



Parents of Physical Education Students:

Our Physical Education Department will be testing your child on the health components of fitness. We will be striving to help students understand the health components of fitness, how to assess them and then how to use their personal information to develop a lifelong fitness program that they enjoy.

Pinellas County Schools use the Fitnessgram testing protocol. Fitnessgram tests the five health components of fitness which are: aerobic capacity, body composition, muscular strength, muscular endurance and flexibility.

- Aerobic capacity / cardiovascular endurance tests include the Pacer (1 mile run) test.
- Body composition is determined by Body Mass Index (BMI). The BMI is a calculation of the ratio of weight to height. Pinellas County Schools will use this method. Weighing and measuring will be done discreetly during class.
- Muscular endurance is measured by using the curl up which measures abdominal strength and endurance and the trunk lift which measures strength, endurance and flexibility.
- Muscular strength is tested by push ups, modified pull ups, pull ups and the flexed arm hang.
- Flexibility is measured by the sit and reach test and the shoulder stretch.

Each test measures minimal fitness and compares the students score to the healthy fitness zone for their age and gender. The test also gives the students pointers on how to either improve or maintain their fitness level. It is our goal to help students make good choices in their fitness activities so that they can live a long, healthy life. If you have any questions or concerns, please contact your child's physical education teacher.

Sincerely,

Physical Education Department
Pinellas County Schools