

HPER 2150
Fitness Testing Expectations and Standards

The FITNESSGRAM will be used to assess HPER 2150 students' health-related fitness. Test protocols and gender- and age-appropriate values are available in the FITNESSGRAM Test Administration Manual:

Cooper Institute for Aerobic Research. (2005). *FITNESSGRAM test administration manual (updated 3rd ed.)*. Champaign, IL: Human Kinetics.

In addition to learning how to teach and assess students' health-related knowledge, it is important for future professionals to be able to demonstrate health-related fitness. For this reason, PETE majors enrolled in HPER 2150 will learn how to complete, administer and interpret the FITNESSGRAM and develop individual fitness programs based on test results.

The following tests will be administered:

- Back saver sit-and-reach
- Curl-ups
- Push-ups
- PACER
- BMI

The standards for determining the fitness component of HPER 2150 grades are:

<u>Tests within appropriate HFZ</u>	<u>% of grade earned</u>
5/5	10
4/5	8
3/5	6
2/5	4
1/5	2
0/5	0

TEST	FEMALE	MALE
Back saver sit-and-reach	12"	8"
Curl-ups	18-35	24-47
Push-ups	7-15	18-35
PACER	41-72	72-106
BMI	27.3-17.2	27.8-17.8