



Dear Parent/Guardian,

Dorchester District Two Schools are committed to preparing its students to be physically active and healthy for a lifetime. The South Carolina Legislature has enacted the Student Health and Fitness Act of 2005, which requires all students in grades 2, 5, 8 and high school, to complete a health-enhancing personal fitness assessment.

Students in grades 2, 5, 8 and high school, will complete the FITNESSGRAM assessment in the fall and spring. The FITNESSGRAM is composed of 5 components: Aerobic Capacity, Body Composition, Muscular Strength, Muscular Endurance and Flexibility.

The Body Composition test requires that students have their height and weight recorded. Please note that the height/weight measurements are collected privately and are kept confidential.

If you have any questions and or concerns, please contact your child's PE teacher at _____@dorchester2.k12.sc.us

If you choose to "opt out", please print and complete the form below and return to your child's PE teacher, by _____.

For more information about the FITNESSGRAM assessment, please visit www.fitnessgram.net.



*I am requesting that my child "opt out" of the body composition portion of the fitness test. I understand that my child will have an **incomplete** for the body composition portion of this test.*

Student Name: _____ Grade: _____

Parent Email: _____

Parent Name (Please Print): _____

Parent Signature: _____ Date: _____