

SAISD FITNESSGRAM TESTING COMPONENTS

5 Components of Physical Fitness:

- Cardiovascular endurance
- Muscular strength
- Muscular endurance
- Muscular flexibility
- Body composition

PACER TEST

- Measures cardiovascular endurance.
- Objective: Run as long as possible back and forth across a 20-meter space at a specified pace that gets faster each minute.

CURL-UP

- Measures muscular strength and endurance.
- Objective: Complete as many curl-ups as possible up to a maximum of 75 at a specified pace.

PUSH-UP

- Measures muscular strength and endurance.
- Objective: Complete as many push-ups as possible at a rhythmic pace.

TRUNK LIFT

- Measures trunk extensor strength and flexibility.
- Objective: Lift the upper body off the floor using the muscles of the back and hold the position to allow for measurement.

SHOULDER STRETCH

- Measures flexibility.
- Objective: Touch the fingertips together behind the back by reaching over the shoulder and under the elbow.

BODY MASS INDEX (BMI)

- Measures body composition.
- Objective: Provides an indication of the appropriateness of a child's weight relative to height. Students heights and weights will be recorded into the FITNESSGRAM software to determine BMI