

## FITNESSGRAM Test Items

<b>Aerobic Capacity</b>	<b>Body Composition</b>	<b>Abdominal Strength and Endurance</b>	<b>Trunk extensor strength and flexibility</b>	<b>Upper body strength and endurance</b>	<b>Flexibility</b>
The Pacer *	Skinfold Measurements*	Curl-up*	Trunk lift*	90 degree push-up*	Back-saver sit and reach
One-mile run	Body Mass Index			Modified pull-up	Shoulder stretch
The walk test (secondary students)	Bioelectric Impedance Analyzers			Flexed arm hang	

\* *Recommended test.*

Each student's physical fitness assessment must include six different test categories (listed across in the chart above). School districts may select the most appropriate kind of test within four of these test categories, where more than one option is provided.