

Dear Parent or Guardian,

Body composition is one of the health related components of fitness that your child will be studying this year. Students will be assessed in the areas of health related fitness including: aerobic capacity, muscular strength, endurance and flexibility. Standard 5 of the Maryland State Curriculum for Physical Education addresses fitness assessment as a required part of the physical education program. The results of these assessments will help students to reflect upon and develop their own fitness plans while providing the knowledge necessary for practicing lifelong wellness. Results for all assessments are given to the students to be shared with their parent or guardian via reports in both e-mail and hard copies. The objectives and activities for this overarching unit include:

- Developing and understanding the relationship between body mass index and wellness
- Examining the concept and importance of caloric intake and caloric expenditure
- Identifying the health risks associated with being overweight or obese
- Understanding and developing personal fitness plans that assist in maintaining wellness

Anne Arundel County Public Schools utilizes an assessment program known as Fitnessgram. The Fitnessgram program places considerable importance on providing accurate information on health and fitness to school administrators, teachers, parents and students. New aerobic capacity standards have been developed to provide more specific information and individualized reporting about potential health risks. Body composition data is now required to complete the aerobic capacity/PACER assessment.

In order to obtain the most accurate information for the personal fitness plan, your child will have his or her body composition assessed using body mass index. Your child, physical education teacher or nurse will determine current height and weight. The results of this assessment are personal and will not be shared with anyone other than your child. As mentioned, the information gathered will be utilized by your child to set personal fitness goals using the Fitnessgram program. We hope that the personal fitness goals set by your child will assist him or her in maintaining a fit and healthy lifestyle. If the collection of this information poses a hardship for you or your child, you may prefer to send in a current height and/or weight in a sealed envelope. This information will be kept confidential.

If you have further questions about the Fitnessgram physical fitness assessment program or the body composition unit and objectives taught, please feel free to contact your child's physical education teacher. You may also be interested in conducting an internet search for more specific details regarding the Body Mass Index Assessment and how it pertains to the calculation of VO₂ Max.