

Dripping Springs

INDEPENDENT SCHOOL DISTRICT

Dear Parent/Guardian,

Texas Education Code (TEC) §38.101 requires school districts to assess the physical fitness of Grades 3 through 12 students. All 3rd through 12th Grade students enrolled in a course that satisfies the physical education curriculum requirements must participate unless, as a result of a disability or other condition identified by commissioner's rule, the assessment is inappropriate. FitnessGram®, a research-based criterion-referenced fitness test developed by The Cooper Institute for Aerobic Research, is the designated assessment tool for all Texas school districts.

FitnessGram® measures health-related physical fitness components identified as important to overall health and function: aerobic capacity, muscular strength and endurance, flexibility, and body composition. It does not emphasize skill or sports-related fitness or compare students to other students. Students' results are not recorded as a grade, posted, or made public. They are reported without students' demographic information to the Texas Education Agency.

FitnessGram® uses Healthy Fitness Zones (HFZ) to determine overall physical fitness. The standards are set specifically for boys and girls of different ages using the best available research. If a score falls within the HFZ, it means the recommended level of fitness for the applicable age has been achieved. The assessment components include the PACER (20-meter shuttle run) or 1-mile run for aerobic capacity; curl-ups, trunk lifts, and pushups for muscular strength/endurance; shoulder stretch for flexibility; and Body Mass Index (BMI) for body composition.

The Dripping Springs ISD 2022-2023 FitnessGram® assessment window runs Wednesday, January 4, 2023, through Thursday, April 27, 2023. Detailed assessment schedules will be developed and communicated to parents and students by campus PE or PE-equivalent course staff. Assessment strategies will be sensitive to students' physical development, abilities, and skill sets with testing environments designed to motivate and empower students to try their best.

Parents may receive their student's FitnessGram® results by submitting a written request to the campus principal between May 1st and May 19th, 2023. If you have any questions about the FitnessGram® assessment, please contact your child's PE or PE-equivalent course instructor or me. You may also visit the [FitnessGram®](#) website.

Respectfully,

Dr. Rhonda Whitman

Dr. Rhonda D. Whitman
Director of Assessment, Accountability, & Federal Programs