SAN DIEGO UNIFIED SCHOOL DISTRICT Office of Leadership and Learning Assessment Services Department

2019-20 Spring FITNESSGRAM Roster/Score Sheet

School:								Tead	cher:	Period/Class:										
Student Name & Student District ID	First Day of Testing	Aerobic Capacity (Select One: One Mile Run, Walk Test, or Pacer)				Muscle Strength (Do Both Tests)		Strength & Endurance (Select One: Push- Up, Modified Pull-Up, or Flexed Arm Hang)		Flexibility (Select One: Sit & Reach or Shoulder Stretch)				Body Composition – Height/Weight must be recorded for <u>ALL students</u> , <u>Skin Fold</u> <u>and BIO/ASC are optional</u> (Select One: Height/Weight, Skin Fold, or Bioelectric Impedance/ Automated Skin Fold Calipers)						
					Pacer	Curl	Trunk	Test Type	#	Sit & Reach		Shoulder Stretch		Height		Weight Skin Fold Bio/				
		Min.	Sec.	Heart Rate (60 sec.)	# Laps	Up#	Lift#			Inches Left Side	Inches Right Side	P/F Left Side	P/F Right Side	Feet	Inches	Lbs.	Tricep	Calf	ASC	