FEMALES

IHT software to collect and report Fitnessgram test protocols. The performance goal for all test areas is called the Healthy Fitness Zone (HFZ).

Aerobic Capacity

One-Mile Run / 20m PACER
VO_2Max

Age	NI–Health Risk	NI	HFZ
10	≤ 37.3	37.4 – 40.1	≥ 40.2
11	≤ 37.3	37.4 – 40.1	≥ 40.2
12	≤ 37.0	37.1 – 40.0	≥ 40.1
13	≤ 36.6	36.7 – 39.6	≥ 39.7
14	≤ 36.3	36.4 – 39.3	≥ 39.4
15	≤ 36.0	36.1 – 39.0	≥ 39.1
16	≤ 35.8	35.9 – 38.8	≥ 38.9
17	≤ 35.7	35.8 – 38.7	≥ 38.8
17+	≤ 35.3	35.4 – 38.5	≥ 38.6

The Needs Improvement (NI)-Health Risk zone is for students who score below NI.

VO_2Max standards are not available for students ages 5 through 9.

For the Walk Test only, standards are not available for students ages 10, 11, and 12.

Grade five students age 9 with time or laps reported have a VO_2Max calculated and are compared to the HFZ for students age10. VO_2Max will not be calculated for students less than age 9, but the student will be reported in the HFZ.

See the final page of this document for the 20m PACER test VO2Max conversion table into laps.

Body Composition

Skinfold Measurements / Bioelectric Impedance Analyzer
percent body fat

Body Mass Index

Age	Health Risk	NI	HFZ	Very Lean	Age	NI–Health Risk	NI	HFZ	Very Lean
5	≥ 28.4	≥ 20.9	20.8 – 9.8	≤ 9.7	5	≥ 18.5	≥ 16.9	16.8 – 13.6	≤ 13.5
6	≥ 28.4	≥ 20.9	20.8 – 9.9	≤ 9.8	6	≥ 19.2	≥ 17.3	17.2 – 13.5	≤ 13.4
7	≥ 28.4	≥ 20.9	20.8 – 10.1	≤ 10.0	7	≥ 20.2	≥ 18.0	17.9 – 13.6	≤ 13.5
8	≥ 28.4	≥ 20.9	20.8 – 10.5	≤ 10.4	8	≥ 21.2	≥ 18.7	18.6 – 13.7	≤ 13.6
9	≥ 30.8	≥ 22.7	22.6 – 11.0	≤ 10.9	9	≥ 22.4	≥ 19.5	19.4 – 14.0	≤ 13.9
10	≥ 33.0	≥ 24.4	24.3 – 11.6	≤ 11.5	10	≥ 23.6	≥ 20.4	20.3 – 14.3	≤ 14.2
11	≥ 34.5	≥ 25.8	25.7 – 12.2	≤ 12.1	11	≥ 24.7	≥ 21.3	21.2 – 14.7	≤ 14.6
12	≥ 35.5	≥ 26.8	26.7 – 12.7	≤ 12.6	12	≥ 25.8	≥ 22.2	22.1 – 15.2	≤ 15.1
13	≥ 36.3	≥ 27.8	27.7 – 13.4	≤ 13.3	13	≥ 26.8	≥ 23.0	22.9 – 15.7	≤ 15.6
14	≥ 36.8	≥ 28.6	28.5 – 14.0	≤ 13.9	14	≥ 27.7	≥ 23.7	23.6 – 16.2	≤ 16.1
15	≥ 37.1	≥ 29.2	29.1 – 14.6	≤ 14.5	15	≥ 28.5	≥ 24.4	24.3 – 16.7	≤ 16.6
16	≥ 37.4	≥ 29.8	29.7 – 15.3	≤ 15.2	16	≥ 29.3	≥ 24.9	24.8 – 17.1	≤ 17.0
17	≥ 37.9	≥ 30.5	30.4 – 15.9	≤ 15.8	17	≥ 30.0	≥ 25.0	24.9 – 17.5	≤ 17.4
17+	≥ 38.6	≥ 31.4	31.3 – 16.5	≤ 16.4	17+	≥ 30.0	≥ 25.0	24.9 – 17.8	≤ 17.7

The NI-Health Risk zone is for students above NI, and the Very Lean zone is for students below the HFZ. Students who fall in the Very Lean zone will be reported in the HFZ.

