

FITNESSGRAM® Healthy Fitness Zones

The *FITNESSGRAM*[®] uses Healthy Fitness Zones (HFZs) to evaluate fitness performance. These zones are criterionreferenced standards established by The Cooper Institute of Dallas, Texas, and represent minimum levels of fitness that offer protection against the diseases that result from sedentary living. The California Department of Education considers a student who meets or exceeds a HFZ as meeting the desired performance goal.

FEMALES

Age	One Mile Run min:sec ⁽¹⁾	20m PACER # laps ⁽²⁾	Walk Test VO ₂ max ⁽³⁾ ml/kg/min	Skinfold Measurement/ Bioelectric Impedance Analyzer percent fat ⁽¹⁾	Body Mass Index ⁽¹⁾	Curl-Up # completed
5	Completion	Participate in		32 – 17	21.0 – 16.2	2 – 10
6	of distance.	run. Lap count		32 – 17	21.0 – 16.2	2 – 10
7	Time HFZs not	HFZs not		32 – 17	22.0 – 16.2	4 – 14
8	recommended.	recommended.	VO ₂ max HFZs	32 – 17	22.0 – 16.2	6 – 20
9			not available.	32 – 13	23.0 – 13.5	9 – 22
10	12:30 - 9:30	7 – 41		32 – 13	23.5 – 13.7	12 – 26
11	12:00 - 9:00	15 – 41		32 – 13	24.0 - 14.0	15 – 29
12	12:00 - 9:00	15 – 41		32 – 13	24.5 – 14.5	18 – 32
13	11:30 - 9:00	23 – 51	36 – 44	32 – 13	24.5 – 14.9	18 – 32
14	11:00 - 8:30	23 – 51	35 – 43	32 – 13	25.0 – 15.4	18 – 32
15	10:30 - 8:00	32 – 51	35 – 43	32 – 13	25.0 – 16.0	18 – 35
16	10:00 - 8:00	32 – 61	35 – 43	32 – 13	25.0 – 16.4	18 – 35
17	10:00 - 8:00	41 – 61	35 – 43	32 – 13	26.0 – 16.8	18 – 35
17+	10:00 - 8:00	41 – 72	35 – 43	32 – 13	27.3 – 17.2	18 – 35
171	10.00 - 0.00	41 - 72	33 - +3	52 - 15	27.5 = 17.2	10 - 55
Age	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang seconds	Back-Saver Sit & Reach inches	Shoulder Stretch
	Trunk Lift	Push-Up	Modified Pull-Up	Flexed-Arm Hang	Back-Saver Sit & Reach	Shoulder
Age	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang seconds	Back-Saver Sit & Reach inches	Shoulder
Age 5	Trunk Lift inches 6 – 12	Push-Up # completed 3 – 8	Modified Pull-Up # completed 2 – 7	Flexed-Arm Hang seconds 2 - 8	Back-Saver Sit & Reach inches 9	Shoulder
Age 5 6	Trunk Lift inches 6 – 12 6 – 12	Push-Up # completed 3 - 8 3 - 8	Modified Pull-Up # completed 2 - 7 2 - 7	Flexed-Arm Hang seconds 2 - 8 2 - 8	Back-Saver Sit & Reach inches 9 9	Shoulder Stretch
Age 5 6 7	Trunk Lift inches 6 – 12 6 – 12 6 – 12	Push-Up # completed 3 – 8 3 – 8 4 – 10	Modified Pull-Up # completed 2 - 7 2 - 7 3 - 9	Flexed-Arm Hang seconds 2 - 8 2 - 8 3 - 8	Back-Saver Sit & Reach inches 9 9 9	Shoulder Stretch Touching
Age 5 6 7 8 9 10	Trunk Lift inches 6 – 12 6 – 12 6 – 12 6 – 12 6 – 12 6 – 12	Push-Up # completed 3 - 8 3 - 8 4 - 10 5 - 13	Modified Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11	Flexed-Arm Hang seconds 2 - 8 2 - 8 3 - 8 3 - 10	Back-Saver Sit & Reach inches 9 9 9 9 9 9	Shoulder Stretch Touching fingertips
Age 5 6 7 8 9 10 11	Trunk Lift inches $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $9 - 12$ $9 - 12$ $9 - 12$	Push-Up # completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15	Modified Pull-Up # completed 2 - 7 3 - 9 4 - 11 4 - 13 4 - 13	Flexed-Arm Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 12$	Back-Saver Sit & Reach inches 9 9 9 9 9 9 9	Shoulder Stretch Touching fingertips together
Age 5 6 7 8 9 10 11 12	Trunk Lift inches $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$	Push-Up # completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15 7 - 15 7 - 15 7 - 15	Modified Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 11 4 - 13 4 - 13 4 - 13 4 - 13	Flexed-Arm Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 12$ $7 - 12$	Back-Saver Sit & Reach inches 9 9 9 9 9 9 9 9 9 10 10	Shoulder Stretch Touching fingertips together behind the
