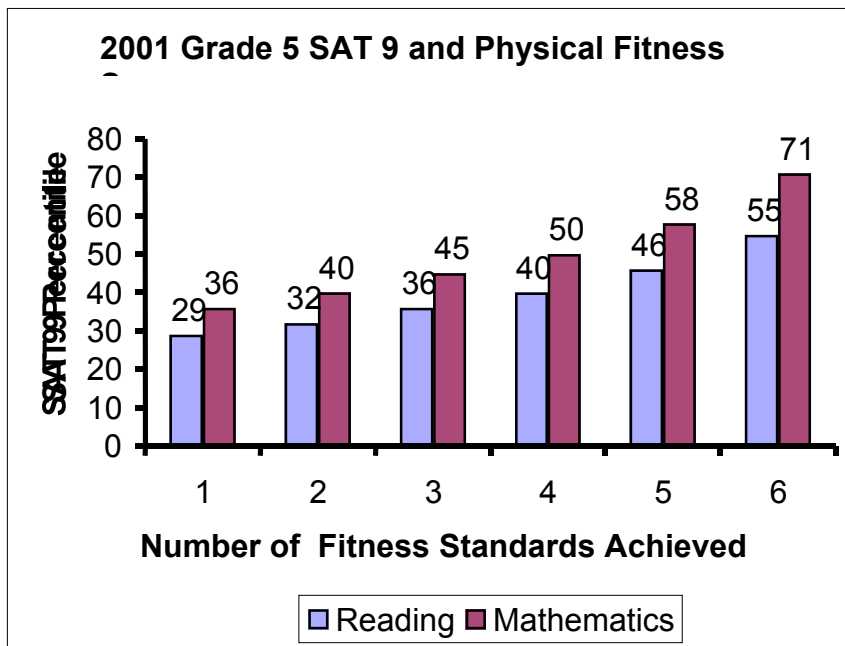
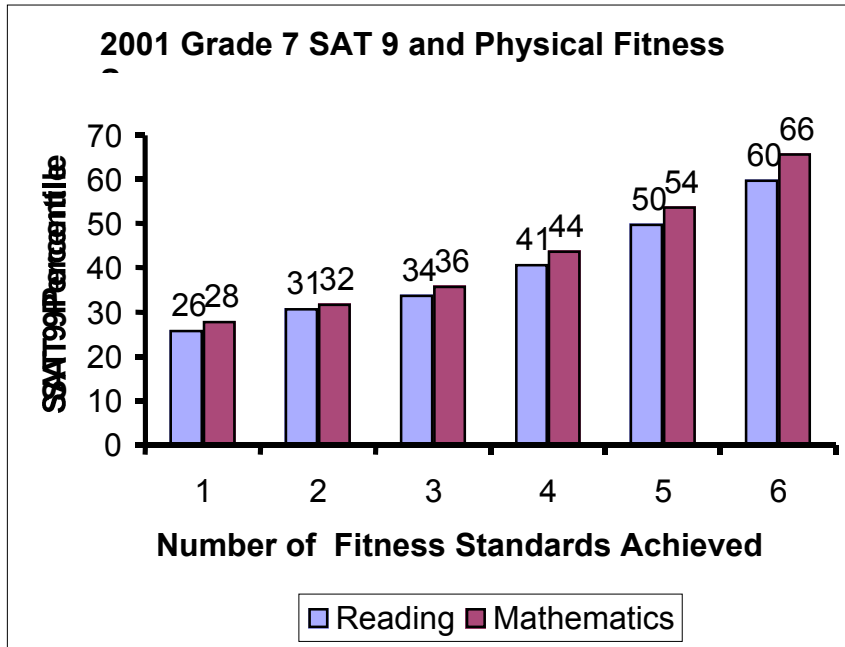


