**Name: Semester:**

**Date: Course/Section:**

**Fitnessgram Assessment Pre-Test**

**Score Future Goal Healthy Fitness Zone**

**Aerobic Capacity Male Female HFZ?**

PACER (20m) OR Mile Run/Walk \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ >54/< 8:30 >38/<10 min Yes/No

**Body Composition**

BMI \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 18-25 18-25 Yes/No

Body Fat \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 6-17% 14-24% Yes/No

**Muscular Endurance**

Curl ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 24+ 18+ Yes/No

Push-ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 18+ 7+ Yes/No

**Flexibility**

Sit-Reach R- L- R- L- 8” 12” Yes/No

Shoulder Stretch R- L- R- L- Touch Touch Yes/No

**Muscular Strength/Flexibility**

Trunk Lift \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 9-12” 9-12” Yes/No

**Fitnessgram Assessment Post-Test**

**Score Future Goal Healthy Fitness Zone**

**Aerobic Capacity Male Female HFZ?**

PACER (20m) OR Mile Run/Walk \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 54/< 8:30min >38/<10 min Yes/No

**Body Composition**

BMI \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 18-25 18-25 Yes/No

Body Fat \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 6-17% 14-24% Yes/No

**Muscular Endurance**

Curl ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 24+ 18+ Yes/No

Push-ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 18+ 7+ Yes/No

**Flexibility**

Sit-Reach R- L- R- L- 8” 12” Yes/No

Shoulder Stretch (Yes or No) R- L- R- L- Touch Touch Yes/No

**Muscular Strength/Flexibility**

Trunk Lift \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 9-12” 9-12” Yes/No

**NOTES OR OTHER PERSONAL FITNESS GOALS FOR THIS CLASS:**

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| **Healthy Fitness Zones** | | | |
| **Assessment** | **Area of HRF** | **Men** | **Women** |
| 20 meter Pacer | Aerobic Capacity | >54 laps | >38 laps |
| Mile Run/Walk | Aerobic Capacity | 7:00-8:30min | 8:00-10:00min |
| Curl-Ups | Muscular Endurance | 24-47 | 18-35 |
| Push-Ups | Mus. Endurance/Strength | 18-35 | 7-15 |
| Trunk Lift | Flexibility/Mus. Strength | 9-12 inches | 9-12 inches |
| Shoulder Stretch | Flexibility | Touch | touch |
| Sit and Reach | Flexibility | 8 inches | 12 inches |
| Body Fat | Body Composition | 6-17% (>24% Unhealthy) | 14-31% (>31% Unhealthy) |
| BMI | Body Composition | 18.5-24.9 | 18.5-24.9 |

|  |  |
| --- | --- |
| **Body Mass Index (BMI)**  **Estimate of disease risk**  \*misclassifies muscular individuals | |
| **Classification** | **BMI (kg/meters2)** |
| Underweight | <18.5 |
| Healthy | 18.5-24.9 |
| Overweight | 25-29.9 |
| Obesity (class I) | 30-34.9 |
| Obesity (class II) | 35-39.9 |

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| --- | --- | --- |
| **Body Fat Percentage** | | |
| **Classification** | **Women % fat** | **Men (% fat)** |
| Essential Fat | 10-13% | 2-5% |
| Athletes | 14-20% | 6-13% |
| Fitness | 21-24% | 14-17% |
| Average | 25-31% | 18-24% |
| Obese | >32% | >25% |
| American Council on Exercise data | | |

**Health-Related Fitness**

1. Aerobic Capacity-ability to perform large muscle, intense exercise for prolonged periods (heart/lungs).

2. Muscular Endurance-ability of muscles to exert force over time.

3. Muscular Strength-ability of muscles to exert maximum force.

4. Flexibility-ability to move through a full range of motion available in a joint.

5. Body Composition-relative percentage of muscles, fat, bone and other tissues that comprise the body.

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| **Aerobic Capacity/Cardiorespiratory Endurance** |
| Aerobic exercise strengthens your heart and lungs and decreases your risk of diabetes, cancer, stroke, cardiovascular disease, hypertension, and others. |

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| **Muscular Strength/Endurance/Flexibility** |
| Decreases in flexibility, muscular endurance and muscular strength lead to a significant decrease in the ability to perform daily tasks as we age and increase the risks of injuries. |

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| **Body Composition** |
| Increases in body fat and decreases in heart/lung strength increases the risk of diabetes, cancer, stroke, cardiovascular disease, hypertension, and others. |

**Additional Information**

<http://www.cdc.gov/>

<http://www.cooperinstitute.org/healthyfitnesszone>