

Massachusetts school district fitness study: (UpdatePlus - Sept/Oct '09)

- 1,841 participants (4th, 6th, 7th, & 8th graders)
- 65% non-white
- 45% low income
- Instruments Used: Fitnessgram (Fitness test), MCAS (Massachusetts Comprehensive Assessment System) – standardized test

RESULTS:

- “A strong nearly linear relationship between Math MCAS scores and passing fitness tests.” “The odds of passing the Math MCAS increased by 38% for each 1 –unit increase in the number of fitness tests passed.”
- “There was a significant relationship between English MCAS scores and passing fitness tests.” “..for the English MCAS, the odds increased by 24% for each 1 unit increase in the number of fitness tests passed.”

This study compared the Fitnessgram fitness test scores with the Massachusetts Comprehensive Assessment System (MCAS) standardized test. The 1841 participants (65% non-white, 45% low-income) were from a Massachusetts school district. “A strong, nearly linear relationship was found between Math MCAS scores and passing fitness tests. There was a significant relationship between English MCAS scores and passing fitness tests as well. The odds of passing the Math MCAS increased by 38% for each one unit increase in the number of fitness tests passed, while, for the English MCAS, the odds increased by 24% for each 1-unit increase in the number of fitness tests passed.” Chomitz, V. R., Slining, M. M., McGowan, R. J., Mitchell, S. E., Dawson, G. F., & Hacker, K. A. (2009) *Journal of School Health, 79, 30-37* As reported in *UpdatePlus* Sept/Oct 09 AAHPERD