

FITNESSGRAM[®] IN-SCHOOL ASSESSMENT DURING THE COVID-19 PANDEMIC RECOMMENDATIONS

The FitnessGram assessment is a valuable tool to measure health-related fitness of children and to promote physical activity. The following recommendations provide teachers with school-based fitness assessment guidelines.

School-Based FitnessGram Assessment

School-based fitness assessment should be implemented with the utmost concern for student and teacher health and safety. Schools should follow the [Centers for Disease Control and Prevention \(CDC\) Guidelines](#). FitnessGram tests **should only be performed** if students and teachers are able to wear masks, maintain a six-foot physical distance, and limit equipment use. Testing should include additional time to disinfect mats or other equipment, if used.

Recommended FitnessGram test battery:

Health-Related Fitness Component	Test	Consideration
Aerobic Capacity	15M or 20M PACER	Outdoor space is preferred. PACER lanes should be at least 6-feet apart to maintain social distance.
Body Composition	Height and Weight - Body mass index (BMI)	Disinfect equipment between students.
Muscular Strength and Endurance: Upper Body	Push-Up	Smooth, comfortable outdoor surface, if available. If using equipment, disinfect equipment between students.
Muscular Strength and Endurance: Abdominal	Curl-Up	Smooth, comfortable outdoor surface, if available. Disinfect equipment between students.
Flexibility	Shoulder-Stretch	N/A

Centers for Disease Control and Prevention (2020). Retrieved from:
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>.