

FITNESSGRAM Test Items

Aerobic Capacity	Body Composition	Abdominal Strength and Endurance	Trunk extensor strength and flexibility	Upper body strength and endurance	Flexibility
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	

* Flour Bluff ISD Fitnessgram components.

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.