

FITNESS TESTING USING FITNESSGRAM

Students enrolled in physical education courses will assess their current level of fitness a minimum of twice a year. The data gathered through this process will then be used by individual students as the basis for making changes in their personal fitness plan or by an instructor to adapt instructional activities to increase an overall class' level of fitness.

The test battery used by Lake Park is *FITNESSGRAM*. The tests used, assess four components of physical fitness which have been identified as being important because of their relationship to overall health and optimal function. The four components tested are: cardio-respiratory endurance, flexibility, muscular strength and muscular endurance. *FITNESSGRAM* evaluates fitness test results by using objective, scientific standards that have been established to represent a level of fitness necessary to maintain health. A student's performance on each test is classified as either "needs improvement" or in the "healthy fitness zone".

Students will be evaluated using the following tests:

- **Curl-ups (crunches)**

- curl-ups are used to evaluate abdominal strength and endurance
- curl-ups are used because they do not involve the use of hip flexors and they minimize the compression of the spine



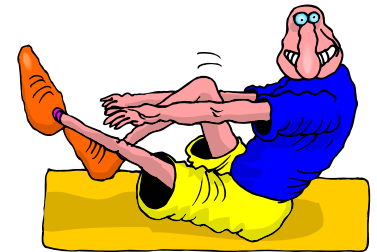
- **Push-ups**

- push-ups are used to evaluate muscular strength and endurance in the upper body
- push-ups are a good activity to work on correct postural alignment and body mechanics



- **Back-Saver (Modified) Sit & Reach**

- the sit & reach test measures the flexibility of the hamstrings
- measurements are done for both sides of the body; this helps to prevent students from hyper extending



- **Mile Run**

- the mile run assesses aerobic capacity (cardio-vascular endurance)
- students are encouraged to run a mile at the fastest pace possible; if a student cannot run the entire distance, brisk walking is permitted



- **Trunk Lift**

- trunk lifts are used to evaluate trunk extensor strength and flexibility
- there is direct correlation between trunk extensor strength and flexibility and health of the lower back, especially vertebral alignment

FITNESSGRAM

Standards for Healthy Fitness Zone*

FEMALES

Age	One Mile min:sec	PACER # laps	VO _{2max} ml/kg/min	Percent Fat	Body Mass Index	Curl-up # completed
10	12:30 - 9:30	15 - 41	40 - 48	32 - 17	23.5 - 16.6	12 - 26
11	12:00 - 9:00	15 - 41	39 - 47	32 - 17	24 - 16.9	15 - 29
12	12:00 - 9:00	23 - 41	38 - 46	32 - 17	24.5 - 16.9	18 - 32
13	11:30 - 9:00	23 - 51	37 - 45	32 - 17	24.5 - 17.5	18 - 32
14	11:00 - 8:30	23 - 51	36 - 44	32 - 17	25 - 17.5	18 - 32
15	10:30 - 8:00	23 - 51	35 - 43	32 - 17	25 - 17.5	18 - 35
16	10:00 - 8:00	32 - 61	35 - 43	32 - 17	25 - 17.5	18 - 35

Age	Trunk Lift inches	Push-up # completed	Modified Pull-up # completed	Pull-up # completed	Flexed Arm Hang seconds	Back Saver Sit & Reach ** inches	Shoulder Stretch
10	9 - 12	7 - 15	4 - 13	1 - 2	4 - 10	9	Passing = Touching the fingertips together behind the back.
11	9 - 12	7 - 15	4 - 13	1 - 2	6 - 12	10	
12	9 - 12	7 - 15	4 - 13	1 - 2	7 - 12	10	
13	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	10	
14	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	10	
15	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	12	
16	9 - 12	7 - 15	4 - 13	1 - 2	8 - 12	12	

MALES

Age	One Mile min:sec	PACER # laps	VO _{2max} ml/kg/min	Percent Fat	Body Mass Index	Curl-up # completed
10	11:30 - 9:00	23 - 61	42 - 52	25 - 10	21 - 15.3	12 - 24
11	11:00 - 8:30	23 - 72	42 - 52	25 - 10	21 - 15.8	15 - 28
12	10:30 - 8:00	32 - 72	42 - 52	25 - 10	22 - 16.0	18 - 36
13	10:00 - 7:30	41 - 72	42 - 52	25 - 10	23 - 16.6	21 - 40
14	9:30 - 7:00	41 - 83	42 - 52	25 - 10	24.5 - 17.5	24 - 45
15	9:00 - 7:00	51 - 94	42 - 52	25 - 10	25 - 18.1	24 - 47
16	8:30 - 7:00	61 - 94	42 - 52	25 - 10	26.5 - 18.5	24 - 47

Age	Trunk Lift inches	Push-up # completed	Modified Pull-up # completed	Pull-up # completed	Flexed Arm Hang seconds	Back Saver Sit & Reach ** inches	Shoulder Stretch
10	9 - 12	7 - 20	5 - 15	1 - 2	4 - 10	8	Passing = Touching the fingertips together behind the back.
11	9 - 12	8 - 20	6 - 17	1 - 3	6 - 13	8	
12	9 - 12	10 - 20	7 - 20	1 - 3	6 - 13	8	
13	9 - 12	12 - 25	8 - 22	1 - 4	12 - 17	8	
14	9 - 12	14 - 30	9 - 25	2 - 5	15 - 20	8	
15	9 - 12	16 - 35	10 - 27	3 - 7	15 - 20	8	
16	9 - 12	18 - 35	12 - 30	5 - 8	15 - 20	8	

* Number on left is lower end of HFZ; number on right is upper end of HFZ.

** Test scored Pass/Fail; must reach this distance to pass.