

FITNESSGRAM

California Physical Fitness Test



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

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.**

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.**

What is the Fitnessgram?



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

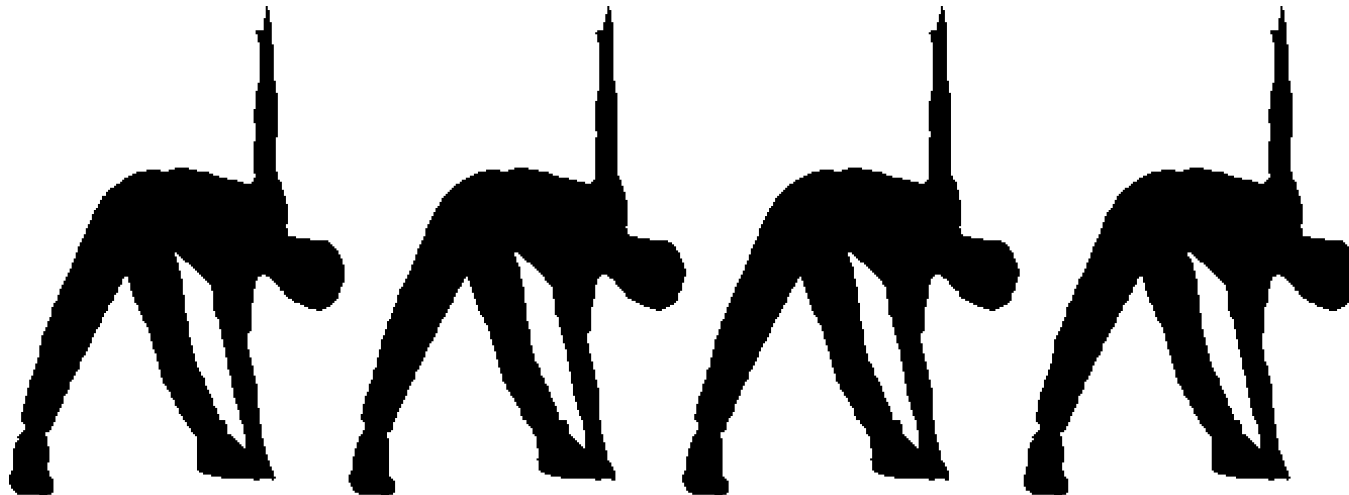
Why do it?



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.

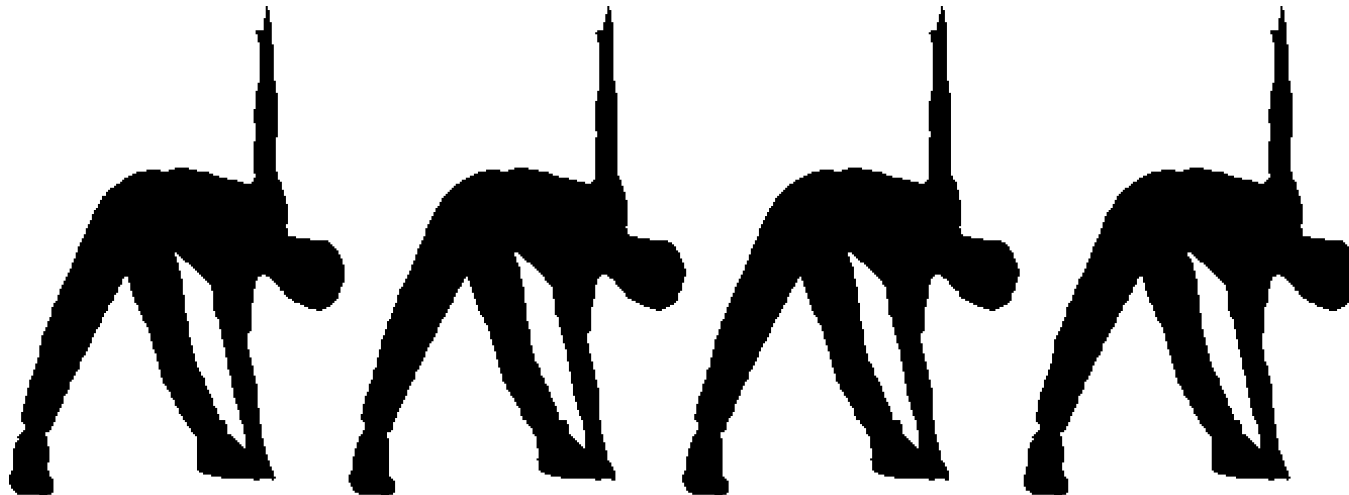
How will I know if I am fit?

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.



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.



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.**

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.**

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.**

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.**

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**



Body Mass Index

BODY MASS INDEX CHART																	
Height (inches)	Body Weight (pounds)																
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
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	143	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**