

about

ACTIVITYGRAM[®]



FITNESSGRAM Philosophy

H **HEALTH** comes from regular physical activity and the development of health-related fitness.

E Physical activity and fitness are for **EVERYONE**, regardless of age, gender, or ability.

L Physical activity and physical fitness are goals for a **LIFETIME**.

P Physical activity programs should be designed to meet **PERSONAL** needs and interests.

What is ACTIVITYGRAM?

ACTIVITYGRAM is a behavior-based logging activity that can help young people learn more about their physical activity habits. The assessment is a three-day recall of the child's activities. The predominant activity in each 30-minute block of time is coded and the resulting data are used to determine the amount of time spent in activity, the time of the day spent in activity (time profile), and the types of activity performed (activity profile). Recommendations are based on national guidelines developed in 1998 by the Council for Physical Education for Children (COPEC), a division of the National Association for Sport and Physical Education (NASPE).

Guidelines for Children's Physical Activity

- ▶ Elementary school children should accumulate at least 30-60 minutes of physical activity that is appropriate for their age and level of development on most days of the week.
- ▶ An accumulation of more than 60 minutes of physical activity is encouraged for children.
- ▶ Some activity each day should include moderate to vigorous activity in periods lasting 10-15 minutes.
- ▶ Extended periods of inactivity are inappropriate for children.
- ▶ A variety of activities from the Physical Activity Pyramid are recommended for children.

Long periods of inactivity are inappropriate for children. For this reason it is important that children have several daily play periods in the form of recess or physical education and opportunities to be active before and after school.

FITNESSGRAM was developed by The Cooper Institute and is endorsed by The American Alliance for Health, Physical Education, Recreation and Dance.

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Cooperating Agencies

Based in Dallas, The Cooper Institute (www.cooperinst.org) is a nonprofit research and education center dedicated to advancing the understanding of the relationship between living habits and health and to providing leadership in implementing these concepts to enhance the physical and emotional well-being of the individual.

The American Alliance for Health, Physical Education, Recreation and Dance (www.aahperd.org) is a nonprofit professional association of educators that specializes in health, physical education, fitness, sports, dance, and related areas. AAHPERD is the developer of Physical Best, a complete fitness educational program.

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What is the Physical Activity Pyramid?

The Physical Activity Pyramid provides a way of describing the variety of physical activities that contribute to good health. Children are encouraged to learn and perform activities from each of the first three levels of the pyramid. Level 1 of the pyramid includes lifestyle activities, or activities that can be done as part of daily living. Activities at this level include walking to school, riding a bike, raking leaves, or playing outdoors. These types of activity are emphasized because they are more likely to be performed throughout life. As children grow older they will be interested in activities at level 2, including aerobic sports and aerobic activity. Activities in level 3 include flexibility and muscle fitness activities. Children should be introduced to level 2 and level 3 activities gradually and at a rate consistent with their skills, age, and level of maturation.

