

Fitness Gram Study Sheet

The Fitness Gram is a tool used in Physical Education classes across the country to assess individual student's fitness levels. As you grow and develop, your capabilities may increase or decrease, depending on the fitness component being assessed. You will take at least one test for each component of fitness.

There are 5 components of physical fitness:

Aerobic Capacity

Muscular Strength

Muscular Endurance

Flexibility

Body Composition

There may be several types of tests for each component:

Aerobic Capacity – Pacer, Mile Run, Cooper Test

Muscular Strength – Push-up, Pull-up, Flexed Arm Hang

Muscular Endurance – Curl-up (sit-up)

Flexibility – Sit and Reach, Shoulder Stretch

Body Composition – Body Fat Percentage, Body Mass Index

Vocabulary

Aerobic Capacity – the maximum capacity of an individual's body to transport and utilize oxygen during incremental exercise, which reflects the physical fitness of the individual.

Body Fat Percentage – consists of essential fat and storage fat.

Body Mass Index - an index that expresses adult weight in relation to height.

Flexibility – able to bend or be bent repeatedly without damage or injury.

Muscular Endurance – the ability for humans and animals to exert themselves through aerobic or anaerobic exercise for relatively long periods of time.

Muscular Strength – is the ability of a person or animal to exert force on physical objects using muscles.

Obese – having a body weight more than 20 percent greater than recommended for the relevant height and thus at risk from several serious illnesses, including diabetes and heart disease.

Target Heart Rate – the full efficient speed at which one's heart should beat during exercise.