

HoustonISD FitnessGram Test Components

Component of Health- related Fitness	Definition	Fitness Test
➤ Aerobic Capacity	The ability to perform large muscle, high intensity exercise for prolonged periods.	<ul style="list-style-type: none"> ➤ 20meter PACER or ➤ 1-mile Run
➤ Muscular Strength	The ability of the muscles to exert force.	<ul style="list-style-type: none"> ➤ 90*Push-ups ➤ Curl-ups ➤ Trunk Lift
➤ Muscular Endurance	The ability of muscles to exert themselves repeatedly.	
➤ Flexibility	The range of motion available in a joint.	➤ Shoulder Stretch
➤ Body Composition	The ratio of fat mass to fat free mass (muscles, bone and tissue) within the body.	➤ BMI (height and weight)