



Los Angeles Unified School District
Office of the Data and Accountability
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John E. Deasy, Ph.D.
Superintendent of Schools

Matt Hill
Chief Strategy Officer

Cynthia Lim, Ph.D.
Executive Director

Summer 2013

Dear Parents/Guardians:

During the spring semester, your child took the California Physical Fitness Test (called the FITNESSGRAM) which is required to be administered to all students in grades 5, 7, and 9. The *FITNESSGRAM* measures student performance in the following areas:

- **Aerobic Capacity** – measures the body's endurance and ability to perform physical activities such as walking and running.
- **Muscle Strength, Endurance and Flexibility** – measures strength and endurance of the upper body and joint flexibility. Strength and flexibility are important for good posture and lower back health.
- **Body Composition** – provides an indication of a student's weight relative to his or her height. Increased weight may lead to a number of health problems for children and adults, including high blood pressure, diabetes, respiratory disease, and more.

The areas listed above help in measuring a young person's health and fitness level. The results of the test may be used by your child's teacher to identify areas where your child is doing well and to plan activities to help him/her improve in weaker areas. All students are required to take 2 years of physical education (PE) during their freshman and sophomore years, to graduate from high school. Students passing the FITNESSGRAM are no longer required to take PE classes during their junior and senior year of high school. A "passing" score has been defined by the state as meeting the healthy fitness zone for 5 out of 6 areas listed above. Students will have additional opportunities in grades 10-12 to take and "pass" the *FITNESSGRAM*. Students who do not meet the healthy fitness zone in 5 out of 6 components in grade 9, 10, or 11 will continue to take physical education classes until they "pass" or graduate. The report for high school grade 9 students indicates if the student met or did not meet the criteria for the exemption.

You and your child can use the FITNESSGRAM results to help improve overall health. You may take this information to talk to your health-care provider. If you do not have a health care provider who can help with this, you can contact your child's School Nurse. For free and low-cost opportunities for physical activity in your community, please visit <http://publichealth.lacounty.gov/physact/>.

Please contact your child's school should you have any questions about these test results. We value you as a full partner in your child's education and want to work with you to ensure that your child achieves at his/her optimum fitness level.

Sincerely,

A handwritten signature in black ink that reads "Cynthia Lim".

Cynthia Lim

CALIFORNIA PHYSICAL FITNESS TEST INDIVIDUAL STUDENT REPORT SPRING 2013

Student Name: [REDACTED]

District: LOS ANGELES UNIFIED

Date Of Birth: 07/08/2000

School: KING MS

Grade: 07 Age: 12

CDS Code: 19-64733-6058085

Gender: F

FITNESSGRAM®

Fitness Area	Test	Student's Score		Healthy Fitness Zone™		Student's Performance
Aerobic Capacity	One-Mile Run (VO ₂ max)	35.7		≥ 40.1		Needs Improvement – Health Risk
Body Composition	Body Mass Index	28.5		21.2 – 14.9		Needs Improvement – Health Risk
Abdominal Strength	Curl-Up (# completed)	18		≥ 18		Healthy Fitness Zone®
Trunk Extensor Strength	Trunk Lift (# of inches)	12		9 – 12		Healthy Fitness Zone®
Upper Body Strength	Push-Up (# completed)	16		≥ 7		Healthy Fitness Zone®
Flexibility	Shoulder Stretch	Yes	Yes	Touching the fingertips together behind the back on the left side	Touching the fingertips together behind the back on the right side	Healthy Fitness Zone®
		Left	Right			

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TO THE PARENT/GUARDIAN OF:

[REDACTED]

[REDACTED]
LOS ANGELES, CA [REDACTED]



EDUCATIONAL DATA SYSTEMS

For questions related to this report, contact your student's physical education teacher.