Age 5 6 7 8 9 10 11 12 13	Trunk Lift inches $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$	Push-Up # completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15 7 - 15 7 - 15 7 - 15 7 - 15	Modified Pull-Up # completed 2 - 7 2 - 7 3 - 9 4 - 11 4 - 11 4 - 13 4 - 13 4 - 13 4 - 13 4 - 13	Flexed-Arm Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 12$ $7 - 12$ $8 - 12$	Back-Saver Sit & Reach inches 9 9 9 9 9 9 9 9 9 10 10 10 10	Shoulder Stretch Touching fingertips together behind the back on both
Age 5 6 7 8 9 10 11 12 13 14	Trunk Lift inches $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$	Push-Up # completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15	$\begin{tabular}{ c c c c } \hline Modified \\ \hline Pull-Up \\ \# completed \\ \hline 2-7 \\ 2-7 \\ \hline 3-9 \\ 4-11 \\ 4-13 \\ \hline 4-13 4-$	Flexed-Arm Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 12$ $7 - 12$ $8 - 12$ $8 - 12$	Back-Saver Sit & Reach inches 9 9 9 9 9 9 9 9 9 9 10 10 10 10 10	Shoulder Stretch Touching fingertips together behind the back on both the left and
Age 5 6 7 8 9 10 11 12 13 14 15	Trunk Lift inches $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$	Push-Up # completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15	$\begin{array}{r} \textbf{Modified} \\ \textbf{Pull-Up} \\ \# \ completed \\ \hline 2 - 7 \\ \hline 2 - 7 \\ \hline 3 - 9 \\ \hline 4 - 11 \\ \hline 4 - 11 \\ \hline 4 - 13 \\ \hline 4 - 13$	Flexed-Arm Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 12$ $7 - 12$ $8 - 12$ $8 - 12$ $8 - 12$	Back-Saver Sit & Reach inches 9 9 9 9 9 9 9 9 10 10 10 10 10 10 12	Shoulder Stretch Touching fingertips together behind the back on both
Age 5 6 7 8 9 10 11 12 13 14 15 16	Trunk Lift inches $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$	Push-Up # completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15	$\begin{array}{r} \textbf{Modified} \\ \textbf{Pull-Up} \\ \# \ completed \\ \hline 2 - 7 \\ \hline 2 - 7 \\ \hline 3 - 9 \\ 4 - 11 \\ \hline 4 - 11 \\ \hline 4 - 13 \\$	Flexed-Arm Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 12$ $7 - 12$ $8 - 12$ $8 - 12$ $8 - 12$ $8 - 12$ $8 - 12$	Back-Saver Sit & Reach inches 9 9 9 9 9 9 9 9 9 9 10 10 10 10 10 10 12 12	Shoulder Stretch Touching fingertips together behind the back on both the left and
Age 5 6 7 8 9 10 11 12 13 14 15	Trunk Lift inches $6 - 12$ $6 - 12$ $6 - 12$ $6 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$ $9 - 12$	Push-Up # completed 3 - 8 3 - 8 4 - 10 5 - 13 6 - 15 7 - 15	$\begin{array}{r} \textbf{Modified} \\ \textbf{Pull-Up} \\ \# \ completed \\ \hline 2 - 7 \\ \hline 2 - 7 \\ \hline 3 - 9 \\ \hline 4 - 11 \\ \hline 4 - 11 \\ \hline 4 - 13 \\ \hline 4 - 13$	Flexed-Arm Hang seconds $2 - 8$ $2 - 8$ $3 - 8$ $3 - 10$ $4 - 10$ $4 - 10$ $6 - 12$ $7 - 12$ $8 - 12$ $8 - 12$ $8 - 12$	Back-Saver Sit & Reach inches 9 9 9 9 9 9 9 9 10 10 10 10 10 10 12	Shoulder Stretch Touching fingertips together behind the back on both the left and

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(1) The number on the left is the lower end of the HFZ; the number on the right is the upper end of the HFZ. That is, for time, percent fat, and Body Mass Index (BMI), smaller numbers are better than larger numbers. Percent fat is based on skinfold measurements from the triceps and calf or from measurements obtained from a bioelectric impedance analyzer. BMI is calculated from measurements of weight and height.

