

PFT Parent and Guardian Guide at a Glance to Fitness Assessments for the **FITNESSGRAM®**

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Fitness Components	Definition	Fitness Assessments
Aerobic Capacity	Aerobic capacity refers to the maximum rate that oxygen is taken in and used by the body during exercise. Good aerobic capacity has been associated with a reduction in health problems. The three performance task options for aerobic capacity assess the capacity of the cardiorespiratory system by measuring endurance.	<p>PACER (Progressive Aerobic Cardiovascular Endurance Run). This test is an alternative to the distance run. The objective is to run as long as possible, going back and forth across a 15-meter or 20-meter distance, and at a specified pace that is set to music and gets faster each minute.</p> <p>One-Mile Run. The goal of this test is to walk and/or run a distance of one mile at the fastest pace possible.</p> <p>Walk Test. This test is for students who are 13 years or older. The objective of this task is to walk a distance of one mile as quickly as possible while maintaining a constant walking pace for the entire distance.</p>
Body Composition	The three body composition options estimate the level of fat in the body. This is a key component of fitness because excessive fat content has been associated with health problems, such as coronary heart disease, stroke, and diabetes.	<p>Skinfold Measurements. This test involves taking measurements of the thickness of the skinfolds on the triceps and calf with a device called a skinfold caliper. These measurements are put into a formula to calculate the percentage of body fat.</p> <p>Body Mass Index (BMI). To calculate the BMI, a student's weight and height measurements are inserted into a formula to produce an index of the relationship between weight and height. Although not as accurate an indicator of body composition as skinfold measurements, it is an acceptable option in school districts where policies limit the use of skinfold measurements.</p> <p>Bioelectric Impedance Analyzer (BIA). The BIA is a device that measures body fat by sending a safe, low energy electrical signal through the body and generating an index of resistance. The resistance value (along with other values such as height, weight, age, and gender) is used to estimate the percentage of body fat.</p>
Abdominal Strength & Endurance	Abdominal strength and endurance are important in promoting good posture, correct pelvic alignment, and lower back health.	Curl-Up. This is the only test option for abdominal strength and endurance. The objective of the curl-up is to complete as many curl-ups as possible at a specified pace, up to a maximum of 75. (The curl-up is shown in the photo on the lower section of the cover.)

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<p>Trunk Extensor Strength & Flexibility</p>	<p>This is an important aspect of fitness because it predicts first time and recurrent lower back pain, a major source of disability and discomfort. Awareness and attention to trunk strength and flexibility may reduce the risk for future back problems. There is only one option for this fitness area.</p>	<p>Trunk Lift. The goal of this test is to lift the upper body a maximum of 12 inches off the floor using the muscles of the back. Students hold this position long enough to allow for the measurement of the lift distance.</p>
<p>Upper Body Strength & Endurance</p>	<p>Upper body strength and endurance is an important fitness area because of reported benefits in maintaining functional health and good posture. There are three options available to assess this fitness area.</p>	<p>Push-Up. Students are asked to complete as many push-ups as possible and at a specified pace.</p> <p>Modified Pull-Up. Students are instructed to complete as many modified pull-ups as possible. The student performs the test by lying on his or her back directly under a bar, and grasping the bar to pull up until the chin reaches a specified level. (The modified pull-up is shown in the upper left photo on the cover.)</p> <p>Flexed-Arm Hang. To complete this test, students hang by the arms with the chin above a bar for as long as possible.</p>
<p>Flexibility</p>	<p>Flexibility of the joints is an important component of fitness that contributes to functional health. There are two options for this fitness area.</p>	<p>Flexibility</p> <p>Flexibility of the joints is an important component of fitness that contributes to functional health. There are two options for this fitness area.</p> <p>Back-Saver Sit and Reach. The goal of this task is to assess the flexibility of the lower back and posterior thigh. Using a special box designed for this test, students are asked to reach forward as far as possible and to a maximum distance of 12 inches. The actual reach distance is measured for both the right and left sides of the body. (The back-saver sit and reach is shown in the upper right photo on the cover.)</p> <p>Shoulder Stretch. This simple test of upper body flexibility involves asking students to touch their fingertips behind the back by reaching over both the right and left shoulders and under the elbow.</p>