The South Carolina FITNESSGRAM project is a state-wide effort to evaluate and ultimately improve health-related fitness for all K-12 public school students across the state. This report provides a brief summary of the performance of students across the State of South Carolina on six components of the FITNESSGRAM test. Information was provided for a total of 108,875 students from 703 schools in 60 districts.

**Cardiorespiratory Fitness**

**Fitness Test:** PACER / 1-mile run

**Healthy Fitness Zone Categories:**
- Healthy Fitness Zone (HFZ)
- Needs Improvement (NI)
- Health Risk (HR)

n = 71,715

<table>
<thead>
<tr>
<th>Grade</th>
<th>2nd</th>
<th>5th</th>
<th>8th</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>n</td>
<td>34,731</td>
<td>20,682</td>
<td>16,302</td>
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</tr>
<tr>
<td>NA</td>
<td>54.2% HFZ</td>
<td>49.1% HFZ</td>
<td>27.0% HFZ</td>
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</tr>
</tbody>
</table>

**Weight Status**

**Fitness Test:** Body Mass Index (BMI) (BMI = Height/Weight²)

**Healthy Fitness Zone Categories:**
- Healthy Fitness Zone (HFZ)
- Needs Improvement (NI)
- Health Risk (HR)
- Very Lean

n = 95,290

<table>
<thead>
<tr>
<th>Grade</th>
<th>2nd</th>
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<th>8th</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
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<td>29,591</td>
<td>31,816</td>
<td>18,711</td>
<td>15,1671</td>
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<tr>
<td>2nd Grade</td>
<td>63.0% HFZ</td>
<td>55.7% HFZ</td>
<td>58.7% HFZ</td>
<td>60.4% HFZ</td>
</tr>
</tbody>
</table>

**Other FITNESSGRAM Components**

- **Upper Body Strength/Endurance** (n=69,692)
  - Fitness Test: Push Ups
    - 41% HFZ
    - 59% NI

- **Abdominal Strength/Endurance** (n=72,755)
  - Fitness Test: Curl Ups
    - 31% HFZ
    - 69% NI

- **Trunk Extensor Strength/Flexibility** (n=55,900)
  - Fitness Test: Trunk Lift
    - 23% HFZ
    - 77% NI

- **Flexibility** (n=69,751)
  - Fitness Test: Sit & Reach
    - 39% HFZ
    - 61% NI