

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

