

***FITNESSGRAM<sup>®</sup>***  
***New Health Fitness Zone<sup>®</sup> Standards***

***Key Points for Students***

- Beginning in the fall of 2010, FITNESSGRAM will use new Healthy Fitness Zone (HFZ) standards for Body Composition (BC) and Aerobic Capacity (AC).
- You will take the same test items for BC and AC as before.
  - ◆ 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 standards are fairer between boys and girls as both physically mature. They will identify those needing improvement easier.
- You may be in the HFZ zone this year when you were not last year or you may not be in the HFZ zone this year when you were last year. This may be because
  - ◆ your fitness level has changed,
  - ◆ your motivation was different,
  - ◆ how you felt on the day of testing, or
  - ◆ the new standards.
- Your AC HFZ scores will be reported in  $\dot{V} O_2\text{max}$  values no matter which AC test you do.
  - ◆ This abbreviation stands for maximal oxygen intake.
  - ◆ It represents the maximal rate that your 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.
  - ◆ You will be asked to do their best on the AC test selected by the teacher rather than stopping at a specific point.
  - ◆ Your height and weight 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 you continue to stay at these levels. The urgency for lifestyle exercise and diet changes is greater if you fall in the high risk category.