



HARFORD COUNTY PUBLIC SCHOOLS  
102 South Hickory Avenue Bel Air, MD 21014  
Office 410-588-5249 • Fax 410-588-5370

---

*Office of Physical Education, Health Education and Athletics*

Dear Parent or Guardian,

Body composition is one of the health related components of fitness that your child will be studying this year. Students will be assessed in the areas of health related fitness including: aerobic capacity, muscular strength, endurance and flexibility. The results of these assessments will help students to develop their own fitness plans. These plans are a required part of the physical education program and provide the knowledge necessary for practicing lifelong wellness. Results for all assessments are provided to the students to be shared with their parent or guardian. The objectives and activities for this unit include:

- Developing and understanding the relationship between body mass index and wellness
- Examining the concept of caloric intake and caloric expenditure
- Identifying the health risks associated with being overweight or obese
- Understanding and developing personal fitness plans

The Fitnessgram program places considerable importance on providing accurate information on health and fitness to school administrators, teachers, parents and students. New aerobic capacity standards have been developed to provide more specific information about potential health risks. Body composition data is now required to complete the aerobic capacity/PACER assessment.

In order to obtain the most accurate information for the personal fitness plan, your child will have his or her body composition assessed using body mass index. A physical education teacher will measure your child for his or her current height and weight. The results of this assessment are personal and will not be shared with anyone other than your child. The information obtained will be utilized by your child to set personal fitness goals using the Fitnessgram program. We hope that the personal fitness goals set by your child will assist him or her in maintaining a fit and healthy lifestyle.

If you have further questions about the body composition unit and objectives taught or if you would like more specific details regarding the Body Mass Index Assessment, please feel free to contact your child's physical education teacher.

Sincerely,

Virginia M. Popiolek  
Supervisor of Elementary/Middle School  
Physical Education and Health Education