

TABLE 9.1

**FITNESSGRAM Standards for Healthy Fitness Zone**

BOYS														
Age	$\dot{V}O_2$ max (ml · kg <sup>-1</sup> · min <sup>-1</sup> )		PACER (no. of laps)		One-mile run (min:sec)		Walk test ( $\dot{V}O_2$ max)		Percent fat		Body mass index		Curl-up (no. completed)	
5			Participa- tion in run. Lap count standards not recom- mended.		Comple- tion of dis- tance. Time standards not recom- mended.				25	10	20	14.7	2	10
6									25	10	20	14.7	2	10
7									25	10	20	14.9	4	14
8									25	10	20	15.1	6	20
9									25	10	20	15.2	9	24
10	42	52	23	61	11:30	9:00			25	10	21	15.3	12	24
11	42	52	23	72	11:00	8:30			25	10	21	15.8	15	28
12	42	52	32	72	10:30	8:00			25	10	22	16.0	18	36
13	42	52	41	72	10:00	7:30	42	52	25	10	23	16.6	21	40
14	42	52	41	83	9:30	7:00	42	52	25	10	24.5	17.5	24	45
15	42	52	51	94	9:00	7:00	42	52	25	10	25	18.1	24	47
16	42	52	61	94	8:30	7:00	42	52	25	10	26.5	18.5	24	47
17	42	52	61	94	8:30	7:00	42	52	25	10	27	18.8	24	47
17+	42	52	61	94	8:30	7:00	42	52	25	10	27.8	19.0	24	47

Age	Trunk lift (inches)		90° push-up (no. completed)		Modified pull-up (no. completed)		Pull-up (no. completed)		Flexed arm hang (seconds)		Back-saver sit and reach* (inches)	Shoulder stretch
5	6	12	3	8	2	7	1	2	2	8	8	Healthy Fit- ness Zone = touching fingertips together behind the back on both the right and left sides.
6	6	12	3	8	2	7	1	2	2	8	8	
7	6	12	4	10	3	9	1	2	3	8	8	
8	6	12	5	13	4	11	1	2	3	8	8	
9	6	12	6	15	5	11	1	2	4	10	8	
10	9	12	7	20	5	15	1	2	4	10	8	
11	9	12	8	20	6	17	1	3	6	13	8	
12	9	12	10	20	7	20	1	3	6	13	8	
13	9	12	12	25	8	22	1	4	12	17	8	
14	9	12	14	30	9	25	2	5	15	20	8	
15	9	12	16	35	10	27	3	7	15	20	8	
16	9	12	18	35	12	30	5	8	15	20	8	
17	9	12	18	35	14	30	5	8	15	20	8	
17+	9	12	18	35	14	30	5	8	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.

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