

TABLE 4.1 ***FITNESSGRAM* Test Items**

Aerobic capacity	Body composition	Muscular strength, endurance, and flexibility			
		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)				Pull-up	
				Flexed arm hang	

*Recommended test.

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.

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). The software program with these materials has been designed so that you can easily share student data with the *FITNESSGRAM/ACTIVITYGRAM* software.

Need Additional Information?

To order the Brockport resources, call Human Kinetics at 800-747-4457 ext 5555, or order online at www.HumanKinetics.com.