**Fitnessgram Assessment Recording Sheet**

**Name: Semester:**

**Date: Course/Section:**

**Score Goal Healthy Fitness Zone**

**Aerobic Capacity Male Female**

PACER (20m)/Mile \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ >54/< 8:30 >38/<10 min

**Body Composition**

BMI \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-18-25 F-18-25

Body Fat \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-6-15% F-9-23%

**Muscular Endurance**

Curl ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-24+ F-18+

Push-ups \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-18+ F-7+

**Flexibility R / L R / L**

Sit-Reach \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-8” F-12”

Shoulder Stretch (Yes or No) \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ Touch Touch

**Muscular Strength/Flexibility**

Trunk Lift \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ M-9-12” F-9-12”

**NOTES:**

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**NOTES:**

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| **Healthy Fitness Zone-Fitnessgram Fitness Assessments** | | | |
| **Assessment** | **Area of HRF** | **Men** | **Women** |
| Mile Run/Walk | Aerobic Capacity | < 8:30 min | < 10:00 min |
| 20 meter Pacer | Aerobic Capacity | >54 laps | >38 laps |
| Curl-Ups | Muscular Endurance | >24 | >18 |
| Push-Ups | Mus. Endurance/Strength | >18 | >7 |
| 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 | 6-15% (>24% Unhealthy) | 9-23% (>31% Unhealthy) |
| Body Mass Index | Body Composition | Men + Women >25 overweight; >30 obese | |
| People who are overweight or obese are at higher risk for over 25 diseases such as cancer, stroke, heart  disease, hypertension, diabetes, high cholesterol and other leading causes of death/debilitation. | | | |
| 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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| **Aerobic/Cardio Respiratory Fitness Target Heart Rate Training Zone (60%-80%)** | | | | |
| **Age** | **Beats Per Min** | **Beats/15 sec** | **Max Heart Rate** | Target Heart Rate is a measure of the intensity of aerobic exercise. Exercise within this range to garner the benefits of aerobic exercise. |
| 20yrs old | 120-160bpm | 30-40 beats | 200bpm |
| 25yrs old | 117-156bpm | 29-39 beats | 195bpm |
| 40yrs old | 108-144bpm | 27-37 beats | 180bpm |

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