

FITNESSGRAM[®] ***New Health Fitness Zone[®] Standards***

Key Points for Parents

- Beginning in the fall of 2010, FITNESSGRAM will use new Healthy Fitness Zone (HFZ) standards for Body Composition (BC) and Aerobic Capacity (AC).
- The actual test items for BC and AC have not changed.
 - ◆ Body composition – Percent Body Fat or Body Mass Index
 - ◆ Aerobic capacity – PACER, one-mile run or one-mile walk
- The previous HFZ standards were based on the best available information at the time. The new standards are based on updated health information on children and adolescents and normal changes with age.
- The new HFZ values for boys and girls are more similar at young ages and more different at older ages.
- The changes do not mean higher expectations for boys than girls, but reflect the same relative levels of fitness for boys and girls as they mature.
- Previously, too many at risk younger children were identified as being in the HFZ for BC. The new standards will do a better job at identifying children at risk. Therefore it is possible that your son or daughter may have been in the HFZ last year and may not be this year because of the change in standards or a change in your child's actual fitness. It is good to identify risk early.
- Previously, the AC HFZ standards were too easy for young girls relative to the young boys. The new standards have corrected these items. Therefore it is possible that your son or daughter may have been in the HFZ last year and may not be this year because of the change in standards or a change in your child's actual fitness. Again, early identification of risk is good.
- AC HFZ scores will be reported in $\dot{V} O_2\text{max}$ values no matter which AC test your child does.
 - ◆ This abbreviation stands for maximal oxygen intake.
 - ◆ It represents the maximal rate that the body can use oxygen to produce energy during endurance exercise.
 - ◆ It is expressed relative to body weight to account for differences in size among individuals.
 - ◆ Students will be asked to do their best on the AC test selected by the teacher and BMI will be part of the calculation to obtain $\dot{V} O_2\text{max}$.
- In addition to the modification of the values representing the HFZ, the Needs Improvement zone has been subdivided into "some" risk and "high" risk indicating the "possibility" and "probability" of serious future health problems if the student continues to track at these levels. The urgency for lifestyle exercise and diet changes is greater in the high risk category.