Summary of Fitness Test Principles

- The primary reason for testing is to provide the student with personal information that may be used in planning a personal fitness program and developing motivation to take care of their health to reach their maximum potential.
- FitnessGram® is just an assessment; it is what the teachers do with the information that is truly valuable.
- Physical fitness testing should not become a competitive sport.
- The performance of one student should not be compared to that of another student.
- The performance level on fitness tests should not be used as a basis for grading.
- The physical fitness experience should always be fun and enjoyable.
- Students should not be encouraged to perform beyond the benchmarks.
FitnessGram® Tests
Six Recommended Tests Are Bolded

AEROBIC CAPACITY

1) **PACER** (Progressive Aerobic Cardiovascular Endurance Run) – Set to music, a paced, 20-meter shuttle run increasing in intensity as time progresses

   Or:
   - One-Mile Run – Students run (or walk if needed) one mile as fast as they can
   - Walk Test – Students walk one mile as fast as they can (for ages 13 or above since the test has only been validated for this age group)

BODY COMPOSITION

2) **Skin Fold Test** – Measuring percent body fat by testing the tricep and calf areas

   Or:
   - Body Mass Index – Calculated from height and weight

MUSCULAR STRENGTH AND ENDURANCE

3) **Curl Up** – Measuring abdominal strength and endurance, students lie down with knees bent and feet unanchored. Set to a specified pace, students complete as many repetitions as possible to a maximum of 75

4) **Trunk Lift** – Measuring trunk extensor strength, students lie face down and slowly raise their upper body long enough for the tester to measure the distance between the floor and the student’s chin

5) **Push-Up** – Measuring upper body strength and endurance, students lower body to a 90-degree elbow angle and push up. Set to a specified pace, students complete as many repetitions as possible

   Or:
   - Modified Pull-Up (proper equipment required) – With hands on a low bar, legs straight and feet touching the ground, students pull up as many repetitions as possible
   - Flexed Arm Hang – Students hang their chin above a bar as long as possible

FLEXIBILITY

6) **Back-Saver Sit and Reach** – Testing one leg at a time, students sit with one knee bent and one leg straight against a box and reach forward

   Or:
   - Shoulder Stretch – With one arm over the shoulder and one arm tucked under behind the back, students try to touch their fingers and then alternate arms