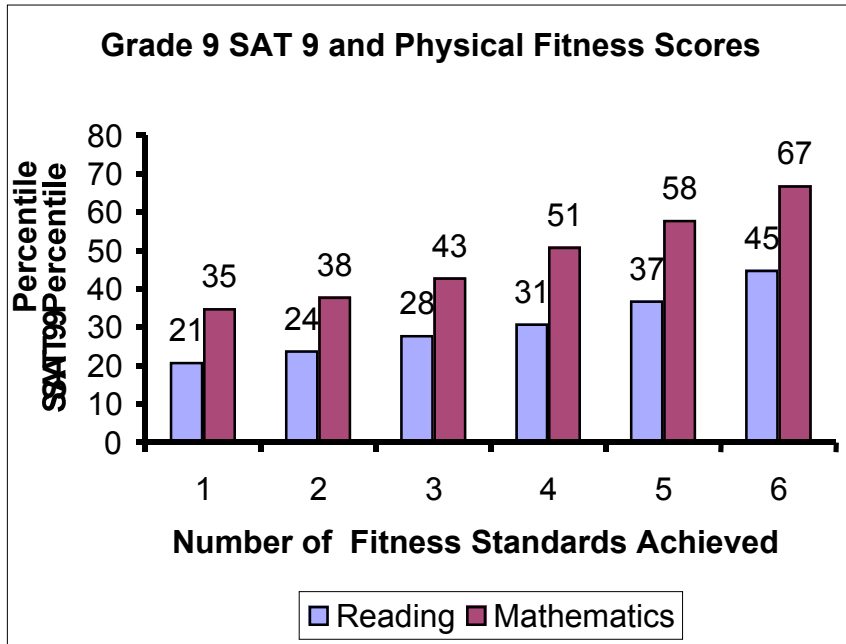
California Department of Education Study  
December 10, 2002



- ❖ The height of each bar shows the average (median) SAT-9 national percentile rank of those students with a particular fitness score.
- ❖ Higher academic achievement is associated with higher levels of fitness in grade 5.
- ❖ Students in grade 5 who meet minimum fitness levels in three or more physical fitness areas show the greatest gains in academic achievement.
- ❖ The relationship between academic achievement and fitness in grade 5 was greater in mathematics than in reading, particularly at high fitness levels.
- ❖ The test that was used, *Fitnessgram*, uses criterion-referenced standards to evaluate fitness. These standards represent a level of fitness that offers some degree of protection against diseases that result from sedentary living. Achievement of the fitness standards is based upon a test score falling in the Healthy Fitness Zone (HFZ). Each of the six tasks measures a different aspect of fitness, and the HFZ represent minimal levels of satisfactory achievement on the tasks.



- ❖ The height of each bar shows the average (median) SAT-9 national percentile rank of those students with a particular fitness score.
- ❖ Higher academic achievement is associated with higher levels of fitness in grade 7.
- ❖ Students in grade 7 who meet minimum fitness levels in three or more physical fitness areas show the greatest gains in academic achievement.
- ❖ The relationship between academic achievement and fitness in grade 7 was greater in mathematics than in reading, particularly at high fitness levels.
- ❖ The test that was used, *Fitnessgram*, uses criterion-referenced standards to evaluate fitness. These standards represent a level of fitness that offers some degree of protection against diseases that result from sedentary living. Achievement of the fitness standards is based upon a test score falling in the Healthy Fitness Zone (HFZ). Each of the six tasks measures a different aspect of fitness, and the HFZ represent minimal levels of satisfactory achievement on the tasks.



- ❖ The height of each bar shows the average (median) SAT-9 national percentile rank of those students with a particular fitness score.
- ❖ Higher academic achievement is associated with higher levels of fitness in grade 9.
- ❖ Students in grade 9 who meet minimum fitness levels in three or more physical fitness areas show the greatest gains in academic achievement.
- ❖ The relationship between academic achievement and fitness in grade 9 was greater in mathematics than in reading, particularly at high fitness levels.
- ❖ The test that was used, *Fitnessgram*, uses criterion-referenced standards to evaluate fitness. These standards represent a level of fitness that offers some degree of protection against diseases that result from sedentary living. Achievement of the fitness standards is based upon a test score falling in the Healthy Fitness Zone (HFZ). Each of the six tasks measures a different aspect of fitness, and the HFZ represent minimal levels of satisfactory achievement on the tasks.