≥ The score is greater than or equal to the indicated value

≤ The score is less than or equal to the indicated value

IHT | SPIRIT® SYSTEM
Interactive Health Technologies

FEMALES

IHT software to collect and report Fitnessgram test protocols. The performance goal for all test areas is the Healthy Fitness Zone (HFZ).

Abdominal Strength and Endurance	Trunk Strength and Flexibility	Upper Body Strength and Endurance	Flexibility

* Touching fingertips together behind the back on both the right and left sides.

	Curl-Up # completed	**Trunk Lift** # of inches	**Push-Up** # completed	**Modified Pull-Up** # completed	**Flexed-Arm Hang** # of seconds	**Back Saver Sit & Reach** # of inches	**Shoulder Stretch**
Age	**HFZ**	**HFZ**	**HFZ**	**HFZ**	**HFZ**	**HFZ**	**HFZ**
5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	9	Y*
6	≥2	6 – 12	≥ 3	≥ 2	≥ 2	9	Y*
7	≥4	6 – 12	≥ 4	≥ 3	≥ 3	9	Y*
8	≥6	6 – 12	≥ 5	≥ 4	≥ 3	9	Y*
9	≥9	6 – 12	≥ 6	≥ 4	≥ 4	9	Y*
10	≥12	9 – 12	≥ 7	≥ 4	≥ 4	9	Y*
11	≥15	9 – 12	≥ 7	≥ 4	≥ 6	10	Y*
12	≥18	9 – 12	≥ 7	≥ 4	≥ 7	10	Y*
13	≥18	9 – 12	≥ 7	≥ 4	≥ 8	10	Y*
14	≥18	9 – 12	≥ 7	≥ 4	≥ 8	10	Y*
15	≥18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*
16	≥18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*
17	≥18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*
17+	≥18	9 – 12	≥ 7	≥ 4	≥ 8	12	Y*

The NI-Health Risk zone is for students above NI, and the Very Lean zone is for students below the HFZ. Students who fall in the Very Lean zone will be reported in the HFZ.

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≤ The score is less than or equal to the indicated value

MALES

IHT software to collect and report Fitnessgram test protocols. The performance goal for all test areas is the Healthy Fitness Zone (HFZ)

Aerobic Capacity

One-Mile Run / 20m PACER / Walk Test

Age	NI–Health Risk	NI	HFZ
10	≤ 37.3	37.4 – 40.1	≥ 40.2
11	≤ 37.3	37.4 – 40.1	≥ 40.2
12	≤ 37.6	37.7 – 40.2	≥ 40.3
13	≤ 38.6	38.7 – 41.0	≥ 41.1
14	≤ 39.6	39.7 – 42.4	≥ 42.5
15	≤ 40.6	40.7 – 43.5	≥ 43.6
16	≤ 41.0	41.1 – 44.0	≥ 44.1
17	≤ 41.2	41.3 – 44.1	≥ 44.2
17+	≤ 41.2	41.3 – 44.2	≥ 44.3

The Needs Improvement (NI)-Health Risk zone is for students who score below NI.

VO_2Max standards are not available for students ages 5 through 9.

For the Walk Test only, standards are not available for students ages 10, 11, and 12.

Grade five students age 9 with time or laps reported have a VO_2Max calculated and are compared to the HFZ for students age 10. VO_2Max will not be calculated for students less than age 9, but the student will be reported in the HFZ.

See the final page of this document for the 20m PACER test VO2Max conversion table into laps

