

# FITNESSGRAM TEST ADMINISTRATION

This chapter describes basic considerations for administering and scoring fitness test items. Table 4.1 provides a summary list of the test items.

This chapter provides information on how to administer the *FITNESSGRAM* battery in an efficient and organized manner.

## **Considerations for Testing Primary Grades**

The major emphasis when testing children in grades K-3 should be on enjoyment and instructions on proper technique. It is important at this age not to focus on performance level. Performance standards are not available for the aerobic capacity test items for students younger than 10 years of age. While standards are provided for other test items for primary grade children, you are strongly encouraged not to emphasize performance level and test results.

## **Considerations for Safety**

The test items used in *FITNESSGRAM* have been administered to millions of students and have been shown to be very safe. The prudent teacher, however, will recognize that with any strenuous physical activity there is always the possibility that incidents may occur.

Before administering any test items, be aware of the potential health problems of all students in your classes. For example, it is possible for a student to have a congenital heart condition that may require special consideration during the administration of an aerobic capacity measure or other test items. Maximizing the safety of all students should be the primary objective.

Your school district or agency should have established policies related to medical information, medical records, and medical clearance for activity. It is important that you be aware of these policies and that you follow them strictly.

**TABLE 4.1 FITNESSGRAM Test Items**

		Muscular strength, endurance, and flexibility			
Aerobic capacity	Body composition	Abdominal strength and endurance	Trunk extensor strength and flexibility	Upper body strength and endurance	Flexibility
The PACER*	Skinfold measurements*	Curl-up*	Trunk lift*	90° push-up*	Back-saver sit and reach
One-mile run	Body mass index			Modified pull-up	Shoulder stretch
The walk test (secondary students)	Bioelectric impedance analyzers			Flexed arm hang	

\*Recommended test.

It is also important that students be conditioned adequately before taking the test. This conditioning period is especially important during the fall of the year and in hotter climates.

## Considerations for Testing Special Populations

FITNESSGRAM is intended for use with students who do not have disabilities. You will, in many situations, also be working with students with disabilities. If certain physical fitness components are deemed important as a dimension in education,

they are equally important for all students. We suggest, therefore, that teachers needing assistance in developing tasks for an assessment should consult one of these excellent resources: *Brockport Physical Fitness Test Kit*, *The Brockport Physical Fitness Test Manual*, and *The Brockport Physical Fitness Training Guide* (Winnick and Short, 1999).

### ***Need Additional Resources?***

To order the Brockport or FITNESSGRAM resources, call Human Kinetics at 800-747-4457, or order online at [www.HumanKinetics.com](http://www.HumanKinetics.com). Visit [www.fitnessgram.net](http://www.fitnessgram.net) for complete information about the assessment.