FITNESSGRAM is a fitness assessment that uses criterion-referenced health standards or standards associated with good health. Scientific information is used to determine the amount of fitness needed to meet minimum health levels. The established standards for good health are called Healthy Fitness Zone.

Healthy Fitness Zone®: Students complete the protocols within the standard for their age and gender (i.e. assessing number of repetitions, seconds or inches). Refer to page 17 to learn more!

<table>
<thead>
<tr>
<th>Score</th>
<th>Criteria</th>
</tr>
</thead>
</table>
| 4     | - Student participates in all FITNESSGRAM tests  
     | - Student records all fitness test scores (page 16) |
| 3     | - Student participates in all FITNESSGRAM tests  
     | - Student records most fitness test scores (page 16) |
| 2     | - Student participates in most FITNESSGRAM tests  
     | - Student records some fitness scores (page 16) |
| 1     | - Student participated in few, if any FITNESSGRAM tests  
     | - Student records only a couple results (page 16) |
| 0     | - Student does not participate in FITNESSGRAM testing  
     | - Student does not record or graph fitness test scores |
Follow the performance guidelines below to help you find your baseline score for each component of fitness. After you complete each test, record your score on page 16. You will use these guidelines to measure your progress as you complete your Fitness Portfolio. Remember, this is all about you! So use your scores as a motivation to achieve your fitness goal.

### PACER

1. Measure a distance of 20 meters in between two lines.
2. Wear proper foot wear (sneakers).
3. Warm up prior to test.
4. Line up behind start line. **Click here** to begin cadence.
5. Begin on command, running straight.
6. Touch opposite line before next beep.
7. Wait for next beep before continuing.
8. Continue test to the best of your ability.
9. End test on the second correction or if you leave the line too early/ before the "beep".
10. Cool down after test

#### Common Errors
- Begin too fast.
- Not pacing yourself.
- Shoes are not tied tight prior to start of assessment.

### ONE MILE RUN

1. Find a flat 1 mile (1,760 yards) distance that you can run with as few laps as possible.
2. Wear proper foot wear (sneakers).
3. Warm up prior to test.
4. Line up behind start line.
5. Begin on "Ready, Start".
6. Run the number of laps required to equal one mile.
7. Record finished time.
8. Cool down after test.

**Note: Walking is permitted.**

#### Common Errors
- Not warming up.
- Not pacing yourself.
- Shoes are not tied tight prior to start of assessment.
- Performed in high temperatures, humidity, or very windy conditions.
CURL-UP

1. Lay on back on a mat.
2. Extend legs as far as possible with feet flat on floor.
3. Legs are slightly apart.
4. Arms are straight and parallel to your core with palms down on mat and fingers stretched out. Head is in contact with the mat.
5. Fingertips are at edge of measuring strip.
6. Begin on command. **Click here** to begin cadence.
7. Fingertips touch other edge of measuring strip on the “up”, keeping heels in contact with the mat.
8. Follow the cadence of commands using the proper protocol.
9. Continue test until second correction is made or you complete 75 curl-ups.
10. Record your score.

**Common Errors**
- Head does not return to the mat on each repetition.
- Fingertips do not reach the outer edge of measuring strip.
- Shoulders are shrugged up prior to start of test.
- Heels do not remain in contact with the mat.
- You pause or rest (movement should be continuous and with cadence).
- Doing a full sit-up.

BACK SAVER SIT AND REACH

1. Remove shoes.
2. Square hips by extending both legs straight into the box.
3. Bend right leg, placing foot flat on floor at fist length away from the side of the straight knee.
4. Arm are straight, hands on top of each other, fingers even, palms down.
5. Reach forward three times.
6. Holds fourth stretch for at least one second so score can be recorded. Maximum score is 12 inches.
7. Repeat 1-6 with other leg.

**Common Errors**
- Hips are not squared before testing.
- Fingers do not stay together.
- Extended knee bends.
- Fourth stretch not held for one second.
Self Fitness Assessment

PUSH-UP

1. Begin in the up position. Arms extended with hands palm side down under or slightly wider than shoulders. Fingers stretched out, legs straight and slightly apart with toes tucked under. Back is straight.

2. Click here to begin cadence. On cadence, bend elbows to 90 degrees to go down.

3. Keep your body straight.

4. Next cadence, extend back to the up position.

5. Continue test until unable to keep pace with cadence or if you lose form.

6. Record score.

Common Errors

- Back is not straight.
- Hips sag towards floor or stick up.
- Elbows not bent to 90 degrees in down position.
- Knees touch floor.
- You stop to rest or do not maintain rhythmic pace.
- Arms are not extended fully.

"Don't limit your challenges; challenge your limits"
- Jerry Dunn
### Fitness Score Recording Sheet

Place a "X" beside each test item completed. Write your fitness baseline score in the space provided. Get your healthy fitness zone from page 17 and record it in the space provided.

<table>
<thead>
<tr>
<th>Fitness Component</th>
<th>Test Item</th>
<th>Baseline Score</th>
<th>Healthy Fitness Zone</th>
<th>Goal Adjustment</th>
<th>Mid Term Test</th>
<th>Post Test</th>
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</thead>
<tbody>
<tr>
<td>Flexibility</td>
<td>____ Sit and reach</td>
<td></td>
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<tr>
<td></td>
<td>____ Shoulder stretch</td>
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<td>Cardiovascular Fitness</td>
<td>____ PACER</td>
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<td>Strength</td>
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<tr>
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## FITTESTGRAM

### Healthy Fitness Zones

Use the table below to help fill in the Healthy Fitness Zone column on the previous page. Healthy Fitness Zone is a range that classifies a student for having sufficient fitness for good health. This means you are less likely to have health problems such as high blood pressure and diabetes. Having good health has many benefits as stated on page 4.

Note: All FitnessGram Healthy Fitness Zone scores for aerobic capacity are reported as estimates of VO₂ max and are calculated in the FitnessGram software. Higher VO₂ max scores reflect a greater ability to take in and use oxygen and a greater potential to perform endurance exercise. The PACER and Mile Run scores in this chart should be used for goal setting purposes only.

### Table

<table>
<thead>
<tr>
<th>Age</th>
<th>11</th>
<th>12</th>
<th>13</th>
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<td>15 - 41</td>
<td>23 - 51</td>
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<td>32 - 51</td>
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<td>11:30 - 9:00</td>
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<td>10:30 - 8:00</td>
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<td>41 - 83</td>
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<td>51 - 94</td>
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</table>

*Healthy Fitness Zones are calculated using an estimated VO₂ max from the 2104 FITTESTGRAM® Healthy Fitness Zones. The numbers included here should be used for goal setting purposes.*