



EVIDENCE-BASED FITNESS TESTING

The North Carolina Alliance for Athletics, Health, Physical Education, Recreation, and Dance (NCAAHPERD)

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WHY MANDATE EVIDENCE-BASED FITNESS TESTING?

- Students and parents will have an “action plan,” to help achieve and maintain a healthy weight
- Teachers and school administrators will have an unprecedented view of K-8 fitness, and be able to direct resources where they are needed most
- Already in a league of its own, North Carolina could become the first state to make correlations between physical fitness and other factors, such as academic performance, absenteeism, and behavioral trends, in a large data set that includes every K-8 student
- With NC’s K-8 schools offering vastly different amounts of physical education (some schools offer physical education one day a week for one semester, while others offer physical education five days a week year-round), school administrators will be able to identify the optimum amount of physical education required to meet a specific average BMI
- Mandated evidence-based fitness testing places a measurable level of accountability on physical educators, similar to the system in place with end-of-grade tests with teachers of other curricula
- North Carolina will continue to become a nationally recognized leader in physical education

NCAAHPERD’S FITNESSGRAM IS A HIGH-MILEAGE, ZERO-COST SOLUTION ALREADY IN ACTION:

65 LEARNING EDUCATION AGENCIES ARE PARTICIPATING; STATEWIDE PARTICIPATION SCHEDULED BY 2012

- A mandate encourages statewide participation in FitnessGram, one of the components of the IsPOD program. More than half of all K-8 students are already participating. FitnessGram is a web-based, physical fitness and data collection tool allowing teachers to conduct fitness tests, submit scores to the NC Center for Health Statistics, and generate individualized parent and student reports, in English and Spanish, and via email.
- Every K-8 school in North Carolina already has software and licenses for FitnessGram fitness-testing software, a web-based system exclusively designed for North Carolina:
 - As part of the IsPOD Program:*
 - K-8 students complete five or more evidence-based physical fitness tests
 - Teachers input fitness scores and can print individualized student and parent reports
 - Reports via email are a possible feature — saving taxpayers from paper costs while providing greater convenience for parents. However, this feature requires NCWISE student database to first obtain parent email addresses
- **Absolutely no cost to taxpayers for the next two years.** A \$3.6 million grant from the Kate B. Reynolds Charitable Trust will sustain the program. Annual operating costs of maintaining the program are approximately \$275k — a figure significantly less than multi-million dollar investments for similar programs made by taxpayers in Texas and South Carolina.

FREQUENTLY ASKED QUESTIONS

1. Does FitnessGram fitness testing single out students with poor physical fitness?
No. FitnessGram physical fitness tests are designed so students compete against themselves, not each other.
2. How are parents anticipated to react to the mandate?
NCAAHPERD believes parents will embrace the fitness-testing mandate. There is no opposition toward FitnessGram fitness testing and data collection among any of the 65 Learning Education Agencies already participating in IsPOD/FitnessGram is currently in, including Charlotte-Mecklenburg, Guilford County, and Winston-Salem/Forsyth County schools.
3. How will scores from fitness tests be used? How will scores be protected?
The NC Center for Health Statistics is collecting the data and will make it available to researchers. Results from FitnessGram will be viewable by school and county on the IsPOD website. At no time will individual student scores be released to anyone other than parents and students. FitnessGram

ABOUT NCAAHPERD

Since 1921, NCAAHPERD has united aspiring, current, and retired athletics, health, physical education, recreation, and dance educators. Today, more than 65 Learning Education Agencies are participating in the In-School Prevention of Obesity and Disease (IsPOD) Program, a comprehensive, multi-faceted system designed exclusively for North Carolina and scheduled to launch state-wide by 2012. Learn more at ncaahperd.org and ispod.info, or contact us at 888-840-6500.