

FITNESSGRAM Statistical Report

Pittsford Central School



08/26/11
For Entire District

Aerobic Capacity - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	18	45.70	43.18	48.22	3.56	18	100.00%
9 (Grade 3)	28	-	-	-	-	28	100.00%
9 (Grade 4)	112	46.39	33.38	55.65	3.73	90	80.36%
10	254	46.97	37.75	56.40	3.84	195	76.77%
11	220	48.15	32.46	61.09	4.74	185	84.09%
12	211	48.81	35.12	60.13	5.20	197	93.36%
13	184	51.15	30.17	63.13	5.74	163	88.59%
14	182	50.73	33.47	61.75	5.66	122	67.03%
15	31	45.34	35.63	55.06	13.74	1	3.23%
16	46	-	-	-	-	0	0.00%
17	33	-	-	-	-	0	0.00%
18 And Over	4	-	-	-	-	0	0.00%

For Aerobic Capacity, students with a time longer than 13 minutes on the Mile Run or who complete less than 10 laps on the PACER will be counted as having completed the assessment only but not in the Healthy Fitness Zone. Those students will appear in the count and the calculation for the percent of students in the HFZ, but not in the minimum, maximum or standard deviation calculations.

Aerobic Capacity - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	22	43.15	40.31	44.60	2.46	22	100.00%
9 (Grade 3)	20	-	-	-	-	20	100.00%
9 (Grade 4)	132	43.46	30.59	50.37	3.62	91	68.94%
10	242	44.05	34.92	52.26	3.29	166	68.60%
11	208	44.58	32.25	53.92	4.14	161	77.40%
12	217	44.62	32.64	56.78	4.75	176	81.11%
13	240	44.90	16.17	69.94	5.31	207	86.25%
14	165	44.25	27.70	55.90	4.92	107	64.85%
15	55	40.05	40.03	40.07	0.03	2	3.64%
16	40	-	-	-	-	0	0.00%
17	33	-	-	-	-	0	0.00%

For Aerobic Capacity, students with a time longer than 13 minutes on the Mile Run or who complete less than 10 laps on the PACER will be counted as having completed the assessment only but not in the Healthy Fitness Zone. Those students will appear in the count and the calculation for the percent of students in the HFZ, but not in the minimum, maximum or standard deviation calculations.

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Curl Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	18	66.22	17.00	75.00	18.73	18	100.00%
9	138	43.22	4.00	75.00	25.34	128	92.75%
10	251	44.55	4.00	75.00	22.05	243	96.81%
11	222	46.82	1.00	75.00	22.27	205	92.34%
12	201	48.34	3.00	75.00	20.90	187	93.03%
13	163	53.50	12.00	75.00	20.42	152	93.25%
14	185	51.91	2.00	75.00	20.76	168	90.81%
15	36	57.86	14.00	75.00	17.94	34	94.44%
16	45	60.91	24.00	75.00	15.43	45	100.00%
17	32	56.94	27.00	75.00	13.37	32	100.00%
18 And Over	3	49.67	24.00	75.00	25.50	3	100.00%

Curl Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	22	63.50	3.00	75.00	21.15	21	95.45%
9	143	40.62	2.00	75.00	26.20	131	91.61%
10	237	40.32	1.00	75.00	24.17	216	91.14%
11	209	41.73	2.00	75.00	22.39	186	89.00%
12	208	37.75	0.00	75.00	20.45	178	85.58%
13	230	39.75	0.00	75.00	19.97	205	89.13%
14	167	42.97	0.00	75.00	18.87	156	93.41%
15	55	42.27	1.00	75.00	22.07	50	90.91%
16	38	48.24	20.00	75.00	20.10	38	100.00%
17	33	39.85	0.00	75.00	21.69	32	96.97%

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Trunk Lift - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	2	8.00	7.00	9.00	1.41	2	100.00%
9	82	8.44	1.00	12.00	1.94	79	96.34%
10	165	9.28	4.00	12.00	1.85	107	64.85%
11	167	9.19	3.00	12.00	1.92	109	65.27%
12	163	9.39	3.00	12.00	2.11	106	65.03%
13	141	9.94	6.00	12.00	1.64	113	80.14%
14	102	10.14	7.00	12.00	1.54	82	80.39%
15	2	11.00	11.00	11.00	0.00	2	100.00%

Trunk Lift - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	3	8.00	7.00	9.00	1.00	3	100.00%
9	92	9.59	4.00	12.00	1.92	89	96.74%
10	154	10.31	6.00	12.00	1.56	131	85.06%
11	160	10.39	5.00	12.00	1.64	131	81.88%
12	194	10.23	3.00	12.00	1.84	161	82.99%
13	225	10.60	1.00	12.00	1.76	205	91.11%
14	129	10.75	5.00	12.00	1.48	116	89.92%
15	2	9.50	9.00	10.00	0.71	2	100.00%

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Push Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	16	30.75	11.00	35.00	6.89	16	100.00%
9	109	22.05	1.00	48.00	9.85	108	99.08%
10	207	21.20	0.00	49.00	9.96	198	95.65%
11	201	19.85	0.00	74.00	11.62	178	88.56%
12	206	17.74	0.00	60.00	10.93	158	76.70%
13	174	18.28	0.00	50.00	9.79	136	78.16%
14	185	19.28	0.00	47.00	9.35	135	72.97%
15	37	21.89	6.00	35.00	6.84	30	81.08%
16	46	22.93	7.00	43.00	7.13	38	82.61%
17	33	21.09	2.00	37.00	5.44	27	81.82%
18 And Over	4	20.25	16.00	25.00	4.03	3	75.00%

