



Executive Summary

Conducting School-Based, Health-Related Fitness Assessments and Collecting Associated Data: Making the Case for the Presidential Youth Fitness Program

Evidence shows that healthy and fit youth perform better in the classroom. Therefore, it is important for schools to view physical education and the promotion of physical activity as priorities.

Many schools have adopted the Comprehensive Physical Activity Program model to enhance the opportunities for students to be physically active. The foundation upon which Comprehensive School Physical Activity Programs are built is quality physical education.

The Presidential Youth Fitness Program (PYFP) was developed to support quality physical education. Designed to be easily integrated into

existing physical education curricula, the Presidential Youth Fitness Program helps physical educators enhance their fitness education and assessment process by focusing on three core areas: professional development, assessment, and motivational recognition.

The Importance of Qualified Physical Education Teachers

For schools to be effective in promoting the health and well-being of students, they must employ qualified personnel, and provide professional development opportunities for physical education staff (CDC, 2011). Doing so can ensure that physical educators know key

instructional strategies and best practices for the fitness education process and how that process fits into quality physical education programming. Currently, 46% of schools in the United States have physical education teachers who grade students based on their fitness scores. This is one of the most inappropriate practices in PE and is covered in more detail in this document.

The Presidential Youth Fitness Program is aligned to state and national standards in health and physical education and, therefore, supports any standards-based health and PE curriculum.

Participation in PYFP helps schools meet the requirements to become a *Let's Move!* Active School.

The Presidential Youth Fitness Program addresses:

- use of health-related fitness assessment data to maximize learning and program planning
- steps to producing consistent, accurate, and valid data and use of that data to empower students
- the need and ways to share data with key stakeholders while protecting student privacy
- instructional strategies to promote student physical activity and fitness and appropriate options to recognize achievements in those two areas
- national physical education Standard 3: student demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness (SHAPE America, 2014)
- teaching of physical fitness and physical activity concepts including goal setting, data analysis, and tracking progress
- assessing student knowledge of health-related fitness concepts, one of the appropriate ways to assess student performance in PE
- enhancing student interest in physical fitness and physical activity through meaningful recognition

The PYFP focuses on training teachers to ensure appropriate use and implementation of FITNESSGRAM®, the official health-related fitness assessment adopted by the program, and recognition for students.

Listed at left are some of the many reasons the Presidential Youth Fitness Program is a winning strategy to support schools in their quest to develop students who are fit, healthy, and ready to learn.

pyfp.org

