This chapter describes basic considerations for administering and scoring fitness test items from the FITNESSGRAM battery in an efficient and organized manner. Table 4.1 provides a summary list of the test items.

Considerations for Testing Primary Grades

The major emphasis when testing children in grades K-3 should be on enjoyment and instructions on proper technique. It is important at this age not to focus on performance level. Performance standards are not available for the aerobic capacity test items for students younger than 10 years of age. While standards are provided for other test items for primary grade children, you are strongly encouraged not to emphasize performance level and test results.

Considerations for Safety

The test items used in FITNESSGRAM have been administered to millions of students and have been 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 or FITNESSGRAM resources, call Human Kinetics at 800-747-4457 ext 5555, or order online at www.HumanKinetics.com. Visit www.fitnessgram.net for complete information about the assessment.

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**TABLE 4.1 FITNESSGRAM Test Items**

<table>
<thead>
<tr>
<th>Aerobic capacity</th>
<th>Body composition</th>
<th>Abdominal strength and endurance</th>
<th>Trunk extensor strength and flexibility</th>
<th>Upper body strength and endurance</th>
<th>Flexibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>The PACER®</td>
<td>Skinfold measurements</td>
<td>Curl-up®</td>
<td>Trunk lift®</td>
<td>90° push-up®</td>
<td>Back-saver sit and reach</td>
</tr>
<tr>
<td>One-mile run</td>
<td>Body mass index</td>
<td></td>
<td></td>
<td>Modified pull-up</td>
<td>Shoulder stretch</td>
</tr>
<tr>
<td>The walk test (secondary students)</td>
<td>Bioelectric impedance analyzers</td>
<td></td>
<td></td>
<td>Flexed arm hang</td>
<td></td>
</tr>
</tbody>
</table>

*Recommended test.