

Dear Parent/Guardian,

As a part of your child's P.E. program Northview High School is preparing to participate in the FITNESSGRAM physical fitness assessment. The FITNESSGRAM testing will be administered to all students in grades 9-12. FITNESSGRAM is a comprehensive fitness assessment for youth. It is designed to assess cardiovascular fitness, muscular strength muscular endurance, flexibility and body composition.

Northview High School considers FITNESSGRAM a quality fitness assessment program for the following reasons;

- 1. FITNESSGRAM assessments use criterion-referenced standards. This means that a student can compare his/her scores with standards that have identified for good health. This type of system prevents students from being compared to other students participating in the assessment.**
- 2. FITNESSGRAM assesses the current fitness level of students and promotes individual goal setting to allow students to take ownership of their health.**
- 3. FITNESSGRAM does not assess skill or athletic ability.**

The FITNESSGRAM testing program will be administered to all students that are enrolled in a P.E. class regardless of age, gender, or ability. Students are encouraged to be self-aware of their health related fitness and to take responsibility by setting personal fitness goals. When students focus on continually improving their fitness level, a positive lifelong impact can be achieved.

Please make sure your child is appropriately dressed on fitness assessment day. This includes proper footwear. For the safety of your child it is important, if possible, for your child to wear tennis shoes and socks.

You will receive a copy of your child's FITNESSGRAM score report. Northview High School believes that by providing you and your child this health related information, you can guide and support your child in his/her efforts to lead a healthy lifestyle. A healthy student is better prepared to learn and perform in all aspects of life.

If you have any questions about the FITNESSGRAM assessment, feel free to contact your child's PE Teacher at 770-497-3828.

Sincerely,

Northview High School

Health and Physical Education Department