



Using State-Mandated Fitness Data in Illinois Schools

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Agenda

- Physical Education Programs
- Current Illinois requirements
- FitnessGram Administration
- Data collection and reporting protocols
- Strategies for data management
- Interpretation of data
- Using data to extend and expand your professional practices



PHYSICAL EDUCATION PROGRAMS



The Big Picture

- Create an environment that allows your students to be active throughout their entire day, not just during designated P.E. times



Comprehensive Programs

- Enhance the capacity of students' minds and bodies
- Research connects the ability to learn to good health
- Healthy minds and bodies are basic to academic success



CSPAP Foundation

- Physical education
 - P.E is an academic subject with a planned, sequential curriculum, based on standards for physical education
 - [PECAT](#)



CSPAP Coordination

1. Physical education
2. Physical activity during school
3. Physical activity before and after school
4. Staff involvement
5. Family and community engagement



CSPAP- Physical Education

- Implement policies and practices at your school that support physical education
- Look to see that your curriculum supports IL goals and standards
- Increase MVPA during class time
- Stay away from prohibiting P.E. or physical activity as a punishment



CSPAP- Physical Activity during School

- What opportunities are there?
 - Classroom activities, movement stations
 - Recess
 - Brain breaks
 - Between classes
 - Student clubs/ organizations focused on physical activity
 - Finding creative ways to integrate movement



CSPAP- Physical Activity Before and After School

- Before/after school programs
- Safe routes to schools – biking and walking
- Sports
- Open gym



CSPAP- Staff Involvement

- Be a role model!
- Healthy staff meetings
 - Food choices
 - Activity
- Wellness team



CSPAP- Family and Community Engagement

- Family fun nights
- Information provided to families in their language
- Wellness team



Illinois State Standards for Physical Education/ Health

- Illinois has 30 state goals over 7 learning areas.
- P.E has 6 goals. #19 - 24



State Goal 19

- Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity



State Goal 20

- Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment



State Goal 21

- Develop skills necessary to become a successful member of a team by working with others during physical activity



State Goal 22

- Understand principles of health promotion and the prevention and treatment of illness and injury



State Goal 23

- Understand human body systems and factors that influence growth and development



State Goal 24

- Promote and enhance health and well-being through the use of effective communication and decision-making skills



Social and Emotional Climate

- Can impact student engagement
- Positive climate is important for effective teaching and learning
- 5Essentials survey
 - Supportive Environment



Accessibility and Equity

- Are all spaces and facilities accessible to all students
- Equity in physical activity
 - Look at barriers
 - What are the challenges?
 - How can you reduce the gap?



Illinois P.E. Profile

- Daily P.E required
- Assessment required
- IL does not mandate the number of P.E. credits required for graduation
- No specific curriculum requirements
- No mandate on class size



CURRENT ILLINOIS REQUIREMENTS



What Does the Law Say?

- Illinois School Code
 - Article 27. Courses of Study
 - [105 ILCS 5/27-6](#) Courses in physical education required; special activities
 - [105 ILCS 5/27-6.5](#) Physical fitness assessments in schools



What Do the Rules Say?

- Illinois Administrative Code
 - [Section 1.425 Additional Criteria for Physical Education](#)
 - Assessment and Reporting



Why Test Students?

- Students can identify their current fitness level
- Set goals for achievement
- Understand health trends
- Encourage program enhancements
- [State Goal 20](#)



Who Has to Test?

- Public schools
- Possibly a charter school – if the certified charter agreement requires that the charter school authorized by a school district use the same assessments as all other schools in the district and that it offers P.E.
- ISBE approved non-public special education program



Outplacement

- Children sent from a public-school district must be assessed at either
 - Home district
 - Special education facility

*Outplacement reporting will be discussed on another slide



FITNESSGRAM[®] ADMINISTRATION



FitnessGram® Training

- Administrators must complete training
- District maintains evidence of training
- Additional Resources for training

ISBE School Wellness Enhanced Physical Education webpage:

<https://www.isbe.net/enhancedphysicaleducation>

> Quick Links

> Webinars:

