

## FITNESSGRAM TEST - STUDY GUIDE

The FITNESSGRAM is a test designed to help you evaluate your physical fitness. The FITNESSGRAM is NOT the same test as the Physical Fitness Tests that are tested at the end of each trimester and count toward your grade. Your scores on the FITNESSGRAM tests do not count as part of your grade, only your effort does. We simply record your progress scores so you know what you need to focus on when you are officially tested in the 9<sup>th</sup> grade!

The six FITNESSGRAM testing areas/components are:

1. Aerobic Capacity (2 options)
  - a. PACER
  - b. One-Mile run
2. Body Composition
  - a. Height, Weight & Age
3. Abdominal Strength and endurance
  - a. Curl-up
4. Trunk extensor strength and flexibility
  - a. Trunk lift
5. Upper body strength and endurance (2 options)
  - a. 90 degree push-up
  - b. Modified pull-up
6. Flexibility (2 options)
  - a. Back-saver sit and reach
  - b. Shoulder stretch

The objective of the FITNESSGRAM Test is to see if you can reach the Healthy Fitness Zone (which is located on the back of this sheet). You are not graded on your ability to perform the tests, you are graded only on your effort. It is important to see what tests you can pass and which ones you need to focus on. Again, the "official" test is in the 9<sup>th</sup> grade.

Three areas/components on the FITNESSGRAM test have more than one option. You are allowed to pick the test that you are most successful with. If you pick a test and do not reach the Healthy Fitness Zone you may not take the other test option. We will practice both options throughout the school year so you know which one is the best for you.

We will take the FITNESSGRAM test three times, once each trimester. The first two trimesters will be practice tests and the third trimester will be the recorded test. Those 3<sup>rd</sup> trimester scores will be sent to the State of CA where they will keep record of your progress and send you your results. The results are sent to you so you know what areas/components you need to work on so you can pass the FITNESSGRAM in 9<sup>th</sup> grade.

Note: The Physical Fitness Tests (not the FITNESSGRAM Tests) are the same as the Presidential/National tests where you can earn blue(Presidential) and red(National) patches. The red and blue patches (Pres/Nat'l) can only be earned when tested in the 3<sup>rd</sup> trimester! Physical Fitness Tests do count towards all 3 trimester grades. Please note that the "mile run" is part of the Pres/Nat'l tests, but only tested in the 3<sup>rd</sup> trimester. For the mile, only your individual "effort" is part of your grade, but your actual "mile time" is for earning a Pres/Nat'l patch.

#### Commonly asked questions...

- How many FITNESSGRAM tests do I have to pass to pass the overall test?

*You must pass at least 5 of 6 tests to pass overall.*

- What if I do NOT pass the FITNESSGRAM Test in the 9<sup>th</sup> grade?  
*You are required to take 2 years of Physical Education. If you do not pass the FITNESSGRAM Test in the 9<sup>th</sup> grade, you must take P.E. in the 10<sup>th</sup> grade and you will not have the option of deferring it to 11<sup>th</sup> or 12<sup>th</sup> grade. This can certainly effect your scheduling, so it is important to prepare now and know that you can pass this test later when it officially counts.*

#### Questions..

- If you have any other questions please feel free to email us.
  - Mr. Wilkin [kwilkin@fcusd.org](mailto:kwilkin@fcusd.org)
  - Mrs. Bannister [rbannist@fcusd.org](mailto:rbannist@fcusd.org)
  - Mrs. Miller [shelbeymiller@fcusd.org](mailto:shelbeymiller@fcusd.org)

### GIRLS FITNESSGRAM HEALTHY ZONES

Age	PACER		One-Mile Run		Curl-Up		Trunk Lift		90 Degree Push-up		Modified Pull-up		Back-saver sit & reach	Shoulder stretch
10	7	41	12:30	9:30	12	26	9	12	7	15	4	13	9	Touching finger tips together behind the back on both the right and left sides.
11	15	41	12:00	9:00	15	29	9	12	7	15	4	13	10	
12	15	41	12:00	9:00	18	32	9	12	7	15	4	13	10	
13	23	51	11:30	9:00	18	32	9	12	7	15	4	13	10	
14	23	51	11:00	8:30	18	32	9	12	7	15	4	13	10	

### BOYS FITNESSGRAM HEALTHY ZONES

Age	PACER		One-Mile Run		Curl-Up		Trunk Lift		90 Degree Push-up		Modified Pull-up		Back-saver sit & reach	Shoulder stretch
10	23	61	11:30	9:00	12	24	9	12	7	20	5	15	8	Touching finger tips together behind the back on both the right and left sides.
11	23	72	11:00	8:30	15	28	9	12	8	20	6	17	8	
12	32	72	10:30	8:00	18	36	9	12	10	20	7	20	8	
13	41	83	10:00	7:30	21	40	9	12	12	25	8	22	8	
14	41	83	9:30	7:00	24	45	9	12	14	30	9	25	8	

The two numbers represent the healthy zone. You are considered healthy if you can make it between the two numbers. If you go over the highest number you are still considered in the healthy zone.