

**Attachment F:
ODPHP Presidential Youth Fitness Program
Overview for Focus Groups**

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Presidential Youth Fitness Program (PYFP)

A voluntary program that includes a health-related assessment, as well as educational and motivational tools, to support educators and empower students to adopt an active lifestyle.

Background

The President's Council on Sports, Fitness & Nutrition (PCSFN) is a federal advisory committee managed by the U.S. Department of Health and Human Services that aims to promote healthy eating and physical activity for all Americans, regardless of background or ability. The Council has promoted fitness through physical education assessment since the 1960s. Many adults today recall the President's Challenge youth fitness test.

In 2012, the President's Challenge Physical Activity and Fitness Awards Program was reformulated into the Presidential Youth Fitness Program (PYFP). This shifted the emphasis from a *performance*-based assessment to a *health*-focused assessment. With PYFP, youth are recognized for achieving a healthy level of fitness across five health fitness categories measured by the FitnessGram assessment. PYFP emphasizes training physical educators (PE) to use the health-related fitness assessments and motivational recognition to promote the development of healthy, active, and fit youth.

PYFP components:

1. Professional development: four virtual courses available for PE teachers;
2. Fitness assessments: FitnessGram assessment battery of tests; and
3. Youth recognition: awards for students reaching "Healthy Fitness Zones" in different areas of the FitnessGram assessment.

Overview

PYFP aims to elevate the contributions of all in the physical education landscape.

Program outcomes:

- Students: Improved levels of physical activity and fitness yielding better health
- Schools: Parent and student empowerment; Data driven decision making to improve instruction
- Districts: Data to reinforce teaching a standards-based PE curriculum

- States: Ability to analyze data and look at possible linkages
- National: Accurately evaluate health trends for youth

Assessment components: preferred tests

- Aerobic capacity:
 - **PACER**
 - Mile run or walk test
- Body composition
 - **Skinfold**
 - BMI
 - Bioelectric impedance analyzer
- Abdominal strength & endurance
 - **Curl-up**
- Trunk extensor strength
 - **Trunk lift**
- Upper body strength & endurance
 - **90-degree push-up**
 - Modified pull-up
 - Flexed arm hang
- Flexibility
 - **Back saver sit and reach**
 - Shoulder stretch

Results are categorized by The Healthy Fitness Zone® (HFZ) criterion referenced standards, which:

- Represent the minimal level a child must achieve for health based on age and gender
- Are based on direction of FITNESSGRAM® Scientific Advisory Board
- Are the minimum score for tests of muscular strength and endurance
- Provide “Needs Improvement” zones for aerobic capacity and body composition/BMI, as needed

Professional Development

Professional development is essential to program success.

- A series of webinars were held after program launch in 2012.
- In-person trainings were held across the country to train PYFP trainers who were then available to train other educators.
- Virtual modules are available on the website to support teachers in program implementation.

Recognition

Certificates are available for schools/districts as well as students.