

2012-2013 *FITNESSGRAM*® - Preliminary Results Analysis

JOURNEY SCHOOL

In California public schools, students in grades five, seven, and nine are required to participate in the *FITNESSGRAM*®, the Physical Fitness Test (PFT) designated by the State Board of Education (SBE). The *FITNESSGRAM*® is a comprehensive and health-related physical fitness battery developed by The Cooper Institute. Students who are physically unable to take the entire test battery are to be given as much of the test as conditions/abilities permit. The primary goal of the *FITNESSGRAM*® is to assist students in establishing lifetime habits of regular physical activity.

The *FITNESSGRAM*® is composed of the following six fitness areas, with a number of test options provided for most areas:

Aerobic Capacity

- PACER (Progressive Aerobic Cardiovascular Endurance Run)
- One-Mile Run
- Walk Test (only for ages 13 or older)

Abdominal Strength and Endurance

- Curl-Up

Upper Body Strength and Endurance

- Push-Up
- Modified Pull-Up
- Flexed-Arm Hang

Body Composition

- Skinfold Measurements
- Body Mass Index
- Bioelectric Impedance Analyzer

Trunk Extensor Strength and Flexibility

- Trunk Lift

Flexibility

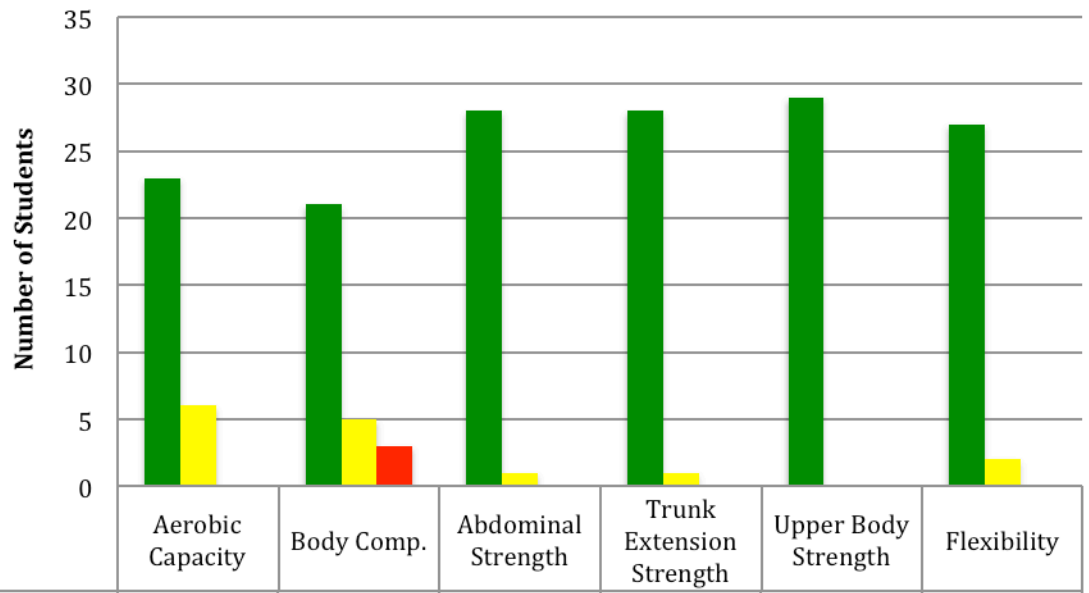
- Back-Saver Sit and Reach
- Shoulder Stretch

The *FITNESSGRAM*® uses objective criteria to evaluate performance for each fitness area (e.g., body composition, abdominal strength, and endurance). These standards represent minimum levels of fitness known to be associated with those health and physical characteristics that offer protection against diseases resulting from physical inactivity. Achievement of the fitness standards is based upon a score falling in the Healthy Fitness Zone (HFZ) for each of six fitness areas. The HFZ represents minimal levels of satisfactory achievement on the tasks. **The goal is for students to achieve the HFZ for all six fitness areas of the physical fitness test.**

The bar graphs below display Journey School results on the *FITNESSGRAM*®. At a quick glance, it is apparent that the majority of students in grades 5 and 7 achieve the HFZ for all six fitness areas of the physical fitness test.

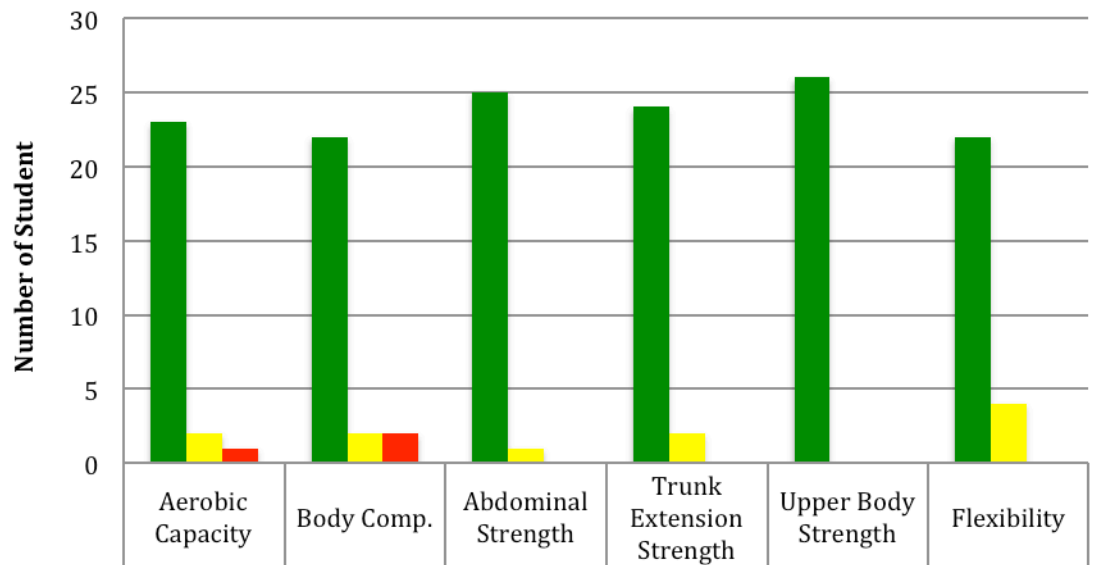
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Summary of Results - Grade 5



■ Students in "Healthy Fitness Zone"	23	21	28	28	29	27
■ Students - Need Improvement	6	5	1	1	0	2
■ Students - Health Risk	0	3	NA	NA	NA	NA

Summary of Results - Grade 7



■ Students in "Healthy Fitness Zone"	23	22	25	24	26	22
■ Students - Need Improvement	2	2	1	2	0	4
■ Students - Health Risk	1	2	NA	NA	NA	NA

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In comparing Journey School results with statewide results and to the Capistrano District at large, some interesting trends emerge:

-Grade 5 and grade 7 students scored significantly higher in aerobic capacity than the state results in the low 60th percentile.

-Grade 5 and grade 7 students scored significantly higher in body composition than state results in the low 50th percentile.

-In the three measures of strength (abdominal, upper body and trunk extension), grade 5 and grade 7 students' results were astounding – ranging from 92.3%-100% of students scoring in the HFZ. District results averaged in the mid 80th percentile and state results in the low 80th percentile.

For the most part, Journey families lead active and healthy lifestyles. In short – Journey students are fit and healthy – a clear conclusion supported by PFT results and through observation of healthy nutrition habits at snack and lunch, as well as active movement and play during main lesson, recess, lunch and games class.