

Dear Parent/Guardian,

The Celina City Schools Physical Education Department has chosen to participate in a fitness testing program. This program is called the FITNESSGRAM. The FITNESSGRAM is a comprehensive health-related fitness and activity assessment and computerized reporting system. All elements with FITNESSGRAM are designed to assist teachers in accomplishing the primary objective of youth fitness programs, which is to help students establish physical activity as part of their daily lives.

There are five areas that will be tested. These include the following: muscle strength, muscle endurance, flexibility, aerobic capacity, and body composition. The test results are based on criterion-based references, giving the students a detailed report indicating if they are in the healthy fitness zone or need improvement. Along with the results, the students will also receive personalized statements, which will help them understand the information and guide them in maintaining and/or improving each area.

The tests used for assessment of each area are as follows: Aerobic Capacity—Mile Run/Pacer, Muscle Strength/Endurance—Push ups/Flexed arm hang/curl ups, Flexibility—Sit and Reach, Body Composition—BMI (Body Mass Index) Height and Weight Comparison.

The Celina City Schools is also giving the parents the opportunity to opt out of the height and weight assessment. By completing the bottom portion of this letter and returning it to the appropriate teacher listed below, your son or daughter will be excused from the BMI portion of the fitness assessment.

Randy Baker- CHS Teresa Hoyng-CPS Jay Imwalle-CMS Lori Murlin-CIS Sarah Young-CES

Please excuse my son/daughter, _____, from the BMI portion of the FITNESSGRAM assessment. I understand that I will not receive his/her overall test results, as this BMI portion is needed for the computer assessment feedback.

Parent/Guardian Signature: _____ Date: _____