

FITNESSGRAM® Fitness Areas, Test Options, and Equipment



Aerobic Capacity Test Options	Equipment Needed
One-Mile Run	<input type="checkbox"/> Flat, measured running course <input type="checkbox"/> Stopwatch <input type="checkbox"/> Scale
PACER	<input type="checkbox"/> Flat, non-slippery surface 15 or 20 meters in length <input type="checkbox"/> CD or cassette player with adequate volume <input type="checkbox"/> CD or audio-cassette with music/timing <input type="checkbox"/> Measuring tape <input type="checkbox"/> Marker cones
Walk Test	<input type="checkbox"/> Flat, measured course <input type="checkbox"/> Stopwatch <input type="checkbox"/> Scale
Body Composition Test Options	Equipment Needed
Skinfold Measurements	<input type="checkbox"/> Skinfold caliper
Body Mass Index	<input type="checkbox"/> Scale <input type="checkbox"/> Ruler (stadiometer) or measuring tape
Percent Body Fat	<input type="checkbox"/> Bioelectric impedance analyzer or automated skinfold caliper <input type="checkbox"/> Scale <input type="checkbox"/> Ruler (stadiometer) or measuring tape
Abdominal Strength and Endurance Test Options	Equipment Needed
Curl-Up	<input type="checkbox"/> Gym mat <input type="checkbox"/> Measuring strip (3-inch for 5 to 9 year olds, 4.5-inch for students 9+) <input type="checkbox"/> CD or cassette player with adequate volume <input type="checkbox"/> CD or audio-cassette with cadence
Trunk Extensor Strength and Flexibility Test Options	Equipment Needed
Trunk Lift	<input type="checkbox"/> Gym mat <input type="checkbox"/> Yard stick or 15-inch ruler
Upper Body Strength and Endurance Test Options	Equipment Needed
Push-Up	<input type="checkbox"/> Gym mat <input type="checkbox"/> CD or cassette player with adequate volume <input type="checkbox"/> CD or audio-cassette with cadence
Modified Pull-Up	<input type="checkbox"/> Gym mat <input type="checkbox"/> Modified pull-up stand with elastic band
Flexed-Arm Hang	<input type="checkbox"/> Horizontal bar <input type="checkbox"/> Chair or stool <input type="checkbox"/> Stopwatch
Flexibility Test Options	Equipment Needed
Back-Saver Sit and Reach	<input type="checkbox"/> Sit-and-reach box
Shoulder Stretch	None