

TABLE 9.1

FITNESSGRAM Standards for Healthy Fitness Zone

| BOYS | | | | | | | | | | | | | | |
|------|--|----|--|-----|--|-----|---|------|----------------------------------|----|-------------|------|--------------------|------|
| Age | $\dot{V}O_2$ 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 ($\dot{V}O_2$ max) | | Percent fat | | Body mass index | |
| 5 | | | Participation in run. | | | | Completion of distance. | | | | 25 | 10 | 20 | 14.7 |
| 6 | | | Lap count standards not recommended. | | | | Time stan- dards not re- commended. | | | | 25 | 10 | 20 | 14.7 |
| 7 | | | | | | | | | 25 | 10 | 20 | 14.9 | | |
| 8 | | | | | | | | | 25 | 10 | 20 | 15.1 | | |
| 9 | | | | | | | | | | | 25 | 7 | 20 | 13.7 |
| 10 | 42 | 52 | 23 | 61 | 30 | 80 | 11:30 | 9:00 | | | 25 | 7 | 21 | 14.0 |
| 11 | 42 | 52 | 23 | 72 | 30 | 94 | 11:00 | 8:30 | | | 25 | 7 | 21 | 14.3 |
| 12 | 42 | 52 | 32 | 72 | 42 | 94 | 10:30 | 8:00 | | | 25 | 7 | 22 | 14.6 |
| 13 | 42 | 52 | 41 | 83 | 54 | 108 | 10:00 | 7:30 | 42 | 52 | 25 | 7 | 23 | 15.1 |
| 14 | 42 | 52 | 41 | 83 | 54 | 108 | 9:30 | 7:00 | 42 | 52 | 25 | 7 | 24.5 | 15.6 |
| 15 | 42 | 52 | 51 | 94 | 67 | 123 | 9:00 | 7:00 | 42 | 52 | 25 | 7 | 25 | 16.2 |
| 16 | 42 | 52 | 61 | 94 | 80 | 123 | 8:30 | 7:00 | 42 | 52 | 25 | 7 | 26.5 | 16.6 |
| 17 | 42 | 52 | 61 | 106 | 80 | 138 | 8:30 | 7:00 | 42 | 52 | 25 | 7 | 27 | 17.3 |
| 17+ | 42 | 52 | 72 | 106 | 94 | 138 | 8:30 | 7:00 | 42 | 52 | 25 | 7 | 27.8 | 17.8 |

| Age | Curl-up (no. completed) | | Trunk lift (inches) | | 90° push-up (no. completed) | | Modified pull-up (no. completed) | | Flexed arm hang (seconds) | | Back-saver sit and reach* (inches) | Shoulder stretch |
|-----|-------------------------------|----|------------------------|----|-----------------------------------|----|--|----|---------------------------------|----|--|---|
| 5 | 2 | 10 | 6 | 12 | 3 | 8 | 2 | 7 | 2 | 8 | 8 | Healthy Fitness Zone = touching fingertips together behind the back on both the right and left sides. |
| 6 | 2 | 10 | 6 | 12 | 3 | 8 | 2 | 7 | 2 | 8 | 8 | |
| 7 | 4 | 14 | 6 | 12 | 4 | 10 | 3 | 9 | 3 | 8 | 8 | |
| 8 | 6 | 20 | 6 | 12 | 5 | 13 | 4 | 11 | 3 | 10 | 8 | |
| 9 | 9 | 24 | 6 | 12 | 6 | 15 | 5 | 11 | 4 | 10 | 8 | |
| 10 | 12 | 24 | 9 | 12 | 7 | 20 | 5 | 15 | 4 | 10 | 8 | |
| 11 | 15 | 28 | 9 | 12 | 8 | 20 | 6 | 17 | 6 | 13 | 8 | |
| 12 | 18 | 36 | 9 | 12 | 10 | 20 | 7 | 20 | 10 | 15 | 8 | |
| 13 | 21 | 40 | 9 | 12 | 12 | 25 | 8 | 22 | 12 | 17 | 8 | |
| 14 | 24 | 45 | 9 | 12 | 14 | 30 | 9 | 25 | 15 | 20 | 8 | |
| 15 | 24 | 47 | 9 | 12 | 16 | 35 | 10 | 27 | 15 | 20 | 8 | |
| 16 | 24 | 47 | 9 | 12 | 18 | 35 | 12 | 30 | 15 | 20 | 8 | |
| 17 | 24 | 47 | 9 | 12 | 18 | 35 | 14 | 30 | 15 | 20 | 8 | |
| 17+ | 24 | 47 | 9 | 12 | 18 | 35 | 14 | 30 | 15 | 20 | 8 | |

Number on left is lower end of HFZ; number on right is upper end of HFZ.

*Test scored Pass/Fail; must reach this distance to pass.

†Conversion chart on page 94.