> Fitness Assessment in Illinois – Tools, Resources, and Information You Need

The screenshot shows the registration page for the Illinois Alliance to Prevent Obesity. The header features the organization's logo and a photo of a family. Below the header is a navigation menu with links for 'About IAPO', 'Action Roadmap', 'Workgroups', 'Rethink Your Drink', 'Legislative Initiatives', 'For Communities', and 'News & Resources'. The main content area is titled 'Register to listen: Fitness Assessments in Illinois: Tools, Resources, and Information You Need'. It contains a registration form with fields for Name, Title, Organization/District, School (if applicable), County, and Email Address. To the right of the form are three sections: 'SEARCH' with a search box, 'JOIN US!' with links to 'Engage with IAPO', 'Sign up for IAPO email alert', 'IAPO Workgroups', and 'Healthy and Active Communities Network'; 'UPCOMING EVENTS' with a message 'There are no upcoming events.' and buttons for 'Add' and 'View Calendar'; and 'CONNECT'.

https://preventobesityil.org/register_fitness_assessments_webinar/



How to Administer FitnessGram®

PACER (15- OR 20-METER DISTANCE)

- This test measures aerobic capacity. The pacing starts slowly and then gradually gets faster.
- Start running when the CD begins playing. Run back and forth between the lines. Stay in your lane.
- Single beep means end of lap; turn around and run back to the other line.
- Triple-beep means that the test will speed up; turn around and run back to the other line.
- Your foot must touch the end line by the time the beep sounds for each lap.
- On your first miss, turn around where you are and run to the other line; try to get back on pace.
- On your second miss, move to side and cool down by walking. This is the end of the test.
- Your partner should note the lap number and record the score. Record your height and weight.



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BACK-SAVER SIT AND REACH

- This test measures hamstring flexibility.
- Remove shoes and begin test by sitting in front of sit-and-reach box.
- Bend one leg with sole of foot flat on the floor. The other leg is straight with foot flat against the box.
- Slowly reach forward four times, holding the fourth reach until the measurement is made.
- Knee of straight leg should not bend. Hands must stay lined up evenly. Hips must remain square to the box.
- Measure both right and left sides.



Back-Saver Sit and Reach Standards for Healthy Fitness Zone®

Age	Boys (in centimeters)	Girls (in centimeters)
5	8	9
6	8	9
7	8	9
8	8	9
9	8	9
10	8	9
11	8	10
12	8	10
13	8	10
14	8	10
15	8	12
16	8	12
17	8	12
>17	8	12

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CURL-UP

- This test measures abdominal strength and endurance. Do as many curl-ups as you can.
- Lie down with knees bent, feet flat, and head touching paper on mat.
- Curl up until fingers go completely across the strip. Heels must stay on mat.
- Return to starting position. Head must touch paper each time.
- Stay with the cadence from the CD.
- Stop the test on the second incorrect curl-up. Record score.



Curl-Up Standards for Healthy Fitness Zone®

Age	Boys (no. of curl-ups)	Girls (no. of curl-ups)
5	≥2	≥2
6	≥2	≥2
7	≥4	≥4
8	≥6	≥6
9	≥9	≥9
10	≥12	≥12
11	≥15	≥15
12	≥18	≥18
13	≥21	≥18
14	≥24	≥18
15	≥24	≥18
16	≥24	≥18
17	≥24	≥18
>17	≥24	≥18

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PUSH-UP (90 DEGREES)

- This test measures upper-body strength. Do as many push-ups as you can.
- Begin with hands under the shoulders, fingers stretched out, legs straight, and back straight.
- Bend arms until elbows are at 90 degrees, keeping back and legs straight. Then push up to starting position.
- Stay with the cadence from the CD.
- Stop test on second incorrect push-up. Record score.



90° Push-Up Standards for Healthy Fitness Zone®

Age	Boys (no. of push-ups)	Girls (no. of push-ups)
5	≥3	≥3
6	≥3	≥3
7	≥4	≥4
8	≥5	≥5
9	≥6	≥6
10	≥7	≥7
11	≥8	≥7
12	≥10	≥7
13	≥12	≥7
14	≥14	≥7
15	≥16	≥7
16	≥18	≥7
17	≥18	≥7
>17	≥18	≥7

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- Who:** Students in grades 3-12*
- What:** Aerobic Capacity*, Flexibility, Muscular Endurance, Muscular Strength
- When:** Testing is done in the 2nd semester



FitnessGram[®] Tests and Protocols

- Where to find information?



