

Wellness-Related Fitness Data

2010 State Summary

Grade	Abdominal						Aerobic					
	Boys			Girls			Boys			Girls		
	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ
04	41833	35933	85.9	40333	34487	85.51	40634	27651	68.05	38947	34753	89.23
05	41795	35815	85.69	39726	33690	84.81	41937	29038	69.24	39828	33782	84.82
06	40596	36036	88.77	38883	34009	87.46	40662	27751	68.25	39007	31883	81.74
07	41502	37357	90.01	39810	35059	88.07	41192	27037	65.64	40486	30183	74.55
08	37411	33921	90.67	34456	30949	89.82	37105	25430	68.54	34205	24890	72.77
09	44601	37801	84.75	39636	35164	88.72	41858	27429	65.53	39290	25695	65.4
10	40221	35144	87.38	38042	32685	85.92	38569	22835	59.21	35982	21032	58.45
11	12976	4274	32.94	1772	1501	84.71	4787	2692	56.24	1763	638	36.19
12	1997	1782	89.23	607	513	84.51	1970	925	46.95	593	204	34.4
Total	302932	258063	85.19	273265	238057	87.12	288714	190788	66.08	270101	203060	75.18

Grade	Upper Body Strength						Flexibility					
	Boys			Girls			Boys			Girls		
	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ
04	49201	33136	67.35	40175	29450	73.3	42126	34470	81.83	40661	34995	86.07
05	41858	32626	77.94	39592	28517	72.03	41997	34058	81.1	40041	33680	84.11
06	40330	31641	78.46	38561	29049	75.33	52362	32610	62.28	38680	32767	84.71
07	42996	31969	74.35	39331	29662	75.42	40906	33888	82.84	39518	34694	87.79
08	38123	29025	76.14	33756	26029	77.11	36925	30991	83.93	35573	30739	86.41
09	41864	32127	76.74	39479	30013	76.02	41671	34805	83.52	39864	33458	83.93
10	38529	29515	76.6	36473	28146	77.17	38453	32482	84.47	36892	30640	83.05
11	4786	3898	81.45	1820	1305	71.7	4724	3745	79.28	1802	1287	71.42
12	2042	1673	81.93	608	421	69.24	2006	1619	80.71	616	443	71.92
Total	299729	225610	75.27	269795	202592	75.09	301170	238668	79.25	273647	232703	85.04

Wellness-Related Fitness Data
2010 State Summary

Grade	Trunk Lift						Body Composition (Optional)					
	Boys			Girls			Boys			Girls		
	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ
04	32523	28791	88.53	31160	28481	91.4	4507	3302	73.26	4408	3440	78.04
05	33346	28295	84.85	30577	27703	90.6	4426	3102	70.09	4263	3195	74.95
06	31063	27332	87.99	29982	26866	89.61	4637	3203	69.07	4473	3333	74.51
07	30702	27275	88.84	29451	26789	90.96	4402	3094	70.29	5478	3154	57.58
08	31386	24193	77.08	24887	22931	92.14	4322	3098	71.68	4154	2989	71.95
09	30209	26637	88.18	29223	26490	90.65	4196	3118	74.31	3888	2774	71.35
10	28754	25568	88.92	27581	25409	92.13	3374	2587	76.67	3367	2423	71.96
11	3957	3595	90.85	1363	1194	87.6	863	400	46.35	376	246	65.43
12	1632	1480	90.69	436	394	90.37	272	218	80.15	172	127	73.84
Total	223572	193166	86.4	204660	186257	91.01	30999	22122	71.36	30579	21681	70.9