strength, abdominal strength, trunk extensor, and flexibility ([00:04:12](#)) ([00:06:51](#)).
- **Aerobic Capacity Testing Procedures::** Discussion shifted to the methods used for testing aerobic capacity, which is measured using the Progressive Aerobic Cardiovascular Endurance Run (PACER) test, involving running between two points with increasingly shorter time limits, or a one-mile walk or run ([00:08:56](#)) ([00:10:39](#)). Eric Abaci noted that different campuses adapt the testing methods based on their resources, such as whether they have a football field, but that PACER is a common method for this assessment ([00:09:40](#)).
- **Specific Fitness Gram Test Components::** The group reviewed the different components of the assessment: body composition is measured using Body Mass Index (BMI); upper body strength is tested using a push-up test; abdominal strength is assessed with a "curl up" test (sit-ups); trunk extensor strength involves lifting the upper body off the floor while lying on the stomach; and flexibility is tested with the back saver sit and reach ([00:11:51](#)). Eric Abaci noted that these six criteria are tested by PE teachers as a mandated activity, and the data is gathered and submitted to the state annually ([00:14:10](#)).
- **Recommendation for Parent Data Sharing and Vitals Check::** Mrs. Gilkus shared an anecdote about a student who was discovered to have a cardiac problem

after their pulse was checked during a test, leading to a strong recommendation that results and vitals should be shared with parents ([00:15:27](#)). Eric Abaci took note of the suggestion to share data/information with parents regarding their children's Fitness Gram results and committed to bringing this recommendation to Dr. Thomas for consideration ([00:16:26](#)).

- **Data Submission Timeline and Frequency:** Mr. Yazyad asked about the deadline for data submission, which is due to the state by June, although internal deadlines are often earlier, such as late April or early May ([00:18:03](#)). They confirmed that the Fitness Gram tests are generally conducted multiple times a year by schools so students can track their improvement ([00:19:08](#)).
- **Introduction to PE and Mental Health Curriculum:** Eric Abaci briefly introduced the PE and Mental Health curriculum documents, which would be shared and reviewed in greater detail at the next meeting ([00:20:18](#)). The curriculum structure includes units for elementary and secondary schools, covering topics such as hygiene, mental health, bullying, and cyberbullying prevention ([00:21:32](#)).
- **Next Meeting Dates and Committee Expansion:** The group decided on the dates for the next two meetings: April 23rd at 11:00 AM and May 21st, which would serve as their fourth meeting. Eric Abaci noted that the committee would be expanding next year with three more members, and Mrs. Gilkus offered to submit the name of a registered nurse who is interested in joining the committee ([00:24:32](#)).