

How does FitnessGram® testing work?

The core criteria consists of five different areas of fitness, and the goal is for students to be within the Healthy Fitness Zone of all of them. This method allows teachers to target students' individual performance and work with them one-on-one.



Aerobic Capacity

It's how good your body is at taking in and using oxygen during exercise.

How it's measured: PACER, 1-mile run, 1-mile walk.

Body Composition

What percentage of your total body weight is fat, and what percentage is everything else? Some fat is healthy — too much is not.

How it's measured: Body fat percentage, body mass index (BMI).



Flexibility

The range of motion of muscles at the joint.

How it's measured: Flexibility, trunk extensor strength and flexibility.

Muscular Strength

The maximum force your muscles can exert in a single effort.

How it's measured: Abdominal strength, Extensor strength, Upper body strength.



Muscular Endurance

The ability to sustain or repeat muscular activity over time.

How it's measured: Abdominal endurance, upper-body endurance.

Visit [DESchoolPE.com](https://www.deshoolpe.com) to learn more about how and why FitnessGram works.