



SC FitnessGram measures and improves student fitness by working with schools to enhance physical education and create more opportunities for physical activity. To ensure the wellness and academic success of all students in South Carolina, we must all make students' fitness a priority by incorporating quality physical activity at school, at home, and in the community, every day. SC FitnessGram helps school districts and communities to provide programs proven to work to increase the amount of time students are physically active.

**50%**

of SC students do not have good cardiorespiratory fitness

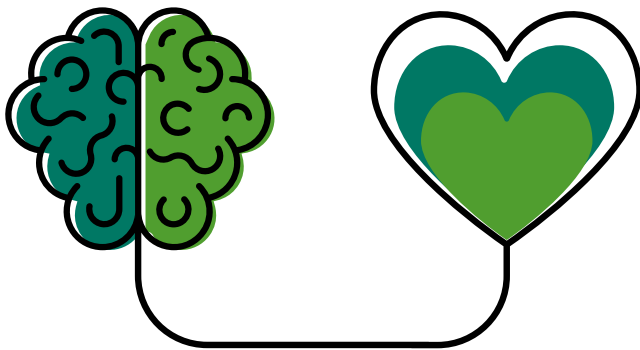
**1/3**

of SC students are overweight or obese

**COVID-19**

made it difficult for students to be physically active

## The Benefits of Being Physically Active From Head to Heart



Improves concentration & learning

Builds confidence & social skills

Strengthens muscles & bones

Maintains healthy weight

Improves cardiorespiratory fitness

Boosts immunity

Makes you feel good

## Fitness Data

PE teachers measure students' fitness in grades 2 (BMI only), 5, 8, and high school: Body Mass Index (BMI), cardiorespiratory fitness, muscular strength, muscular endurance, and flexibility.

Fitness data provides students, parents, teachers, and administrators with valuable information to:

- Better understand the health of students and their risk of developing chronic health conditions
- Create individualized, classroom, and school fitness plans
- Help students reach fitness goals and improve overall wellbeing

## PE & PA: what's the difference?

**Physical education (PE)** is an academic, skill-based class.

**Physical activity (PA)** is any movement and can apply skills learned in PE.

Students need both to develop knowledge, skills, and confidence to be physically active for a lifetime.

**STUDENT FITNESS DATA SHOULD NOT BE POSTED PUBLICLY OR USED TO DETERMINE A STUDENT'S GRADE IN PHYSICAL EDUCATION. FITNESS DATA SHOULD NOT BE USED TO EVALUATE TEACHERS' PERFORMANCE.**

# Programs Proven to Work

**Alliance for a Healthier Generation's Healthy Schools Program** works with schools and districts to create healthy learning environments that empower students to thrive physically, emotionally, and academically.



**Comprehensive School Physical Activity Program (CSPAP)** is a framework for planning and organizing activities for school physical education and physical activity.



## Support for Schools



- FitnessGram software
- Individual fitness reports for parents/caregivers, as required by **the SC Students Health and Fitness Act**
- Fitness reports at the student, classroom, school, school district and state level
- On-demand support for SC FitnessGram
- Training & assistance on measuring and using fitness data & proven programs to support student health
- Opportunities for schools to showcase their successes

## Join the Movement!

- Prioritize student fitness & school-based physical activity
- Commit to using fitness data for action planning, strategic planning, & decision making
- Create linkages to SC FitnessGram to support daily physical activity and quality physical education

"We have witnessed a greater awareness for improving students' health because of the implementation of the program" - Superintendent, 2017

Visit [dph.sc.gov/fitnessgram](http://dph.sc.gov/fitnessgram) to access annual SC FitnessGram data reports and for recommendations on how to improve student health.