The SC FitnessGram project requires that all PE teachers complete the FitnessGram 101 course as well as additional Presidential Youth Fitness Program (PYFP) online modules with a minimum score of 80. The FitnessGram 101 course and all other PYFP online modules are accessed through the PYFP.org site. The instructions for accessing the courses are below after the course descriptions.

**FitnessGram® 101** (provided by The Cooper Institute®, the developers of FitnessGram®)

An introductory course for those new to FitnessGram® or needing a refresher. Objectives include:

- Understand the FitnessGram® philosophy and mission
- Distinguish between appropriate and inappropriate uses of FitnessGram®
- Describe the purpose, validity, and reliability of criterion-referenced standards
- Recognize the components of FitnessGram®
- Correctly identify and administer the FitnessGram test items

Time to complete: 2 hours

**PYFP Online Module Descriptions:**

**Module 1 - Getting started with the Presidential Youth Fitness Program**
Provides participants with an overview of the program, to include history, purpose, mission, and partners.

Learning Objectives: Participants will gain an understanding of PYFP and health related fitness; how PYFP fits into a quality physical education program; and become familiar with research and links between health related fitness and academic achievement. (1 hour)

**Module 2 - PYFP and the Whole School, Whole Community, Whole Child Approach to Health**
Connects fitness education and assessment (i.e., PYFP) with school health and wellness efforts.

Learning Objectives: Participants will gain knowledge of the many components of school health/wellness and how fitness education and assessment connects to the Whole School, Whole Community, Whole Child Approach. (1 hour)

**Module 3 - Physical Education and Fitness Assessment: A Primer for Administrators and Teachers**
Provides an overview of ESSA, needs assessments, and the role of PYFP in these.

Learning Objectives: Participants will gain knowledge of the ESSA legislation and how they can begin looking at their school or district needs. Participants will value PYFP and how participation can strengthen their physical education program. (1 hour)

**Module 4 - Implementing the Presidential Youth Fitness Program: Strategies for Every Physical Educator**
Implementation strategies for the Presidential Youth Fitness Program and best practices for conducting fitness assessments.

Learning Objectives: Participants will understand key program implementation strategies. They will recognize the importance of data, goal setting and recognition have on student outcomes. Participants will identify protocols and best practices for conducting fitness assessments in the classroom. (1 hour 30 minutes)

**Directions for accessing NEW PYFP training modules and the FitnessGram 101 course:**

2018-19 SC FitnessGram Project PYFP Online Training

2. Register using your district/school email address if you are not already registered then log in.

3. In the Professional Development box click View Courses.
4. Click on the module number to access.