<https://www.pyfp.org/resource-library>



Testing Students With Disabilities

- Students will be assessed using either
 - FitnessGram[®]; or
 - Brockport
- Consult Individualized Education Program (IEP)
- May require teachers to think outside the box
- Best judgement when determining accommodation



Testing Students With Exemptions

- If a student never participates in P.E, they would not complete assessment
- Students in part-time P.E. would still be tested
 - Behind-the-wheel
 - Sports
 - Vocational education



DATA COLLECTION AND REPORTING PROTOCOLS



How to Record Scores

- [IL data collection template](#) can be used
- [FitnessGram's[®] online spreadsheet](#) can be used
- Your own personal template can be used



Reporting

- Districts must report aggregate data in IWAS
 - Number of students tested
 - Number of students achieving HFZ
 - Number of students needing improvement
- Reports are due to ISBE June 30th of each SY



Student Health Data - Physical Fitness System in IWAS

(Annual Due date: June 30th)

Data will be entered for grades 5, 7 and 10 for each school in a district.

SCHOOL: _____

GRADE: 5 7 10

Aerobic Capacity

PACER test (Recommended) / Mile Run test (Alternate) / Brockport test (Any adapted test)

	Male	Female
Total Number of Students tested for Aerobic Capacity	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>

Flexibility

Back-Saver Sit and Reach test (Recommended) / Trunk Lift test (Alternate)
/ Brockport test (Any adapted test for Flexibility or Range of Motion)

	Male	Female
Total Number of Students tested for Flexibility	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>

Muscular Endurance

Curl-Up test / Brockport test (Any adapted test for Strength and Endurance)

	Male	Female
Total Number of Students tested for Muscular Endurance	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>

Muscular Strength

Push-Up test / Brockport test (Any adapted test for Strength and Endurance)

	Male	Female
Total Number of Students tested for Muscular Strength	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>



Outplacement Reporting

- If the outplacement center assesses the student, they are to report to the home school or district
- The home district is responsible for reporting data to ISBE



Gender Identification

- Schools should report a student's gender in accordance with information obtained at registration and information in Student Information Systems (SIS)



Fitness Test Results

- Cannot be used to grade a student
- Cannot be used to evaluate a teacher
- Districts may report aggregate findings



DATA MANAGEMENT



Student Confidentiality

- Procedures and protocols to ensure confidentiality
- [Illinois School Student Records Act](#)
- [Family Educational Rights and Privacy Act \(FERPA\)](#)



Where to Keep Data

- Physical fitness data is part of a student's temporary record
 - Retained on file for no less than 5 years



INTERPRETATION OF DATA



Interpreting Scores

- Healthy Fitness Zone (HFZ)
 - Students who are in the Healthy Fitness Zone are fit enough for good overall health.
- Needs Improvement (NI)
 - This zone indicates a potential for future health risks if fitness doesn't improve. Increased activity as well as eating a healthy, controlled diet could delay or reverse this potential risk.



HFZ

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Standards for Healthy Fitness Zone®
Version 10.x
GIRLS

Age	Aerobic Capacity VO ₂ max (ml/min/kg)			Percent Body Fat				Body Mass Index			
	NI-Health Risk	NI	HFZ	Very Lean	HFZ	NI	NI-Health Risk	Very Lean	HFZ	NI	NI-Health Risk
5	≤9.7	9.8-20.8	20.9	≥28.4	≤13.5	13.6-16.8	16.9	≥18.5			
6	≤9.8	9.9-20.8	20.9	≥28.4	≤13.4	13.5-17.2	17.3	≥19.2			
7	≤10.0	10.1-20.8	20.9	≥28.4	≤13.5	13.6-17.9	18.0	≥20.2			
8	≤10.4	10.5-20.8	20.9	≥28.4	≤13.6	13.7-18.6	18.7	≥21.2			
9	≤10.9	11.0-22.6	22.7	≥30.8	≤13.9	14.0-19.4	19.5	≥22.4			
10	≤11.5	11.6-24.3	24.4	≥33.0	≤14.2	14.3-20.3	20.4	≥23.6			
11	≤12.1	12.2-25.7	25.8	≥34.5	≤14.6	14.7-21.2	21.3	≥24.7			
12	≤12.6	12.7-26.7	26.8	≥35.5	≤15.1	15.2-22.1	22.2	≥25.8			
13	≤13.3	13.4-27.7	27.8	≥36.3	≤15.6	15.7-22.9	23.0	≥26.8			
14	≤13.9	14.0-28.5	28.6	≥36.8	≤16.1	16.2-23.6	23.7	≥27.7			
15	≤14.5	14.6-29.1	29.2	≥37.1	≤16.6	16.7-24.3	24.4	≥28.5			
16	≤15.2	15.3-29.7	29.8	≥37.4	≤17.0	17.1-24.8	24.9	≥29.3			
17	≤15.8	15.9-30.4	30.5	≥37.9	≤17.4	17.5-24.9	25.0	≥30.0			
>17	≤16.4	16.5-31.3	31.4	≥38.6	≤17.7	17.8-24.9	25.0	≥30.0			

