

SOUTH CAROLINA FITNESSGRAM

Statewide Results - School Year 2016-2017

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 108,875 students from 703 schools in 60 districts.

Cardiorespiratory Fitness

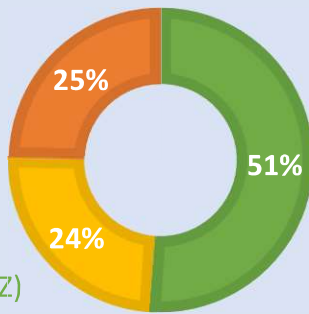
Fitness Test:

PACER / 1-mile run

Healthy Fitness Zone Categories:

Zone Categories:

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



n = 71,715

2 nd Grade (n=0)	5 th Grade (n=34,731)	8 th Grade (n=20,682)	High School (n=16,302)
NA	54.2% HFZ	49.1% HFZ	27.0% HFZ

Weight Status

Fitness Test:

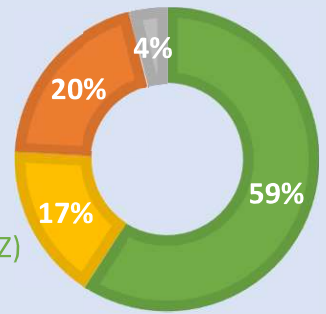
Body Mass Index (BMI)

($BMI = \text{Height} / \text{Weight}^2$)

Healthy Fitness Zone Categories:

Zone Categories:

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



n = 95,290

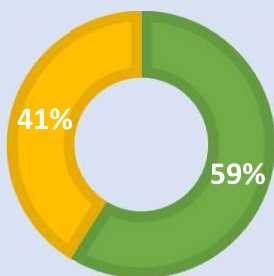
2 nd Grade (n=29,591)	5 th Grade (n=31,816)	8 th Grade (n=18,711)	High School (n=15,167)
63.0% HFZ	55.7% HFZ	58.7% HFZ	60.4% HFZ

Other FITNESSGRAM Components

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

Upper Body Strength/Endurance

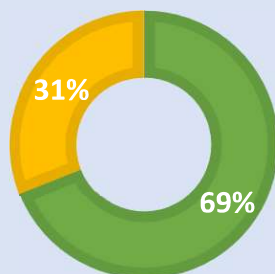
(n=69,692)



Fitness Test:
Push Ups

Abdominal Strength/Endurance

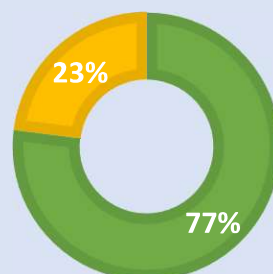
(n=72,755)



Fitness Test:
Curl Ups

Trunk Extensor Strength/Flexibility

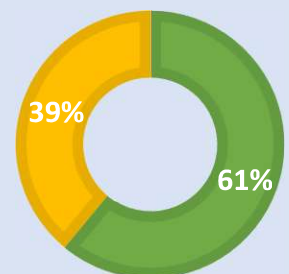
(n=55,900)



Fitness Test:
Trunk Lift

Flexibility

(n=69,751)



Fitness Test:
Sit & Reach