

Download Fitnessgram Scoring Range

FITNESSGRAM: Healthy Fitness Zone Charts

FITNESSGRAM: Healthy Fitness Zone Charts. Standards are organized by gender and age. 2006 – 10 HFZ Charts (PDF) Standards used for the 2006–10 school years. Standards are organized by gender and age. 1995 – 2005 HFZ Charts (PDF) Standards used for the 1999–2005 school years. Standards are organized by gender and age.

FITNESSGRAM Scorecard (for Males 14

FITNESSGRAM Information BMI Zone Score Age BMI 14 24.5 to 15.6 15 25 to 16.2 16 26.5 to 16.6 17 27 to 17.3 17+ 27.8 to 17.8 20.1 to 25 Moderately high BMI Ranges for Youth Age BMI Rating Percentiles 9-17+

Converting the PACER Test Scores

PACER Test 15m & 20m Conversion. The PACER Test is a shuttle type aerobic fitness test (like the Beep Test), and is part of the FitnessGram and Brockport test battery. There are two versions, the 15m and the 20m version. 'Laps' is the total number of laps completed. Use this chart to convert scores on the 15m PACER to a 20m score to enter in the FitnessGram software.

Interpreting fitnessgram results

Interpreting fitnessgram results FITNESSGRAM uses criterion-referenced standards to evaluate fitness performance. These standards have been established to represent a level of fit-ness that offers some degree of protection against “hypokinetic” diseases (i.e., conditions that result from sedentary living). Performance is classified in

FITNESSGRAM Standards for Healthy Fitness Zone ...

TABLE 9.1 FITNESSGRAM Standards for Healthy Fitness Zone BOYS Age VO 2 max (ml · kg⁻¹ · min⁻¹) 20-meter PACER (Enter # laps in software) 15-meter PACER (Use conversion chart; enter in software)† One-mile run (min:sec) Walk test (VO 2 max) Percent fat Body mass index 5 Participation in run. Lap count standards not recommended. Completion of distance. Time stan-

FitnessGram Muscular Strength, Endurance and Flexibility ...

FitnessGram ® tests these three areas to assess the functional health status of the musculoskeletal system. Muscular strength is the maximal force your muscles can exert in a single effort. Muscular endurance is the ability to sustain, or repeat muscular activity, over time. Flexibility describes the range of motion of muscles at the joint.