

Virginia Department Of Education  
 State Summary Report for the School year 2018 - 2019  
 Grade Code: Abdominal

	Boys			Girls			Aerobic	
	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Boys Tested	In HFZ
4	30585	25576	83.62	29215	24773	84.8	26232	17887
5	30985	26052	84.08	30259	25386	83.9	31209	22392
6	31182	27934	89.58	29510	26090	88.41	31153	22753
7	30459	27647	90.77	29101	25956	89.19	30521	21342
8	29505	26813	90.88	26884	24354	90.59	29686	20650
9	30785	28160	91.47	28261	25493	90.21	30861	20712
10	27040	25100	92.83	29573	23409	79.16	26981	16891
11	1748	1560	89.24	872	746	85.55	1751	1032
12	951	868	91.27	388	335	86.34	967	556
Total	213240	189710	88.97	204063	176542	86.51	209361	144215

Upper Body Strength

Girls			Boys			Girls		
% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ
68.19	24561	20311	82.7	30601	23721	77.52	29249	21432
71.75	30402	24139	79.4	31093	23471	75.49	30251	21614
73.04	29455	23380	79.38	31115	24081	77.39	29395	22601
69.93	29107	21944	75.39	30499	23218	76.13	29073	22854
69.56	26969	19248	71.37	29464	21821	74.06	26810	21287
67.11	28278	18564	65.65	30679	22835	74.43	28175	22708
62.6	25441	15698	61.7	26908	19618	72.91	25388	20812
58.94	866	294	33.95	1735	1224	70.55	862	655
57.5	398	177	44.47	943	720	76.35	387	310
68.88	195477	143755	73.54	213037	160709	75.44	199590	154273

Flexibility			Girls			Trunk Lift		
Boys			Girls			Boys		
% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ	% HFZ	Tested	In HFZ
73.27	30620	24337	79.48	29226	25309	86.6	25541	22087
71.45	30999	24426	78.8	30266	25744	85.06	26135	21535
76.89	30768	24894	80.91	29077	24979	85.91	24650	21588
78.61	30118	24612	81.72	28828	25417	88.17	24370	21635
79.4	29271	24540	83.84	26721	23991	89.78	24009	21378
80.6	30553	26597	87.05	28257	24469	86.59	24234	21708
81.98	26849	23912	89.06	25550	21426	83.86	21857	19682
75.99	1751	1557	88.92	887	707	79.71	1463	1274
80.1	960	837	87.19	408	297	72.79	828	755
77.29	211889	175712	82.93	199220	172339	86.51	173087	151642

Body Composition (Optional)

% HFZ	Girls		% HFZ	Boys		% HFZ	Girls	
	Tested	In HFZ		Tested	In HFZ		Tested	In HFZ
86.48	24281	22035	90.75	3111	1825	58.66	2918	1756
82.4	25347	22238	87.73	3082	1710	55.48	3148	1918
87.58	23292	21219	91.1	3241	1871	57.73	3056	1889
88.78	23034	21457	93.15	3248	1907	58.71	3243	1939
89.04	21757	20395	93.74	3113	1921	61.71	2964	1785
89.58	22329	20658	92.52	3083	2029	65.81	2725	1723
90.05	20243	19134	94.52	2605	1693	64.99	2427	1502
87.08	714	643	90.06	287	178	62.02	133	88
91.18	328	301	91.77	296	169	57.09	100	50
87.61	161325	148080	91.79	22066	13303	60.29	20714	12650

% HFZ

60.18

60.93

61.81

59.79

60.22

63.23

61.89

66.17

50

61.07