**Fitnessgram Short Directions**

**20 meter Pacer (Aerobic Capacity)**

Objective is to run back and forth with the pace as long as possible (20 meters).

When beep sounds, run to other side, wait until the beep sounds again, run back. Speed increases every 7.

After the student cannot reach the line before the beep the test is done, record the laps, including the two when they did not reach the line (the two misses do not have to be consecutive).

**Push Ups (Muscular Endurance/Strength)**

Objective: Do as many pushups as possible at the rhythmic pace.

Test begins-student pushes up until arms are straight, back, legs are straight, toes on floor.

Student lowers straight body by bending elbows until the upper arm is bent 90 degrees, parallel to the floor.

Student must maintain rhythm of 1 push up every 3 seconds (20 per minute).

Test is stopped when student form is corrected 2 times (not keeping body straight, or not bending arms to

90 degrees), or fails to remain in rhythm or puts knee/body down.

**Curl Ups (Muscular Endurance)**

Objective is to complete up to 75 curl ups at a set rhythm (the CD counts to 80).

Begin lying down on back with legs bent, feet flat on floor, head down, arms straight at sides.

Partner places strip at tips of fingers.

Strip is 4 ½ inches wide, fingers should cross strip each time, then return to head down position.

Cadence is 1 curl up every 3 seconds (20 per minute).

Stop test after 75 curl ups or 2 form corrections (head must return to mat each time, heels must stay on ground, fingers must cross line), or student cannot keep up with cadence.

**Back Saver Sit and Reach Test**

Remove shoes. Test 1 leg at a time (the bent leg should have foot flat on floor 2-3 inches from straight leg).

Reach slowly forward and hold for 1 sec.

Hand must remain together (fingers of both hands intertwined).

Straight leg should remain straight! Bent leg can move to the side during the reach.

**Shoulder Flexibility Test**

Objective is to touch fingers together behind the back by reaching over shoulder and under elbow.

Record a Y if the student can touch fingers of opposite hand N if they cannot (record R and L sides).

**Trunk Lift**

Object is to lift upper body off the floor and hold for measurement.

Student lies down on stomach with arms down at sides palm up.

Student should be looking at ground with chin tucked in! Hold a pencil under chin to ensure it does not lift.

Student lifts body off the floor slowly, measurement is from floor to bottom of chin.

Maximum score is 12 inches.

**Bioelectric Impedance Analyzer**

This is an estimate. Hydration, etc can cause numbers to vary. Also sometimes give error (E4). Mark “error”.

Hit the on button; Hit “Set” 2x Use up/down buttons to set Height, Hit “Set”

Adjust Weight, Hit “Set” Adjust Age, Hit “Set” Adjust Sex, Hit “Set”

Hold straight out, Hit “Start”, after 5 seconds you will get a BF # and BMI

BMI=Body Mass Index (weight in kilograms divided by the square of height in meters). Shows disease risk.

BF=Body Fat (ratio of lean tissue-muscle/bone to adipose tissue) (this is an estimate).