


**FITNESSGRAM**  
California Physical Fitness Test



CACC Training Aid 3-T-2  
Last modified 6 Jan 06

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**FITNESSGRAM**



- **Fitness testing is an essential element of any health-related physical activity program.**
- **It establishes a baseline from which students can set goals and check progress.**
- **It also allows students to experience and better understand the components of health-related fitness.**

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**More about the Fitnessgram**

**Fitnessgram is more effective than other available physical fitness tests for three reasons.**



- **First, it compares scores to carefully researched and developed health standards rather than to national averages.**
- **Second, it emphasizes measures of health-related physical fitness instead of performance of physical or sport-related skills.**
- **Third, it goes beyond mere measurement to recommend individualized physical activity program options that will help students in the areas where they need improvement.**

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**What is the Fitnessgram?**



• **The Fitnessgram is a series of health-related fitness activities that assess physical fitness levels in children.**

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**Why do it?**



**Students should learn to self-assess their fitness levels and interpret the results. This will help them learn about fitness concepts, plan and set goals for fitness and serve as a motivational tool to remain active on their own.**

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**How will I know if I am fit?**

**Each student will record their test results on a card. These results will be used as a learning tool for physical fitness. Students will interpret the data and write down their short term and long term goals. This test will be administered again at regular intervals to compare data.**



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### How will I know if I am fit?

Cadets should take the Fitnessgram at the beginning of each school year, then set goals for improvement and track progress towards those goals. Cadets should then take the test again in the Spring, during annual PFT testing period at their schools.



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### What fitness areas do the activities test?

- **Cardio respiratory (Cardiovascular) Endurance:**
- **The 1 mile run...students run as fast as they can for a distance of exactly one mile. Your goal is to improve your time on the run during the course of the year.**

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### Muscular Strength and Endurance:

- **Curl-up Test**



- **For the curl-up test, the students complete as many curl-ups as they can at a specified pace (maximum 75). The curl-up has been selected because it does not involve the assistance of the hip flexor muscles and minimizes compression in the spine, when compared to a full sit-up with the feet held. Strength and endurance of the abdominals are important in promoting good posture and correct pelvic alignment.**

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## More on Muscular Strength and Endurance:



- **Push-up Test**
- **The push-up to an elbow angle of 90 degrees is the recommended test for upper body strength and endurance. The test ends if a student:**
  - 1- stops to rest;
  - 2-does not achieve a 90 degree angle with elbows on each rep;
  - 3-does not maintain correct body position;
  - 4-does not extend arms fully.

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## Flexibility:



- **Trunk Lift Test**
- **Students lie prone (face down) with their hands under their thighs. The student lifts the upper body off the floor in a slow, controlled movement to a maximum of 12 inches. Trunk extensor strength and flexibility are important for lower back health, especially vertebral alignment. Musculoskeletal fitness of the abdominals, hamstrings and back extensors work in concert to maintain posture and low back health.**

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## The Shoulder Stretch

- **Cadets will be expected to reach behind their back (over their shoulders) and grasp the fingers of the opposite hand**
- **This is accomplished with both the right and left arms over the shoulder**



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# Body Mass Index

BODY MASS INDEX CHART	
Height (inches)	Body Weight (pounds)
58	91 96 100 105 110 115 119 124 129 134 138 143 148 153 158 162 167
59	94 99 104 109 114 119 124 128 133 138 143 148 153 158 163 168 173
60	97 102 107 112 118 123 128 133 138 143 148 153 158 163 168 174 179
61	100 106 111 116 122 127 132 137 142 148 153 158 164 169 174 180 185
62	104 109 115 120 126 131 136 142 147 153 158 164 169 175 180 186 191
63	107 113 118 124 130 135 141 146 152 158 163 169 175 180 186 191 197
64	110 116 122 128 134 140 145 151 157 163 169 174 180 186 192 197 204
65	114 120 126 132 138 144 150 156 162 168 174 180 186 192 198 204 210
66	118 124 130 136 142 148 155 161 167 173 179 186 192 198 204 210 216
67	121 127 134 140 146 153 159 166 172 178 185 191 198 204 211 217 223
68	125 131 138 144 151 158 164 171 177 184 190 197 203 210 216 223 230
69	128 135 142 149 155 162 169 176 182 189 196 203 209 216 223 230 236
70	132 139 146 153 160 167 174 181 188 195 202 209 216 222 229 236 243
71	136 143 150 157 165 172 179 186 193 200 208 215 222 229 236 243 250
72	140 147 154 162 169 177 184 191 199 206 213 221 228 235 242 250 258
73	144 151 159 166 174 182 189 197 204 212 219 227 235 242 250 257 265
74	148 155 163 171 179 186 194 202 210 218 225 233 241 249 256 264 272
75	152 160 168 176 184 192 200 208 216 224 232 240 248 256 264 272 279
76	156 164 172 180 189 197 205 213 221 230 238 246 254 263 271 279 287

- Calculated using height and weight
- Helps determine a cadet's overall level of fitness

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