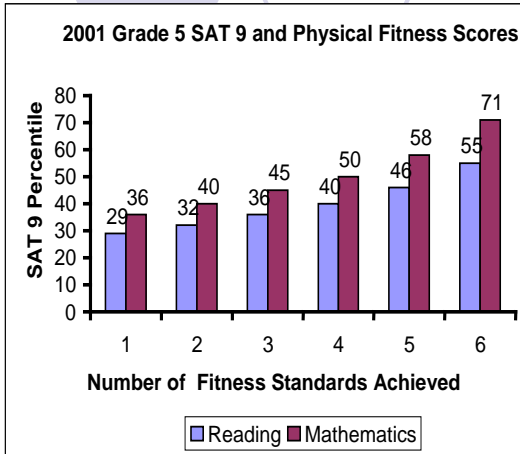
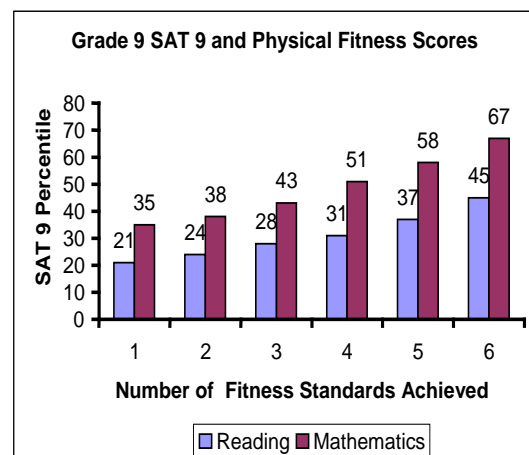
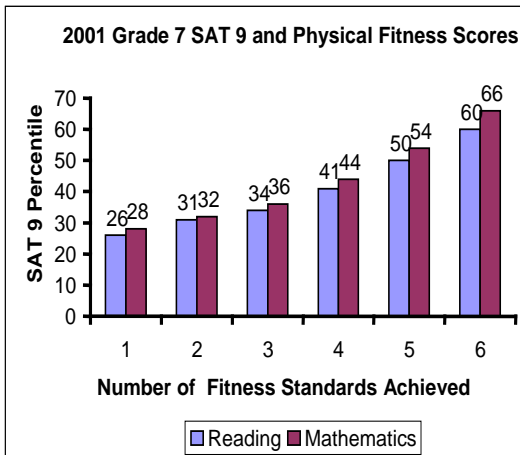


California Department of Education



- Higher academic achievement is associated with higher levels of fitness in grade 5,7,9.
- The relationship between academic achievement and fitness in grade 5,7,9 was greater in mathematics than in reading, particularly at high fitness levels.



California Dept of Education (CDE) (2001)

California Statewide Study of Physically Fit Kids

A cross-sectional study completed by the California Department of Education (CDE) (2002), included a sample of 954,000 students who were in grades five (353,000), seven (322,000), and nine (279,000). The study individually matched Stanford Achievement Test Ninth Edition (SAT-9) standardized test scores with results of the state-mandated, teacher administered, physical fitness test, known as the Fitnessgram. The six fitness standards included in the Fitnessgram are cardiovascular endurance, body composition, abdominal strength and endurance, trunk strength and flexibility, upper body strength and endurance, and overall flexibility.

Results of the CDE (2002) study included a "statistical analysis indicating a distinct and linear correlation between students' academic achievement and fitness scores" in all

three grades; higher academic performance was positively related to higher levels of fitness with the greatest academic gains in students who met three or more physical fitness standards.

This association was greater in mathematics than in reading. Additionally, females demonstrated higher academic achievement at higher fitness levels than the males. In looking at this information, it should be noted that this study is still in the process of working with academicians to reach a published state in a peer-reviewed professional journal.