



Frequently Asked Questions About Fitnessgram

1. Why is fitness testing important to me?

The FITNESSGRAM physical fitness assessment is based not on athletic ability, but on good health. No matter what your career path, you will live a happier, more productive life if you are healthy--and physical fitness is vital to overall health. FITNESSGRAM provides accurate and reliable information about your physical condition and how it can be improved.

2. Can I “fail” the Fitnessgram test?

No. FITNESSGRAM is a tool to help you determine your fitness needs and guides you in planning a personalized physical activity program. The test will not affect your grades in any way.

3. Will my scores be posted or be made public?

No.

4. Will my results be compared to other students?

No. FITNESSGRAM uses Healthy Fitness Zones (HFZ) to determine your overall physical fitness. HFZs are not based on class averages or any other peer comparisons. The standards are set specifically for boys and girls of different ages using the best available research. If your score falls within the HFZ, it means you have achieved the recommended level of fitness for your age. If your score falls below the HFZ, you should engage in activities that will help you improve.

5. What are the Fitnessgram Test items?

There are six test items:

- PACER (20 meter shuttle runs) measures aerobic capacity
- Push-ups measures upper body muscular strength/endurance
- Curl-ups measures abdominal muscular strength/endurance
- Back Saver Sit and Reach measures flexibility
- Trunk Lift measures trunk extensor strength and flexibility
- Body Mass Index (measures body composition: appropriateness of weight relative to height)

6. What can I do to prepare for the fitness test?

- Actively play or move for **30 - 60** minutes at least **five** days during the week. Walk, jog, play tennis, play racquetball or participate in any activity you enjoy.
- Do strength training activities such as sit-ups, push-ups, modified push-ups or climbing activities **2-3** days each week. Begin doing as many repetitions as possible and try to increase repetitions gradually.
- Eat a healthy diet by including more fruits and vegetables and reducing fats and sugars. Ask a physical education teacher or coach on your campus for specific tips on ways you can prepare not only for the FITNESSGRAM test, but for a lifetime of good overall health