



## FITNESSGRAM Fitness Areas, Test Options, and Equipment<sup>1,2</sup>

Fitness Areas					
Aerobic Capacity <sup>3</sup>	Body Composition	Muscular Strength, Endurance, and Flexibility			
		Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance	Flexibility
Test Options and Equipment					
<ul style="list-style-type: none"> <li>■ One-Mile Run                             <ul style="list-style-type: none"> <li>• Flat, measured running course</li> <li>• Stopwatch</li> <li>• Scale</li> <li>• Ruler (stadiometer) or tape measure</li> </ul> </li> <li>■ PACER<sup>4</sup> (Progressive Aerobic Cardiovascular Endurance Run)                             <ul style="list-style-type: none"> <li>• Flat, nonslippery surface 15 or 20 meters in length</li> <li>• CD or cassette player with adequate volume</li> <li>• CD or audiocassette with music/timing</li> <li>• Measuring tape</li> <li>• Marker cones</li> </ul> </li> <li>■ Walk Test                             <ul style="list-style-type: none"> <li>• Flat, measured course</li> <li>• Stopwatch</li> <li>• Scale</li> <li>• Heart rate monitor (optional)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ Skinfold Measurements<sup>4</sup> <ul style="list-style-type: none"> <li>• Skinfold caliper</li> </ul> </li> <li>■ Body Mass Index                             <ul style="list-style-type: none"> <li>• Scale</li> <li>• Ruler (stadiometer) or tape measure</li> </ul> </li> <li>■ Percent Body Fat                             <ul style="list-style-type: none"> <li>• Bioelectric impedance analyzer or automated skinfold caliper</li> <li>• Scale</li> <li>• Ruler (stadiometer) or tape measure</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ Curl-Up<sup>4</sup> <ul style="list-style-type: none"> <li>• Gym mat</li> <li>• 3-inch measuring strip for 5 to 9 year olds or 4.5-inch measuring strip for students older than 9 years of age</li> <li>• CD or cassette player with adequate volume</li> <li>• CD or audiocassette with cadence</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ Trunk Lift<sup>4</sup> <ul style="list-style-type: none"> <li>• Gym mat</li> <li>• Yard stick or 15-inch ruler</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ Push-Up<sup>4</sup> <ul style="list-style-type: none"> <li>• Gym mat</li> <li>• CD or cassette player with adequate volume</li> <li>• CD or audiocassette with cadence</li> </ul> </li> <li>■ Modified Pull-Up                             <ul style="list-style-type: none"> <li>• Gym mat</li> <li>• Modified pull-up stand with elastic band</li> </ul> </li> <li>■ Flexed-Arm Hang                             <ul style="list-style-type: none"> <li>• Horizontal bar</li> <li>• Chair or stool</li> <li>• Stopwatch</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>■ Back-Saver Sit and Reach<sup>4</sup> <ul style="list-style-type: none"> <li>• Sit-and-reach box</li> </ul> </li> <li>■ Shoulder Stretch</li> </ul>

<sup>1</sup> FITNESSGRAM is a registered trademark of The Cooper Institute.

<sup>2</sup> All of the test options may require pencils and score sheets to record scores.

<sup>3</sup> Height and weight (i.e., Body Mass Index) are needed to estimate a student's Aerobic Capacity.

<sup>4</sup> FITNESSGRAM recommends this test as the test option for the fitness area; however, the California Department of Education (CDE) does not have a position regarding which test option to administer to students.