

FITNESSGRAM® Tests AISD

AEROBIC CAPACITY

1. **PACER (Progressive Aerobic Cardiovascular Endurance Run)** – Set to music, a paced, 20-meter shuttle run increasing in intensity as time progresses

BODY COMPOSITION

2. **Body Mass Index** – Calculated from height and weight

MUSCULAR STRENGTH AND ENDURANCE

3. **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
4. **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
5. **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

FLEXIBILITY

6. **Back-Saver Sit and Reach** – Testing one leg at a time, students sit with one knee bent and one leg straight against a box and reach forward

