

SOUTH CAROLINA FITNESSGRAM

Statewide Results - School Year 2017-2018

The South Carolina FitnessGram project is a state-wide effort to evaluate and ultimately improve health-related fitness for all K-12 public school students across the state. This report provides a brief summary of the performance of students across the State of South Carolina on six components of the FitnessGram test. Information was provided for a total of 98,402 students from 697 schools in 61 districts.

Cardiorespiratory Fitness

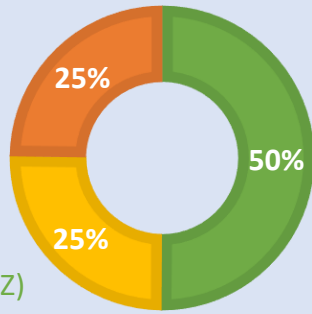
Fitness Test:

PACER / 1-mile run

Healthy Fitness Zone Categories:

Healthy Fitness Zone (HFZ)

- Healthy Fitness Zone (HFZ)
- Needs Improvement (NI)
- Health Risk (HR)



n = 66,727

2 nd Grade (n=0)	5 th Grade (n=34,463)	8 th Grade (n=18,837)	High School (n=13,427)
NA	52.6% HFZ	48.5% HFZ	45.4% HFZ

Weight Status

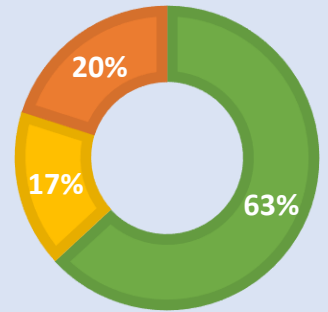
Fitness Test:

Body Mass Index (BMI)

(BMI = Height/Weight²)

Weight Status Categories:

- Normal Weight (NW)
- Overweight (OW)
- Obese (OB)



n = 88,296

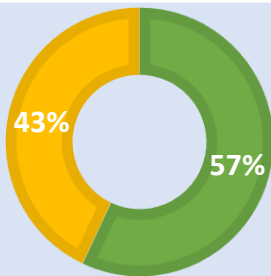
2 nd Grade (n=24,376)	5 th Grade (n=32,104)	8 th Grade (n=18,485)	High School (n=13,331)
68.4% NW	59.7% NW	61.4% NW	62.6% NW

Other FitnessGram Components

- Healthy Fitness Zone (HFZ)
- Needs Improvement (NI)

Upper Body Strength/Endurance

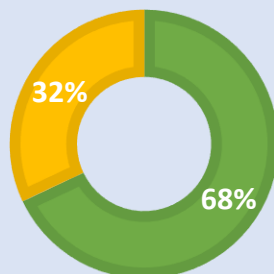
66,267



Fitness Test:
Push Ups

Abdominal Strength/Endurance

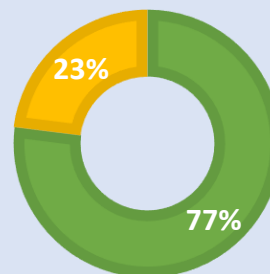
(n=67,570)



Fitness Test:
Curl Ups

Trunk Extensor Strength/Flexibility

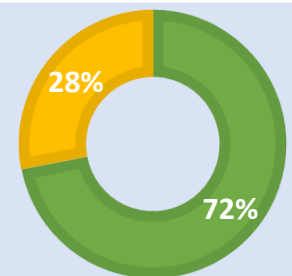
(n=59,459)



Fitness Test:
Trunk Lift

Flexibility Sit and Reach

(n=66,043)



Fitness Test:
Sit & Reach

This report was developed by University of South Carolina as part of a collaborative partnership with the Blue Cross Blue Shield of South Carolina Foundation, the South Carolina Department of Health and Environmental Control, and the South Carolina Department of Education.

