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## Does fitnessgram® promote mediocrity? using fitnessgram's® standards to raise the fitness bar

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**F**itnessGram® is the national fitness test endorsed in the United States but may not meet the needs of American students. Physical education teachers can use FitnessGram's® fitness criterion as a baseline to establish and assess more vigorous fitness standards, develop fitness testing complementary to physical education curricula, and use evidence to bring value back to physical education. Presented and discussed are examples of how teachers can use data to establish fitness standards for programming, evidence of student fitness data exceeding FitnessGram's® healthy zones, and assessment and grading approaches that may lead to improved fitness.

Keywords: Processed Food, Adolescents, Factors of Consumption, Advertisement, Affordability, Availability.

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