

FitnessGram Packet

Over the course of this unit we will be learning about different fitness concepts, taking your target heart rate, benefits of improved fitness, and the importance of fitness testing.

Directions for completing packet:

Packets will be distributed at the beginning of each unit and are due upon the completion of the unit. The three worksheets at the back of the packet are due_____.

NO late work will be accepted. All work turned in after the due date will result in a zero.

Worksheets Due:

1. Student Response Packet (10 questions)
2. Crossword
3. Word Search

******Make sure your NAME is on EVERY page.******

FITNESSGRAM INFORMATION

Created more than 20 years ago by The Cooper Institute, FITNESSGRAM is based on rock-solid research. It's the only health-related fitness assessment to use criterion-referenced standards, called Healthy Fitness Zones, to determine students' fitness levels based on what is optimal for good health. These standards are backed by the highly respected [FITNESSGRAM Scientific Advisory Board](#).

FITNESSGRAM was developed by The Cooper Institute in an effort to provide physical educators with a tool that would facilitate communicating fitness testing results to students and to parents. The assessment measures three components of health-related physical fitness that have been identified as important to overall health and function:

- aerobic capacity;
- body composition; and
- muscular strength, endurance, and flexibility.

FITNESSGRAM® helps you achieve your goals by applying easy-to-use technology to

- conduct fair and accurate fitness assessments and easily record the results,
- set individualized goals for students,
- give students responsibility for managing and recording their own activities,
- create detailed reports of progress and results for students, parents, and administrators
- help students and parents understand the value of physical activity

Assessments

FITNESSGRAM

FITNESSGRAM assesses three areas of health-related fitness listed previously. Many test items offer multiple options, so you can choose the method you prefer. Each score is evaluated against criterion-referenced standards that have been established to indicate levels of fitness corresponding with health. Standards have been set for boys and for girls based on age. The use of health-related criteria helps to minimize comparisons between children and to emphasize personal fitness for health rather than goals based solely on performance. Since only modest amounts of exercise are needed for obtaining health benefits, most students who participate in physical activity almost every day will be able to achieve a score that will place them in the Healthy Fitness Zone.

The assessment items are as follows:

Aerobic Capacity

- PACER test
- One-mile run/walk
- Walk test (ages 13 or greater)

Body Composition (may select one option)

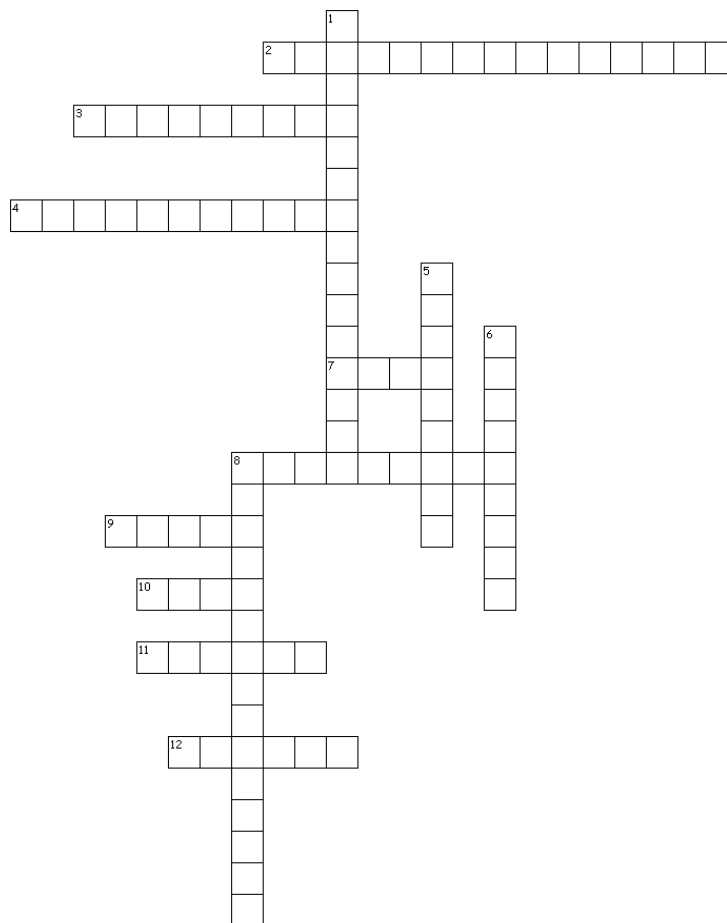
- Percent body fat (calculated from triceps and calf skinfolds)

- Body mass index (calculated from height and weight)

Muscular Strength, Endurance, and Flexibility

- Abdominal strength and endurance (curl-up)
- Trunk extensor strength and endurance (trunk lift)
- Upper body strength and endurance (choose from push-up, modified pull-up, and flexed arm hang)
- Flexibility (choose from back-saver sit-and-reach and shoulder stretch)

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Across

2. test that measures flexibility
3. the amount an individual performs a fitness activity according to the FITT principle
4. It's the only health-related fitness assessment to use criterion-referenced standards, called Healthy Fitness Zones, to determine students' fitness levels based on what is optimal for good health.
7. how long an individual works according to the FITT principle
8. test that measures lower back strength

9. test your aerobic capacity
 10. what component the individual is working according to the FITT principle
 11. test your muscular strength and endurance
 12. test that measures abdominal muscular strength
- Down
1. an individuals percent body fat
 5. how hard an individual works according to the FITT principle
 6. what an individual should check before and after activity
 8. zone that an indiviudal needs to be in to gain benefits of fitness

FITNESS CONCEPTS

Name (first and last): _____

Components of Fitness

Directions: List one way to improve the following components of fitness. Each component of fitness should have one way to improve that component.

1. Flexibility: (Sit and Reach)

Your Score: _____

Activity:

How Many or How long?

2. Muscular Endurance: (curl-ups)

Your Score: _____

Activity:

How Many or How long?

3. Cardio Respiratory Endurance: (Mile Run)

Your Score: _____

Activity:

How Many or How long?

4. Muscular Strength: (pull-ups)

Your Score: _____

Activity:

How Many or How long?

5. Agility: (shuttle run)

Your Score: _____

Activity:

How Many or How long?

6. Body Composition:

Activity:

How Many or How long?

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T W P R A L U C S U M H S A H
F A X U J O P B S I Y C P E E
I I R N L A W P E C C A E R A
L I X G C L U H N L E E C O R
K N Y E E H U E T V H R I B T
N T R T S T U P I V T D F I R
U E E U I Q H S F N G N I C A
R N P P E L S E L G N A C C T
T S I R Y E I J A Q E T I A E
Z I F D R T C B C R R I T P Z
C T S G E M I T I W T S Y A O
J Y O C R J Y F S X S R X C N
A R C U R L U P Y D E T A I E
P J P S I B Q M H Q Q L U T U
E L P I C N I R P T T I F Y E

AEROBICCAPACITY
FLEXIBILITY
INTENSITY
PHYSICALFITNESS
PUSHUP
STRENGTH
TRUNKLIFT

CURLUP
FREQUENCY
MUSCULAR
PROGRESSIVE
SITANDREACH
TARGETHEARTRATE
TYPE

FITTPRINCIPLE
HEARTRATEZONE
PACER
PULLUP
SPECIFICITY
TIME