

# Physical Fitness Assessment Initiative (PFAI) - FITNESSGRAM – Rider 66



## General Description:

The Texas Education Code requires that districts assess the fitness levels of all students in grades 3-12 who are enrolled in a physical education course, substitute course, or activity at least once annually and submit the results to the Texas Education Agency each school year. In 2007, TEA identified Fitnessgram® as the assessment tool to be used by all school districts.

## Authority:

Texas Education Code (TEC), §§38.101 – 38.105

## Additional Information:

Fitnessgram® is an assessment and reporting software program that allows schools to gather student physical fitness data and report that data to TEA. The assessment includes a variety of health-related physical fitness activities designed to assess aerobic capacity; muscular strength, muscular endurance, and flexibility; and body composition.

The software was created by The Cooper Institute and US Games serves as sole source provider of the program. TEA entered into agreements with US Games and The Cooper Institute to provide a statewide license to Fitnessgram® 10 at no cost to schools. Schools are required to submit results to the TEA either through the web-based Fitnessgram® 10 software or the TEA’s Physical Fitness Assessment Initiative (PFAI) web application.

A portion of the funds was allocated to conduct a data analysis. The data analysis assesses any correlation between fitness results and student academic achievement, student attendance, student obesity, student disciplinary problems, and school meal programs. The most recent data analyses are available on the [TEA Fitness Data webpage](#).

## Funding:

Source: General Appropriations Act, Article III, Rider 66, Fitnessgram® Program, 85<sup>th</sup> Texas Legislature 2017

Appropriation	2018-2019
	\$2,000,000
Use of Funds	
Contract for FitnessGram Site Licenses	\$1,693,744
FitnessGram Data Analysis (to be completed by TEA internally)	\$300,000
<b>Total</b>	<b>\$1,993,744</b>
<b>Total Projected Expenditures for the Biennium:</b>	<b>\$1,993,744</b>

## Resources:

PFAI: [http://tea.texas.gov/Texas\\_Schools/Safe\\_and\\_Healthy\\_Schools/Physical\\_Fitness\\_Assessment\\_Initiative/](http://tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Physical_Fitness_Assessment_Initiative/)

Fitness Data: [http://tea.texas.gov/Texas\\_Schools/Safe\\_and\\_Healthy\\_Schools/Physical\\_Fitness\\_Assessment\\_Initiative/Fitness\\_Data/](http://tea.texas.gov/Texas_Schools/Safe_and_Healthy_Schools/Physical_Fitness_Assessment_Initiative/Fitness_Data/)

Fitnessgram: [www.fitnessgram.net](http://www.fitnessgram.net)

The Cooper Institute: <http://www.cooperinstitute.org/youth/fitnessgram/>