Age	Curl-up # completed	Trunk Lift inches	90° Push-up # completed	Modified Pull-up # completed	Flexed Arm Arm Hang seconds	Back Saver Sit & Reach** inches	Shoulder Stretch
5	≥2	6 12	≥3	≥2	≥2	9	Healthy Fitness Zone = Touching fingertips together behind the back on both right and left sides
6	≥2	6 12	≥3	≥2	≥2	9	
7	≥4	6 12	≥4	≥3	≥3	9	
8	≥6	6 12	≥5	≥4	≥3	9	
9	≥9	6 12	≥6	≥4	≥4	9	
10	≥12	9 12	≥7	≥4	≥4	9	
11	≥15	9 12	≥7	≥4	≥6	10	
12	≥18	9 12	≥7	≥4	≥7	10	
13	≥18	9 12	≥7	≥4	≥8	10	
14	≥18	9 12	≥7	≥4	≥8	10	
15	≥18	9 12	≥7	≥4	≥8	12	
16	≥18	9 12	≥7	≥4	≥8	12	
17	≥18	9 12	≥7	≥4	≥8	12	
17+	≥18	9 12	≥7	≥4	≥8	12	

**Test scored Yes/No; must reach this distance on each side to achieve the HFZ.

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Standards for Healthy Fitness Zone®
Version 10.x
BOYS

Age	Aerobic Capacity VO ₂ max (ml/min/kg)			Percent Body Fat				Body Mass Index			
	NI-Health Risk	NI	HFZ	Very Lean	HFZ	NI	NI-Health Risk	Very Lean	HFZ	NI	NI-Health Risk
5	≤8.8	8.9-18.8	18.9	≥27.0	≤13.8	13.9-16.8	16.9	≥18.1			
6	≤8.4	8.5-18.8	18.9	≥27.0	≤13.7	13.8-17.1	17.2	≥18.8			
7	≤8.2	8.3-18.8	18.9	≥27.0	≤13.7	13.8-17.6	17.7	≥19.6			
8	≤8.3	8.4-18.8	18.9	≥27.0	≤13.9	14.0-18.2	18.3	≥20.6			
9	≤8.6	8.7-20.6	20.7	≥30.1	≤14.1	14.2-18.9	19.0	≥21.6			
10	≤8.8	8.9-22.4	22.5	≥33.2	≤14.4	14.5-19.7	19.8	≥22.7			
11	≤8.7	8.8-23.6	23.7	≥35.4	≤14.8	14.9-20.5	20.6	≥23.7			
12	≤8.3	8.4-23.6	23.7	≥35.9	≤15.2	15.3-21.3	21.4	≥24.7			
13	≤8.6	8.7-24.1	24.1	≥35.0	≤15.7	15.8-22.2	22.3	≥25.6			
14	≤9.6	9.7-42.4	42.5	≥33.2	≤16.3	16.4-23.0	23.1	≥26.5			
15	≤10.6	10.7-43.5	43.6	≥31.5	≤16.8	16.9-23.7	23.8	≥27.2			
16	≤11.0	11.1-44.1	44.1	≥31.6	≤17.4	17.5-24.5	24.6	≥27.9			
17	≤11.2	11.3-44.1	44.2	≥33.0	≤18.0	18.1-24.9	25.0	≥28.6			
>17	≤11.2	11.3-44.2	44.3	≥35.1	≤18.5	18.6-24.9	25.0	≥29.3			

Age	Curl-up # completed	Trunk Lift inches	Push-up # completed	Modified Pull-up # completed	Flexed Arm Arm Hang seconds	Back Saver Sit & Reach** inches	Shoulder Stretch
5	≥2	6 12	≥3	≥2	≥2	8	Healthy Fitness Zone = Touching fingertips together behind the back on both right and left sides
6	≥2	6 12	≥3	≥2	≥2	8	
7	≥4	6 12	≥4	≥3	≥3	8	
8	≥6	6 12	≥5	≥4	≥3	8	
9	≥9	6 12	≥6	≥5	≥4	8	
10	≥12	9 12	≥7	≥5	≥4	8	
11	≥15	9 12	≥8	≥6	≥6	8	
12	≥18	9 12	≥10	≥7	≥10	8	
13	≥21	9 12	≥12	≥8	≥12	8	
14	≥24	9 12	≥14	≥9	≥15	8	
15	≥24	9 12	≥16	≥10	≥15	8	
16	≥24	9 12	≥18	≥12	≥15	8	
17	≥24	9 12	≥18	≥14	≥15	8	
17+	≥24	9 12	≥18	≥14	≥15	8	

**Test scored Yes/No; must reach this distance on each side to achieve the HFZ.

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EXTEND AND EXPAND PROFESSIONAL PRACTICES



Who Needs to Know?

