



UNITED INDEPENDENT SCHOOL DISTRICT PHYSICAL EDUCATION 2009-2010

Dear Parent/Guardian:

The 2009-2010 school year will continue to see all students in grades 3-12 be administered a physical fitness assessment, as required by SB 530. The assessment tool will continue to be the state approved tool, FITNESSGRAM. FITNESSGRAM is a health-related fitness assessment developed by The Cooper Institute for Aerobic Research and is a research-based criterion referenced test.

UISD considers FITNESSGRAM a quality assessment for three reasons:

1. FITNESSGRAM establishes a baseline of a healthy fitness zone from which students can set goal and check their progress (non-competitive) to plan for lifelong physical activity and to maintain and improve their fitness level. Health-related fitness assessment measures students' aerobic capacity, muscular strength/endurance, flexibility, and body composition.
2. FITNESSGRAM provides recommended activity program options that will help students reach healthy fitness zones in those areas where they need to improve.
3. FITNESSGRAM does not place an emphasis on skill or sports-related fitness such as speed measured by an individual's 40 yard dash time. It does not compare students to other students.

FITNESSGRAM tests all students regardless of age, gender, or ability. Students are encouraged to be self-aware of health-related fitness and take responsibility by setting personal fitness goals. When students focus on the process of doing their personal best, a more positive lifelong impact is achieved.

On your child's test date this year, he/she should bring and wear athletic clothing and tennis shoes, as designated by the campus principal as appropriate for testing. If your child forgets proper testing attire, he/she will proceed with the fitness test in standardized dress. **Children in grades 3-7 will be tested through their physical education classes beginning October 5, 2009 through February 18, 2010 please contact your child's physical education teachers for the exact testing dates. Children in grades 8-12 will be tested during one of the following three weeks: October 5-8, 2009; October 26-30, 2009; or November 23 & 24, 2009. Make-up testing will be done either February 1-5, 2010 or February 15-18, 2010. Please check with the campus your student attends for the exact testing dates.**

You may request a copy of your child's physical fitness assessment by submitting the REQUEST FOR FITNESS ASSESSMENT RESULTS FORM to your principal at the end of the school year. The request form is online under the athletic department or maybe picked up with your child's physical education teacher. UISD believes by providing you and your child with this health-related fitness information, you can lead your child toward 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, please contact Lisa Haberkorn, Physical Education Coordinator (956) 473-7100 or refer to <http://www.FITNESSGRAM.net/texas/>.

Sincerely,
Lisa Haberkorn
Physical Education Coordinator
United ISD
(956) 473-7100

It is the policy of the United Independent School District not to discriminate on the basis of race, color, national origin, sex, or disability in the Career and Technology programs, services or activities, as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Educational Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.