



IN-SCHOOL PREVENTION OF OBESITY AND DISEASE

Getting Started with FITNESSGRAM

READY-SET-GO

By now, you're already familiar with all the great benefits of FITNESSGRAM, but you might be wondering "How do I get started using FITNESSGRAM?" If your district has just joined the IsPOD program, these steps will help you get started using FITNESSGRAM. Even if you're already using FITNESSGRAM, these steps may serve as a good reminder.

READY

Get ready by reviewing your IsPOD responsibilities

- **What's expected of me?** Refer to the IsPOD **Teacher Responsibilities** handout. You can find a copy online at www.ispod.info under the **Teachers** tab
- **Take a deep breath.** If you're just coming onboard with IsPOD and cannot complete all 5 FITNESSGRAM tests in the time remaining for the current semester, try conducting just a few of the tests to get familiar with the process. As you get more comfortable, you can ramp up to complete all 5 tests in the next semester.

SET

Set up your FITNESSGRAM tests with your students

- **Find your school's FITNESSGRAM kit.** Every school participating in IsPOD was provided a FITNESSGRAM kit. The kits contain a couple of posters, a clipboard, body calipers and a Test Administration manual.
- **Calipers!?!** After you've found the kit, throw out the calipers. We will not use them.
- **Missing your kit?** If you can't find your kit, you can get by with just the manual. If you can't find your school's manual and CDs, you will likely need to order a replacement from Human Kinetics at www.fitnessgram.net/fitnessgram9/prices/.
- **Read the FITNESSGRAM manual.** The manual is the most important item in your kit. It provides written descriptions of each of the tests.

- **You're a visual learner?** The Test Administration CD in the back of the manual contains video descriptions of all the tests. You'll also find the Cadence CD that is used for some of the tests.
- **More videos!** Still want to see more videos of FITNESSGRAM tests? You can find additional videos on the web at sites like YouTube. While these are not official FITNESSGRAM videos, some do a good job explaining the tests. We've included a few on our channel at www.youtube.com/ncaahperd .
- **More reference material!** On the IsPOD website, we also have a slideshow presentation that reviews the IsPOD FITNESSGRAM tests.
- **ASSESS!** When you're ready, go ahead and conduct your assessments with your students. Keep a hard copy of your scores; you'll need them for the next part.



Go online and enter your scores

- **Get your FITNESSGRAM log in information.** If you're new to the program you probably don't have a user name and password yet.
 To get your FITNESSGRAM credentials:
 1. Go to www.ispod.info
 2. Click the "Retrieve Username & Password" button under **Helpful Links** menu
 3. You will receive an automated email with your login information

*If no profile has been set up for you yet, the email will be blank. If that's the case, go to www.ispod.info/help-desk and click **Submit a New Ticket**. Tell us you're a teacher in a new district and that you've already tried the automatic retrieval process and that you received a blank email. We'll send you an email with your log in information.*
- **Check out the reference material before you start entering your scores.**
 Through trial and error (believe me, there's been plenty of both) we've identified some of the trickier parts of using the online application that trip up new (and even veteran) users. With that in mind, we've put together reference materials specific to our version of FITNESSGRAM. The handy-dandy [Quick Reference Guide](#) is two pages, so it's short enough to print. It provides step-by-step instructions for entering scores. Find it online by clicking **Guides and Tutorials** at www.ispod.info under the Help tab .
- **Finally...** You're ready to access to the online FITNESSGRAM application. Go to www.ispod.info and click the **FITNESSGRAM9** button. Log on and enter your scores. If you want to run parent reports, go back to the Quick reference Guide or the online tutorial. We've outlined the instructions there.