

# FitnessGram® Texas Statewide Report

## 2018-19 School Year

This report summarizes FitnessGram® results from the 2018-19 school year. Across the Texas public school system, 940 school districts, 6,429 campuses, and 2,175,616 individual students participated in the FitnessGram® assessment.<sup>1</sup> The following summary presents Healthy Fitness Zone (HFZ) achievement percentages for the six core FitnessGram® fitness components – Abdominal Strength, Aerobic Capacity, Body Composition, Flexibility, Trunk Extensor Strength, and Upper Body Strength – by gender and school level (i.e., elementary, middle, and high school). Results of correlational analyses conducted between HFZ achievement and State of Texas Assessments of Academic Readiness (STAAR) mathematics performance, STAAR reading performance, and students' attendance rate are also presented.

### Fitness Achievement by Gender

On each of the six FitnessGram® fitness components, the majority of Texas public school students achieved the HFZ in 2018-19. As noted below, however, results varied

- On the Upper Body Strength component, 71.9% of females achieved the HFZ. The HFZ achievement rate was lowest for females in Grade 4 (66.1%) and highest in Grade 11 (80.4%).

Males:

- On the Abdominal Strength component, 77.5% of males achieved the HFZ. The HFZ achievement rate was lowest for males in Grade 9 (74.6%) and highest in Grade 6 (80.5%).
- On the Aerobic Capacity component, 59.1% of males achieved the HFZ. The HFZ achievement rate was lowest for males in Grade 3 (22.9%) and highest in Grade 4 (65.0%).
- On the Body Composition component, 53.9% of males achieved the HFZ. The HFZ achievement rate was lowest for males in Grade 5 (50.6%) and highest in Grade 10 (58.7%).
- On the Flexibility component, 70.8% of males achieved the HFZ. The HFZ achievement rate was lowest for males in Grade 3 (64.0%) and highest in Grade 10 (77.3%).
- On the Trunk Extensor Strength component, 83.4% of males achieved the HFZ. The HFZ achievement rate was lowest for males in Grade 5 (76.1%) and highest in Grade 3 (89.5%).
- On the Upper Body Strength component, 71.6% of males achieved the HFZ. The HFZ achievement rate was lowest for males in Grade 9 (66.2%) and highest in Grade 6 (75.1%).

**Figure 1. Healthy Fitness Zone Achievement, by Fitness Component and Gender, 2018-H**

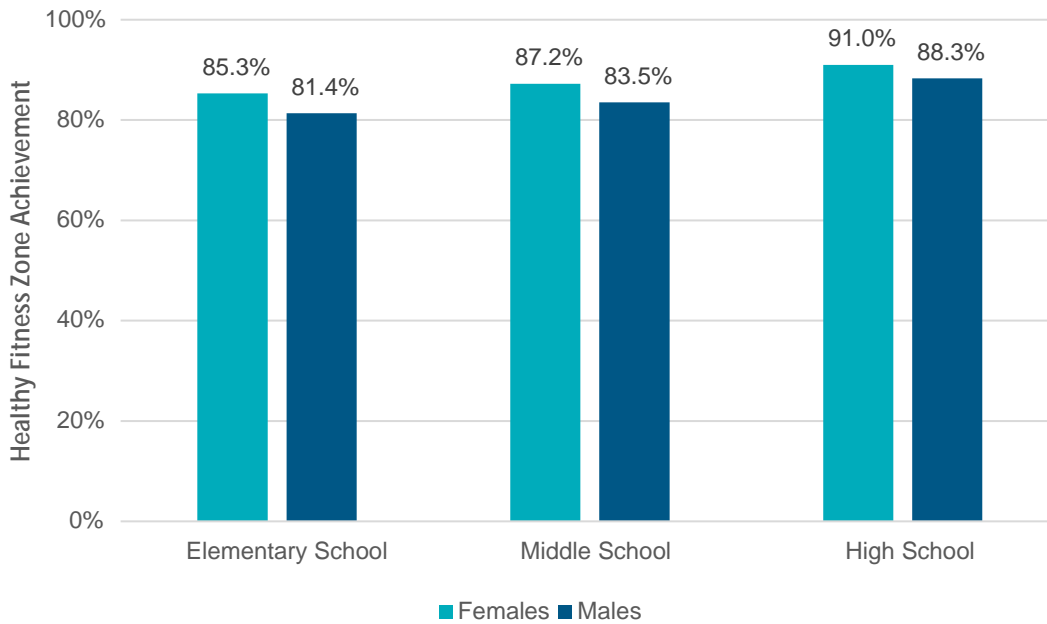
## Fitness Achievement by School Level and Gender

In 2018-19, the percentage of students achieving the HFZ on each FitnessGram® component varied by gender and school level.<sup>3</sup>

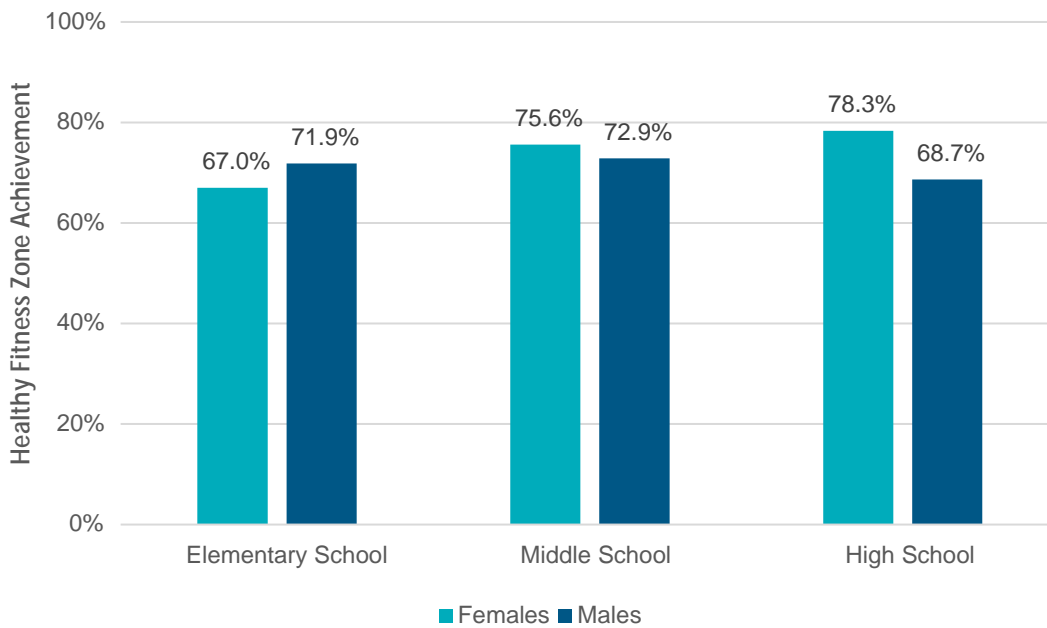
**Figure 2. Healthy Fitness Zone Achievement, by School Level and Gender, 2018-19,  
Abdominal Strength**



**Figure 6. Healthy Fitness Zone Achievement, by School Level and Gender, 2018-19, Trunk Extensor Strength**



**Figure 7. Healthy Fitness Zone Achievement, by School Level and Gender, 2018-19, Upper Body Strength**



## Associations between HFZ Achievement and Academic Indicators

Correlational analyses were conducted to examine associations between FitnessGram® HFZ achievement and academic indicators. Among the academic indicators examined in 2018-19 were STAAR mathematics performance, STAAR reading performance, and students' attendance rate.

Achievement on each