Body Composition

Skinfold Measurements / Bioelectric Impedance Analyzer
percent body fat

Body Mass Index

Age	Health Risk	NI	HFZ	Very Lean	Age	NI–Health Risk	NI	HFZ	Very Lean
5	≥ 27.0	≥ 18.9	18.8 – 8.9	≤ 8.8	5	≥ 18.1	≥ 16.9	16.8 – 13.9	≤ 13.8
6	≥ 27.0	≥ 18.9	18.8 – 8.5	≤ 8.4	6	≥ 18.8	≥ 17.2	17.1 – 13.8	≤ 13.7
7	≥ 27.0	≥ 18.9	18.8 – 8.3	≤ 8.2	7	≥ 19.6	≥ 17.7	17.6 – 13.8	≤ 13.7
8	≥ 27.0	≥ 18.9	18.8 – 8.4	≤ 8.3	8	≥ 20.6	≥ 18.3	18.2 – 14.0	≤ 13.9
9	≥ 30.1	≥ 20.7	20.6 – 8.7	≤ 8.6	9	≥ 21.6	≥ 19.0	18.9 – 14.2	≤ 14.1
10	≥ 33.2	≥ 22.5	22.4 – 8.9	≤ 8.8	10	≥ 22.7	≥ 19.8	19.7 – 14.5	≤ 14.4
11	≥ 35.4	≥ 23.7	23.6 – 8.8	≤ 8.7	11	≥ 23.7	≥ 20.6	20.5 – 14.9	≤ 14.8
12	≥ 35.9	≥ 23.7	23.6 – 8.4	≤ 8.3	12	≥ 24.7	≥ 21.4	21.3 – 15.3	≤ 15.2
13	≥ 35.0	≥ 22.9	22.8 – 7.8	≤ 7.7	13	≥ 25.6	≥ 22.3	22.2 – 15.8	≤ 15.7
14	≥ 33.2	≥ 21.4	21.3 - 7.1	≤ 7.0	14	≥ 26.5	≥ 23.1	23.0 – 16.4	≤ 16.3
15	≥ 31.5	≥ 20.2	20.1 – 6.6	≤ 6.5	15	≥ 27.2	≥ 23.8	23.7 – 16.9	≤ 16.8
16	≥ 31.6	≥ 20.2	20.1 – 6.5	≤ 6.4	16	≥ 27.9	≥ 24.6	24.5 – 17.5	≤ 17.4
17	≥ 33.0	≥ 21.0	20.9 – 6.7	≤ 6.6	17	≥ 28.6	≥ 25.0	24.9 – 18.1	≤ 18.0
17+	≥ 35.1	≥ 22.3	22.2 – 7.0	≤ 6.9	17+	≥ 29.3	≥ 25.0	24.9 – 18.6	≤ 18.5

The NI-Health Risk zone is for students above NI, and the Very Lean zone is for students below the HFZ. Students who fall in the Very Lean zone will be reported in the HFZ.

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MALES

PYFP uses IHT software to collect and report Fitnessgram test protocols. The performance goal for all test areas is the Healthy Fitness Zone (HFZ).

	Abdominal Strength and Endurance	Trunk Strength and Flexibility	Upper Body Strength and Endurance				Flexibility
	Curl-Up # completed	**Trunk Lift** # of inches	**Push-Up** # completed	**Modified Pull-Up** # completed	**Flexed-Arm Hang** # of seconds	**Back Saver Sit & Reach** # of inches	**Shoulder Stretch**
Age	**HFZ**	**HFZ**	**HFZ**	**HFZ**	**HFZ**	**HFZ**	**HFZ**
5	≥ 2	6 – 12	≥ 3	≥ 2	≥ 2	8	Y*
6	≥2	6 – 12	≥ 3	≥ 2	≥ 2	8	Y*
7	≥4	6 – 12	≥ 4	≥ 3	≥ 3	8	Y*
8	≥6	6 – 12	≥ 5	≥ 4	≥ 3	8	Y*
9	≥9	6 – 12	≥ 6	≥ 5	≥ 4	8	Y*
10	≥12	9 – 12	≥ 7	≥ 5	≥ 4	8	Y*
11	≥15	9 – 12	≥ 8	≥ 6	≥ 6	8	Y*
12	≥18	9 – 12	≥ 10	≥ 7	≥ 10	8	Y*
13	≥21	9 – 12	≥ 12	≥ 8	≥ 12	8	Y*
14	≥24	9 – 12	≥ 14	≥ 9	≥ 15	8	Y*
15	≥24	9 – 12	≥ 16	≥ 10	≥ 15	8	Y*
16	≥24	9 – 12	≥ 18	≥ 12	≥ 15	8	Y*
17	≥24	9 – 12	≥ 18	≥ 14	≥ 15	8	Y*
17+	≥24	9 – 12	≥ 18	≥ 14	≥ 15	8	Y*

* Touching fingertips together behind the back on both the right and left sides.

The NI-Health Risk zone is for students above NI, and the Very Lean zone is for students below the HFZ. Students who fall in the Very Lean zone will be reported in the HFZ.

≥ The score is greater than or equal to the indicated value

≤ The score is less than or equal to the indicated value