



**STATE OF SOUTH CAROLINA**  
**DEPARTMENT OF EDUCATION**

**MOLLY M. SPEARMAN**  
*STATE SUPERINTENDENT OF EDUCATION*

**Memorandum**

**To:** District Superintendents  
Public Information Officers

**From:** Molly Spearman  
State Superintendent of Education

**Date:** March 24, 2015

**Re:** South Carolina FITNESSGRAM

I would like to invite your school district to participate in South Carolina FITNESSGRAM — a Web-based fitness testing and data management system — beginning with the 2015-16 school year.

South Carolina FITNESSGRAM will help your teachers and schools gather and provide:

- Health-related fitness information to students and parents
- Fitness data to inform policies related to school health programs
- Fitness data to inform policies related to K-12 physical education standards

The South Carolina Department of Health and Environmental Control and the South Carolina Department of Education are making FITNESSGRAM available to your district and schools *at no cost*. Based on the 900-plus responses received in last spring's FITNESSGRAM survey of South Carolina physical education (PE) teachers and district PE coordinators, there is strong demand for the system.

The Blue Cross Blue Shield of South Carolina Foundation provided a generous grant to fund this statewide project. As a result, participating school districts will receive at no cost:

- Access to Web-based FITNESSGRAM software
- A FITNESSGRAM Web-based site license for each school
- Professional development for all PE teachers and district PE coordinators
- Equipment needed to implement the FITNESSGRAM test items (digital scales, sit and reach box, and height wall chart)

- Information to share with parents about fitness education/testing and the FITNESSGRAM project

If you would like your school district to participate in the initiative beginning with the 2015-16 school year, please contact Ms. Lynn Hammond, FITNESSGRAM coordinator, at [hammondl@dhec.sc.gov](mailto:hammondl@dhec.sc.gov), (803)467-4617.

We look forward to working with you to help you strengthen your fitness education and testing programs while improving student health and academic achievement.

As always, we thank you for supporting students in being fit, healthy, and ready to learn.