(2) If the 15-meter PACER is administered, these scores must be converted to 20-meter scores. The conversion table can be downloaded from the FITNESSGRAM[®] Web site at <u>http://www.fitnessgram.net/</u> (Outside Source).

(3) Aerobic capacity (VO₂max) reflects the maximum rate that oxygen can be taken up and utilized by the body during exercise. Aerobic capacity is estimated by inserting age, gender, weight, mile walk time, and heart rate at the end of the walk into the Rockport Fitness Walking Test equation. This equation can be found in the Reference Guide on the Physical Fitness Test (PFT) Overview Packet Web page at http://www.cde.ca.gov/ta/tg/pf/overview.asp.

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MALES

Age	One Mile Run min:sec ⁽¹⁾	20m PACER # laps ⁽²⁾	Walk Test VO ₂ max ⁽³⁾ ml/kg/min	Skinfold Measurement/ Bioelectric Impedance Analyzer percent fat ⁽¹⁾	Body Mass Index ⁽¹⁾	Curl-Up # completed
5	Completion	Participate in		25 – 10	20.0 - 14.7	2 – 10
6	of distance.	run. Lap count		25 – 10	20.0 – 14.7	2 – 10
7	Time HFZs not	HFZs not		25 – 10	20.0 – 14.9	4 – 14
8	recommended.	recommended.	VO ₂ max HFZs	25 – 10	20.0 – 15.1	6 – 20
9			not available.	25 – 7	20.0 – 13.7	9 – 24
10	11:30 - 9:00	23 – 61		25 – 7	21.0 - 14.0	12 – 24
11	11:00 - 8:30	23 – 72		25 – 7	21.0 – 14.3	15 – 28
12	10:30 - 8:00	32 – 72		25 – 7	22.0 – 14.6	18 – 36
13	10:00 - 7:30	41 – 83	42 – 52	25 – 7	23.0 – 15.1	21 – 40
14	9:30 - 7:00	41 – 83	42 – 52	25 – 7	24.5 – 15.6	24 – 45
15	9:00 - 7:00	51 – 94	42 – 52	25 – 7	25.0 – 16.2	24 – 47
16	8:30 - 7:00	61 – 94	42 – 52	25 – 7	26.5 – 16.6	24 – 47
17	8:30 - 7:00	61 – 106	42 – 52	25 – 7	27.0 – 17.3	24 – 47
17+	8:30 - 7:00	72 – 106	42 – 52	25 – 7	27.8 – 17.8	24 – 47
Age	Trunk Lift inches	Push-Up # completed	Modified Pull-Up # completed	Flexed-Arm Hang seconds	Back-Saver Sit & Reach inches	Shoulder Stretch
5	6 – 12	3 – 8	2 – 7	2 – 8	8	
6	6 – 12	3 – 8	2 – 7	2 – 8	8	
7	6 – 12	4 – 10	3 – 9	3 – 8	8	
8	6 – 12	5 – 13	4 – 11	3 – 10	8	Taurahima
9	6 – 12	6 – 15	5 – 11	4 – 10	8	Touching
10	9 – 12	7 – 20	5 – 15	4 – 10	8	fingertips
11	9 – 12	8 – 20	6 – 17	6 – 13	8	together behind the
12	9 – 12	10 – 20	7 – 20	10 – 15	8	back on both
13	9 – 12	12 – 25	8 – 22	12 – 17	8	the left and
14	9 – 12	14 – 30	9 – 25	15 – 20	8	right sides.
15	9 – 12	16 – 35	10 – 27	15 – 20	8	ingin sides.
16	9 – 12	18 – 35	12 – 30	15 – 20	8	
17	9 – 12	18 – 35	14 – 30	15 – 20	8	
17+	9 – 12	18 – 35	14 – 30	15 – 20	8	

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