Push Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	19	32.32	14.00	35.00	5.66	19	100.00%
9	119	20.05	0.00	78.00	12.15	112	94.12%
10	188	19.22	1.00	83.00	11.85	169	89.89%
11	189	15.20	0.00	86.00	11.72	141	74.60%
12	211	9.33	0.00	56.00	7.63	123	58.29%
13	231	9.38	0.00	40.00	7.04	148	64.07%
14	168	11.21	0.00	34.00	6.76	128	76.19%
15	55	13.64	0.00	41.00	7.58	49	89.09%
16	40	17.23	1.00	43.00	7.59	38	95.00%
17	33	15.21	5.00	26.00	5.73	31	93.94%

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Flexed Arm Hang - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	2	5.50	1.00	10.00	6.36	1	50.00%
9	11	5.27	1.00	18.00	5.20	6	54.55%
10	4	15.50	9.00	18.00	4.36	4	100.00%
11	5	17.00	1.00	31.00	11.77	4	80.00%
12	1	11.00	11.00	11.00	-	1	100.00%

Flexed Arm Hang - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	1	20.00	20.00	20.00	-	1	100.00%
9	2	12.00	6.00	18.00	8.49	2	100.00%
10	4	13.75	2.00	27.00	13.10	2	50.00%
11	6	13.17	7.00	23.00	6.15	6	100.00%

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Modified Pull-Up - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	2	5.50	2.00	9.00	4.95	1	50.00%
9	33	6.73	1.00	15.00	4.42	21	63.64%
10	51	6.43	0.00	16.00	3.92	33	64.71%
11	18	7.44	2.00	16.00	4.57	10	55.56%
12	1	13.00	13.00	13.00	-	1	100.00%

Modified Pull-Up - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	3	5.33	1.00	10.00	4.51	2	66.67%
9	33	5.52	0.00	15.00	3.58	24	72.73%
10	53	6.32	0.00	24.00	4.45	39	73.58%
11	21	7.43	1.00	22.00	5.90	15	71.43%

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Back Saver Sit and Reach - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	18	-	-	-	-	13	72.22%
9	143	-	-	-	-	113	79.02%
10	260	-	-	-	-	191	73.46%
11	220	-	-	-	-	154	70.00%
12	209	-	-	-	-	142	67.94%
13	182	-	-	-	-	125	68.68%
14	184	-	-	-	-	122	66.30%
15	36	-	-	-	-	27	75.00%
16	46	-	-	-	-	39	84.78%
17	34	-	-	-	-	29	85.29%
18 And Over	4	-	-	-	-	4	100.00%

Back Saver Sit and Reach - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	22	-	-	-	-	22	100.00%
9	155	-	-	-	-	134	86.45%
10	242	-	-	-	-	191	78.93%
11	211	-	-	-	-	168	79.62%
12	219	-	-	-	-	160	73.06%
13	240	-	-	-	-	196	81.67%
14	168	-	-	-	-	140	83.33%
15	55	-	-	-	-	43	78.18%
16	40	-	-	-	-	36	90.00%
17	33	-	-	-	-	26	78.79%

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Shoulder Stretch - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
10	2	-	-	-	-	2	100.00%
11	60	-	-	-	-	47	78.33%
12	174	-	-	-	-	136	78.16%
13	154	-	-	-	-	141	91.56%
14	116	-	-	-	-	100	86.21%

Shoulder Stretch - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
10	1	-	-	-	-	0	0.00%
11	68	-	-	-	-	56	82.35%
12	128	-	-	-	-	110	85.94%
13	130	-	-	-	-	123	94.62%
14	56	-	-	-	-	53	94.64%
15	1	-	-	-	-	1	100.00%

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For Entire District



Body Mass Index - Male

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	18	17.24	10.97	25.56	3.84	12	66.67%
9	130	17.84	11.85	44.86	3.77	94	72.31%
10	213	18.16	11.88	25.78	2.74	140	65.73%
11	197	18.51	13.68	31.89	3.24	144	73.10%
12	210	19.60	12.55	32.12	3.58	138	65.71%
13	177	19.49	6.97	35.44	3.69	135	76.27%
14	136	20.51	14.74	31.76	3.34	106	77.94%
15	2	24.07	16.50	31.64	10.70	1	50.00%

Body Mass Index - Female

Age	Count	Average	Minimum	Maximum	Standard Deviation	HFZ Minimum	Percent Achieved HFZ
8	22	15.98	13.22	20.49	2.02	19	86.36%
9	130	17.75	12.37	32.21	3.16	95	73.08%
10	189	18.00	13.52	26.76	2.71	147	77.78%
11	199	18.36	13.48	32.27	3.27	157	78.89%
12	217	19.48	12.80	33.63	3.44	156	71.89%
13	233	20.11	0.16	48.58	4.10	179	76.82%
14	130	20.28	14.08	36.95	3.87	108	83.08%
15	2	21.19	20.12	22.26	1.52	2	100.00%