**MEMORIAL MIDDLE SCHOOL PHYSICAL EDUCATION DEPARTMENT FITNESSGRAM ASSESSMENT**

FITNESSGRAM is a **comprehensive educational, reporting and promotional tool** used to assess PHYSICAL FITNESS and PHYSICAL ACTIVITY LEVELS FOR CHILDREN. It was first developed in 1982 by the Cooper Institute and is the most widely used children’s health-related physical fitness assessment in the world. The assessment includes a variety of health-related physical fitness tests that are used to determine students’ overall physical fitness and suggest areas for improvement when appropriate. [http://www.fitnessgram.net/program-overview/what-is-fitnessgram]

The purpose of this **\*CRITERION-BASED TEST** is to assess important aspects of a student’s health-related fitness, **NOT** skill or agility. Results are compared with one’s age and gender to determine whether or not the individual falls in a **HEALTHY FITNESS ZONE**. Results are NOT compared with other students.

The FITNESSGRAM ASSESSMENT consists of 5 Health Related Components. Each component (or category) encompasses 3 tests which may or may not be conducted to determine the fitness level for each individual. In order to utilize the test and class time efficiently, Memorial Middle School Students grades 5-8 will perform the following:

* ***PACER***: Measures **Aerobic Capacity**-body’s ability to take in, transport, and convert OXYGEN to ENERGY DURING EXERCISE.
* ***90◦ PUSH-UPS*** [can be modified]: Measures **Muscular Strength**-ability of muscles to exert FORCE and/or **Muscular Endurance**-ability of muscle’s to exert themselves REPEATEDLY.
* ***CURL-UPS***: Measures **Muscular Strength**-ability of muscles to exert FORCE and/or **Muscular Endurance**-ability of muscle’s to exert themselves REPEATEDLY.
* ***TRUNK LIFT***: Measures **Muscular Endurance**-ability of muscle’s to exert themselves REPEATEDLY.
* ***SHOULDER STRETCH***: Measures **Flexibility**-the Range of Motion (ROM) available in a joint.

Students will be expected to perform each test 3 times throughout the school year (1/PE marking period). **FITNESSGRAM HEALTHY ZONE CHARTS** will be displayed in the gym, allowing students to have the opportunity to view whether he/she falls within a Healthy Fitness Zone or discover which areas may or may not need improvement. At the end of the school year, awards will be provided. **BLUE** certificates will be awarded to those who participated in the assessment and successfully completed it. **GOLD** certificates will be provided to those who reached HEALTHY FITNESS ZONES in all of the fitness categories.

**\*Criterion-Based Test**- measures performance against a fixed set of predetermined criteria or learning standards. In elementary and secondary education, criterion-referenced tests are used to evaluate whether students have learned a specific body of knowledge or acquired a specific skill set.