

## Summary of FitnessGram Test Principles

- The primary reason for testing is to provide the student with personal information that may be used in planning a personal fitness program and developing motivation to take care of their health to reach their maximum potential. The State of Texas uses the data to determine any correlation between physical fitness and academic performance.
- Physical fitness testing is not competitive.
- The performance of one student should not be compared to that of another student.
- The performance level on fitness tests will not be used as a basis for grading.
- The physical fitness experience should always be fun and enjoyable.
- Students should not be encouraged to perform beyond the benchmarks.
- There are six tests included. Each of the tests below is linked to a video from the Cooper Institute to show it being completed:
  - Aerobic Capacity – [One-Mile Run](#) or [One-Mile Walk](#) (Walk test is an option for ages 13 and up.)
  - Body Composition – [Body Mass Index](#) (calculated automatically from height and weight information entered).
  - Muscular Strength and Endurance
    - [Curl Up](#)
    - [Trunk Lift](#)
    - [Push-Up](#)
  - Flexibility – [Shoulder Stretch](#)
- Please note: TTU K-12 has selected the options for each test that require the least amount of specialized equipment to measure. In some cases, the videos may be geared toward a classroom environment, but these activities can be done at home also.

## FitnessGram® Tests

*Test Options Modified for TTU K-12 Students*

### AEROBIC CAPACITY

- One-Mile Run – Students run (or walk if needed) one mile as fast as they can. Enter the time for a one-mile run in minutes and seconds.

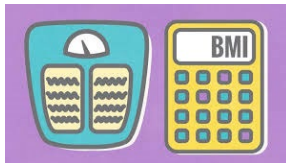
**OR**

- 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). Enter their time for a one-mile walk in minutes and seconds.



### BODY COMPOSITION

- Body Mass Index – Calculated automatically when you enter height and weight into the data fields.



### FLEXIBILITY

- 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. If the student is able to touch his/her fingers with his/her right hand over her shoulder, a "Y" is recorded for the right side; if not, an "N" is recorded. If the student is able to touch his/her fingers with his/her left hand over the shoulder, a "Y" is recorded for the left side; otherwise, an "N" is recorded.



## MUSCULAR STRENGTH AND ENDURANCE

- **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. Enter the number of repetitions the student completes without stopping.



- **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. Enter the measurement in inches (whole numbers only).



- **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. Enter the number of push-ups they complete without stopping.

