

Summary of Fitness Testing Principles

- A primary reason for testing is to provide the student with personal information that may be used in planning an individual fitness program and developing motivation to take responsibility for personal health that will allow the student to achieve maximum potential.
- FITNESSGRAM is only an assessment; the truly valuable aspect of fitness testing is what students are taught to do with the information.
- 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 (i.e. number of push-ups) on fitness tests should not be used as a basis for grading.
- The physical fitness experience should always be fun and enjoyable.
- During class testing time, allowing students to perform beyond benchmarks may not be the best use of time. Students may be allowed an opportunity other than class to do maximal performance testing.

Assessment Reminders

- Consider the safety of your students
- Establish a positive test environment
- Formal testing recommended students in grade 4 and up
- Grades K-3 are encouraged to learn about fitnessgram- self-testing
- Physical fitness and assessments should be fun and enjoyable – functional health... lifetime
- Primary reason for testing is to provide student with personal information that may be used to help plan a personal fitness program.
- www.FitnessGram.net is an excellent source with additional information on the test. Complete the online training course discussing the philosophy and test items.
- Refer to the testing checklist as you begin to plan for your first assessment.