



## OVERVIEW

FITNESSGRAM® is the premier fitness assessment tool with an educational reporting system. It emphasizes health-related fitness for life by measuring three components 1) aerobic capacity; 2) body composition; and 3) muscular strength, endurance and flexibility. Results, based on age and gender, are available in a report card format that physical education teachers can use to educate families and students and encourage healthy behaviors.

## QUICK FACTS

- Released nationally in 1982 by The Cooper Institute
- Is now in its ninth revision and web-based
- Utilized in all 50 states and 37 countries
- 14.6 million students tested in 2009; California, Texas, and New York City have mandated fitness assessments using FITNESSGRAM
- Studies conducted using FITNESSGRAM (Texas, California, and New York City) are showing that physical fitness is associated with improved academic performance

## PHILOSOPHY

The FITNESSGRAM philosophy spells HELP because we need your help to promote physical activity.

- H** **HEALTH** comes from regular physical activity. Regular activity will lead to health-related fitness.
- E** Physical activity is for **EVERYONE** regardless of age, gender, or ability.
- L** Physical activity is for a **LIFETIME**. Aim to develop lifelong patterns of physical activity.
- P** Physical activity programs should be designed to meet **PERSONAL** needs and interests.

## WHAT MAKES FITNESSGRAM UNIQUE?

- Uses health-related fitness items that are evidence based.
- Uses tests and standards for age and gender (Healthy Fitness Zones™) to evaluate health-related fitness. This helps to minimize comparisons between children and emphasizes personal fitness for health rather than goals based solely on performance.
- Report cards (English and Spanish versions) show whether students are in the Healthy Fitness Zones rather than using percentiles that compare students to each other.
- Uses software application to produce very attractive report for families to communicate the results of the assessments.
- Physical education teachers and administrators can utilize the FITNESSGRAM/ACTIVITYGRAM data management and reporting power to improve accountability, monitor progress, and improve results of physical education programs.
- Messaging focuses on physical activity for life.
- A leading board of Scientific Advisors guides its development.

ACTIVITYGRAM® is a physical activity assessment that is incorporated into the FITNESSGRAM software. It enables students to monitor and record their activity patterns over a three-day period, and receive a report that evaluates the results. ACTIVITYGRAM helps students learn more about their own physical activity habits, so they can plan their own personal activity to keep them healthy and active for a lifetime.

# FITNESSGRAM<sup>®</sup> Tests

Six Recommended Tests Are Blue

## 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

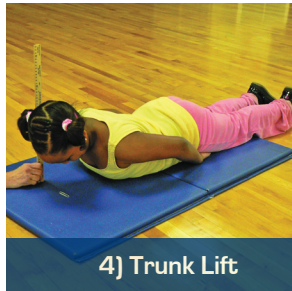
- 2) **Skin Fold Test** – Measuring percent body fat by testing the tricep and calf areas
- or-
- Body Mass Index – Calculated from height and weight

## MUSCULAR STRENGTH AND ENDURANCE



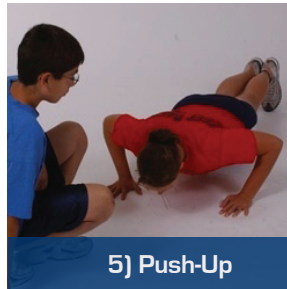
3) Curl Up

- 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

- 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

- 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

## 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



6) Back-Saver Sit and Reach



For more information about FITNESSGRAM visit [www.FitnessGram.net](http://www.FitnessGram.net)