- Students and Parents
- PE colleagues (in your building and beyond)
- Principal and Administrators

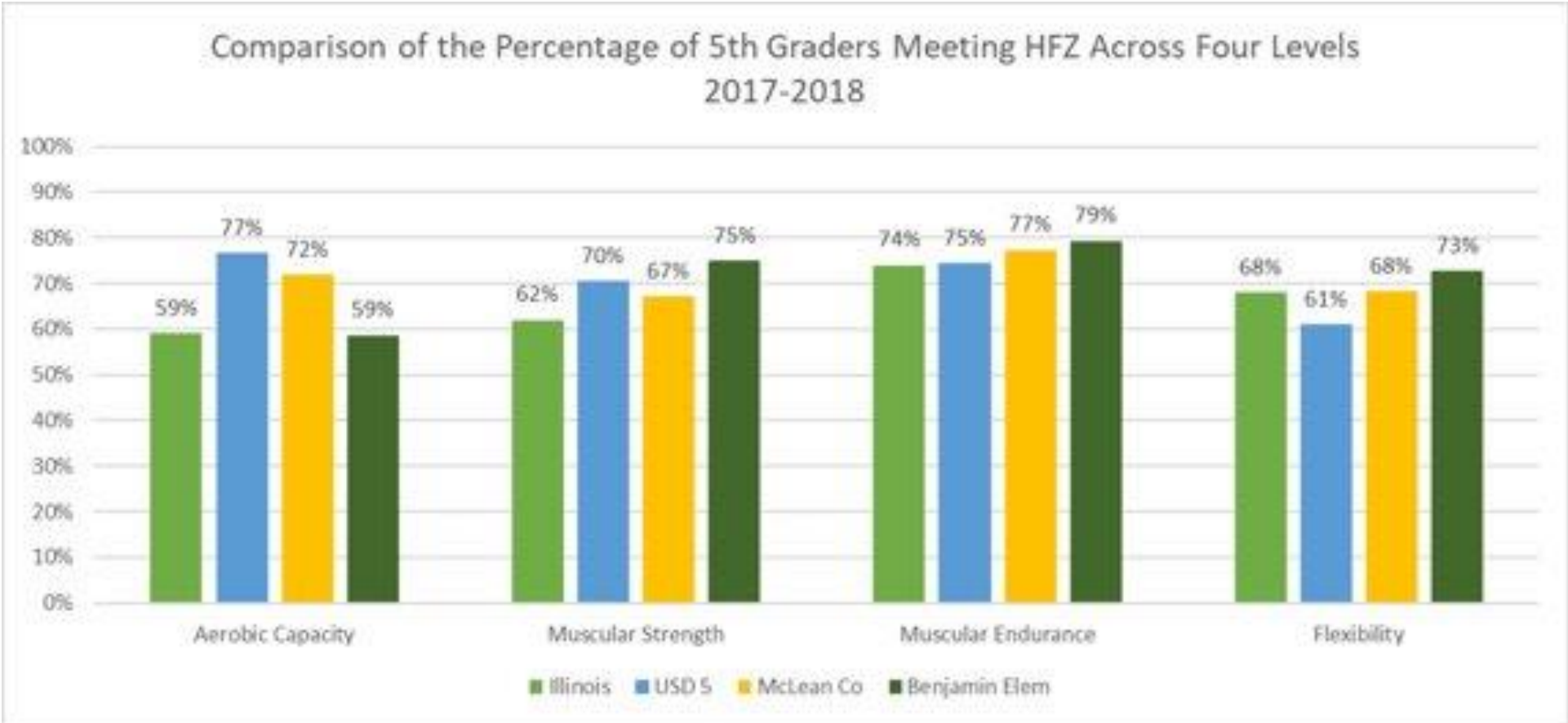


What to Share?

- The value of Health-Related Fitness for all
- Strategies you plan to use to build fitness into your curriculum
- Supports or needs to meet goals
- The value of data-informed decisions



Where Do We Stand?





Where to go for Help?

<https://www.cdc.gov/healthyschools/wsc/index.htm>

<https://www.isbe.net/>

<https://www.shapeamerica.org/standards/default.aspx>



Questions?

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