

FITNESSGRAM Information

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FITNESSGRAM Requirements

The FITNESSGRAM physical fitness assessment will be administered to all BISD students in grades 3-12 who are enrolled in physical education credit courses each school year. FITNESSGRAM assesses a student's health-related fitness such as aerobic capacity, muscular strength and endurance and flexibility. Body composition will be measured to determine if a student's body weight is healthy relative to their height. Some students may be excluded or be provided accommodations or modifications for one or all the assessments based on personal needs and documentation that must be provided by a licensed physician.

[Exemptions for Students with Disabilities](#)

Parent Notification

Parents will be notified when the FITNESSGRAM assessments will be administered. Students will be assessed at least once during the year/semester. FITNESSGRAM results are provided to the parent in the final report card of the year. All results must be reported to the Texas Education Agency.