

# **Texas FITNESSGRAM Training Administration of the Test Protocols**

## **FITNESSGRAM (FG) Test Items for Review**

### Aerobic Capacity

- ❑ PACER
- ❑ One-Mile run/walk
- ❑ Walk Test

### Muscle Strength and Endurance

- ❑ Pushup
- ❑ Flexed Arm Hang and Modified Pull-up
- ❑ Curlup
- ❑ Trunk Lift

### Flexibility

- ❑ Back Saver Sit-and-Reach
- ❑ Shoulder Stretch

### Body Composition

- ❑ Body Mass Index/Height & Weight
- ❑ Skinfolds (Tricep and calf site locations)
- ❑ Enter percentage body fat using bio-impedance (BIA) devices

Approximately 20 state-level physical education professionals will be involved in the FITNESSGRAM training for the test protocols. These state trainers will serve as teacher advocates or 'experts' of the program and will, in turn, go out and conduct trainings for teachers within the state. The higher goal will be to have all teachers trained in how to use the software and administer the tests so that data collected statewide is done in the same manner and valid.

## **Objectives for FITNESSGRAM Test Administration Training**

1. Understand the overall goal of Texas in selecting FITNESSGRAM for fitness assessment.
2. Understand the HELP philosophy of FITNESSGRAM.
  - a. Focus on the process of activity rather than the product of fitness.
  - b. Healthy Fitness Zones – what are they and how does FITNESSGRAM differ from other fitness assessment tools
    - i. HFZ considerations for ages 5-9
    - ii. Grades K-4 considerations re: formal testing vs fun and participation in the testing process
  - c. Value of peer and self-testing by students.

3. Understand the proper test administration procedures for each test
  - a. Be able to identify corrections and proper scoring for each test.
  - b. Safety considerations for each test.
4. FITNESSGRAM Student and Parent reports
  - a. Show examples of each
  - b. Interpreting the reports
  - c. Other useful reports (i.e., statistical report, scoresheet)

### **Supporting Materials for Teachers**

1. FitnessGram Test Administration Manual, 4<sup>th</sup> edition.
  - a. Manual DVD: In addition to the written instructions in the manual, there is a DVD bound into the manual. The DVD contains videos for the correct administration of each test item.
  - b. Manual CD: The bound-in CD contains two tracks for the PACER test (15- and 20-meter tracks), as well as the push-up and curl-up cadences).
  - c. Within the wealth of information in the manual, teachers will also find the Healthy Fitness Zone charts for boys and girls, and the software conversion chart for the 15-meter PACER distance (Appendix B, page 94).
  - d. Note: All attendees should have a manual and bring to the training session.
2. Free online FITNESSGRAM course based on the manual:  
[www.fitnessgram.net](http://www.fitnessgram.net). Click on the Training button on the left navigation bar and follow the link to the online course.

### **Equipment List**

Each trainer should bring to their session:

1. FITNESSGRAM manual
2. PACER CD with curlup and pushup cadences (from manual or separate CD)
3. FITNESSGRAM manual DVD
4. Scoresheets for PACER test (Appendix B pages 91-93) and have examples on hand
5. Open-mind and can-do approach
6. Know the number of attendees expected and plan the session accordingly

### Training site set up

Each site should have the following set up prior to each session for maximum participation of attendees:

1. TV and DVD player hookup

2. Trainer could also use a laptop with DVD capabilities along with projector and screen but will need speakers to project sound.
3. CD player or can use second laptop, but make sure there are speakers.
4. Microphone
5. Mats (for pushup; curlup; trunk lift test items)
6. Yardsticks/Rulers (foam core rulers- could be purchased or self-made)
7. Sit-and-Reach Boxes, plus:
  - a. Duct Tape
  - b. Milk crates or boxes (wooden or cardboard)
  - c. Demonstrate easy way to make Sit & Reach boxes using manual as guide
8. FITNESSGRAM curl-up strips (several sets)
9. Skinfold calipers (several)
10. PACER
  - a. Scoresheets—have examples on hand
  - b. Cones for lanes
  - c. CD player and PACER CD

**FITNESSGRAM TRAINING AGENDA**  
*Protocols & Philosophy*  
**[for all training sessions; modify as needed]**

Note: The following agenda is based on a three-hour training event.

Part I – Introduction/About FITNESSGRAM (FG); approx 90 minutes

1. Welcome
2. Handouts for each attendee
  - i. PACER scoresheets
  - ii. Student FG report
  - iii. Parent FG report
  - iv. Training agenda
  - v. Validity and reliability; criterion-reference vs norms
  - vi. Health and Safety Issues
  - vii. TEA waiver on volunteer participation to conduct trainings
3. Objectives of the training session
  - a. State mandate
  - b. TEA objectives
  - c. Information re: TEA and FG testing
    - i. Relevant web sites (FG, TAHPERD, TEA)
      - i. FITNESSGRAM: [www.fitnessgram.net/texas](http://www.fitnessgram.net/texas)
      - ii. TAHPERD: [www.tahperd.org](http://www.tahperd.org)
      - iii. TEA: In progress
    - ii. Funding, ordering, etc ([Texas](#) FAQ-attached)
    - iii. Manual with DVD and CD
    - iv. Online course based on the manual
  - d. Health and Safety Issues
4. What is FITNESSGRAM?
5. FG HELP philosophy and mission (chapter 1) meshed with intentions for state initiative
6. What are the Healthy Fitness Zones (HFZ) (i.e., criterion-referenced standards vs use of norms)
  - i. HFZ for ages 5-9
  - ii. Grades K-4 in the testing process
7. What are the areas of fitness assessed in FITNESSGRAM?
  - a. Aerobic capacity
  - b. Muscular strength, endurance and flexibility
  - c. Body composition
8. Use of the student and parent reports and display of information using the HFZ.
  - a. Interpreting the reports
  - b. Educational tools in addition to the reports (i.e., FG web site and FAQs, Reference Manual)

9. TEA information relevant to testing
10. Students with disabilities

Break 10-15 minutes

Part II – Administration of the FG test items (approx 90 minutes)

1. Instruction on the correct procedures of the test items
  - a. Divide into groups and empower the attendees to learn on their own and teach an assigned test item to the class.
  - b. Attendees are both the teacher and the student.
  - c. Give about 10 minutes to review the test item in the manual and the DVD and teach the 'class' on proper administration of the test item.

Final 15-20 minutes -- Questions