Mission, Goals, and Philosophy of FITNESSGRAM/ACTIVITYGRAM

Chapter 1
Dr. Adams

**Mission**
- Promote lifelong physical activity habits
- Providing children with the knowledge, attitudes and skills to be active for a lifetime

**Goals**
- Promote enjoyable REGULAR physical activity
- Develop
  - Affective
  - Cognitive
  - Behavioral
- Provide comprehensive assessments
  - Fitness
  - Activity
- Provide comprehensive reporting programs

**FITNESSGRAM**
- Comprehensive fitness assessment battery for youth
- Can be used for
  - Reporting scores
  - Planning curriculum
- Includes health related fitness tests measuring:
  - Cardiovascular fitness
  - Muscle strength
  - Muscular endurance
  - Flexibility
  - Body composition

**ACTIVITYGRAM**
- Detailed 3-day assessment of physical activity
- Provides students with personal information about activity level
- Help to be active in/out of school

**Program Philosophy**

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- Health-related fitness
  - Promote activity patterns that lead to reduced health risk and improved health-related physical fitness
- Everyone
  - Everyone can find some form of physical activity for a lifetime regardless of age, gender, or physical ability
- Lifetime
  - Lifetime physical activities
- Personal
  - Personalize activity to meet individual needs