

FITNESSGRAM

Standards for Healthy Fitness Zone* CACC Standard 4B

The *Fitnessgram* uses criterion-referenced standards to evaluate fitness performance. These standards were established by the Cooper Institute for Aerobics Research to represent a level of fitness that offers some degree of protection against diseases that result from sedentary living.

FEMALES

| Age | One Mile min:sec | PACER # laps | VO _{2max} *** ml/kg/min | Percent Fat | Body Mass Index | Curl-up # completed |
|-----|---------------------|-----------------|-------------------------------------|-------------|--------------------|------------------------|
| 10 | 12:30 - 9:30 | 15 - 41 | 40 - 48 | 32 - 17 | 23.5 - 16.6 | 12 - 26 |
| 11 | 12:00 - 9:00 | 15 - 41 | 39 - 47 | 32 - 17 | 24 - 16.9 | 15 - 29 |
| 12 | 12:00 - 9:00 | 23 - 41 | 38 - 46 | 32 - 17 | 24.5 - 16.9 | 18 - 32 |
| 13 | 11:30 - 9:00 | 23 - 51 | 37 - 45 | 32 - 17 | 24.5 - 17.5 | 18 - 32 |
| 14 | 11:00 - 8:30 | 23 - 51 | 36 - 44 | 32 - 17 | 25 - 17.5 | 18 - 32 |
| 15 | 10:30 - 8:00 | 23 - 51 | 35 - 43 | 32 - 17 | 25 - 17.5 | 18 - 35 |
| 16 | 10:00 - 8:00 | 32 - 61 | 35 - 43 | 32 - 17 | 25 - 17.5 | 18 - 35 |

| Age | Trunk Lift inches | Push-up # completed | Modified Pull-up # completed | Pull-up # completed | Flexed Arm Hang seconds | Back Saver Sit & Reach ** inches | Shoulder Stretch |
|-----|----------------------|------------------------|---------------------------------|------------------------|----------------------------|--|---|
| 10 | 9 - 12 | 7 - 15 | 4 - 13 | 1 - 2 | 4 - 10 | 9 | Passing = Touching the fingertips together behind the back. |
| 11 | 9 - 12 | 7 - 15 | 4 - 13 | 1 - 2 | 6 - 12 | 10 | |
| 12 | 9 - 12 | 7 - 15 | 4 - 13 | 1 - 2 | 7 - 12 | 10 | |
| 13 | 9 - 12 | 7 - 15 | 4 - 13 | 1 - 2 | 8 - 12 | 10 | |
| 14 | 9 - 12 | 7 - 15 | 4 - 13 | 1 - 2 | 8 - 12 | 10 | |
| 15 | 9 - 12 | 7 - 15 | 4 - 13 | 1 - 2 | 8 - 12 | 12 | |
| 16 | 9 - 12 | 7 - 15 | 4 - 13 | 1 - 2 | 8 - 12 | 12 | |

MALES

| Age | One Mile min:sec | PACER # laps | VO _{2max} *** ml/kg/min | Percent Fat | Body Mass Index | Curl-up # completed |
|-----|---------------------|-----------------|-------------------------------------|-------------|--------------------|------------------------|
| 10 | 11:30 - 9:00 | 23 - 61 | 42 - 52 | 25 - 10 | 21 - 15.3 | 12 - 24 |
| 11 | 11:00 - 8:30 | 23 - 72 | 42 - 52 | 25 - 10 | 21 - 15.8 | 15 - 28 |
| 12 | 10:30 - 8:00 | 32 - 72 | 42 - 52 | 25 - 10 | 22 - 16.0 | 18 - 36 |
| 13 | 10:00 - 7:30 | 41 - 72 | 42 - 52 | 25 - 10 | 23 - 16.6 | 21 - 40 |
| 14 | 9:30 - 7:00 | 41 - 83 | 42 - 52 | 25 - 10 | 24.5 - 17.5 | 24 - 45 |
| 15 | 9:00 - 7:00 | 51 - 94 | 42 - 52 | 25 - 10 | 25 - 18.1 | 24 - 47 |
| 16 | 8:30 - 7:00 | 61 - 94 | 42 - 52 | 25 - 10 | 26.5 - 18.5 | 24 - 47 |

| Age | Trunk Lift inches | Push-up # completed | Modified Pull-up # completed | Pull-up # completed | Flexed Arm Hang seconds | Back Saver Sit & Reach ** inches | Shoulder Stretch |
|-----|----------------------|------------------------|---------------------------------|------------------------|----------------------------|--|---|
| 10 | 9 - 12 | 7 - 20 | 5 - 15 | 1 - 2 | 4 - 10 | 8 | Passing = Touching the fingertips together behind the back. |
| 11 | 9 - 12 | 8 - 20 | 6 - 17 | 1 - 3 | 6 - 13 | 8 | |
| 12 | 9 - 12 | 10 - 20 | 7 - 20 | 1 - 3 | 6 - 13 | 8 | |
| 13 | 9 - 12 | 12 - 25 | 8 - 22 | 1 - 4 | 12 - 17 | 8 | |
| 14 | 9 - 12 | 14 - 30 | 9 - 25 | 2 - 5 | 15 - 20 | 8 | |
| 15 | 9 - 12 | 16 - 35 | 10 - 27 | 3 - 7 | 15 - 20 | 8 | |
| 16 | 9 - 12 | 18 - 35 | 12 - 30 | 5 - 8 | 15 - 20 | 8 | |

* Number on left is lower end of HFZ; number on right is upper end of HFZ.

** Test scored Pass/Fail; must reach this distance to pass.

***Aerobic capacity (VO_{2max}) reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. Aerobic capacity is estimated by age, gender, weight, mile walk time and heart rate at the end of the walk using the Rockport Fitness Walking Test equation.