

Fitness Zones for Recommended and Optional Test Items Girls With Visual Impairment (Blindness)

Age (yr.)	PACER (20 m laps)			1-mile run (VO ₂ MAX)			TAMT (pass/fail)		Percent body fat ^c			Triceps and calf skinfold ^d (mm)
	NI ^a	AFZ ^a	HFZ ^b	NI	AFZ ^a	HFZ ^c	NI	HFZ ^d	>Very lean	HFZ	NI	NI (health risk)
10	≤12	13–16	≥17	≤38.9	39.0–40.1	≥40.2	F	P	≤11.5	11.6–24.3	24.4	≥33.0
11	≤15	16–19	≥20	≤38.9	39.0–40.1	≥40.2	F	P	≤12.1	12.2–25.7	25.8	≥34.5
12	≤18	19–22	≥23	≤38.8	38.9–40.0	≥40.1	F	P	≤12.6	12.7–26.7	26.8	≥35.5
13	≤20	21–24	≥25	≤38.4	38.5–39.6	≥39.7	F	P	≤13.3	13.4–27.7	27.8	≥36.3
14	≤22	23–26	≥27	≤38.1	38.2–39.3	≥39.4	F	P	≤13.9	14.0–28.5	28.6	≥36.8
15	≤25	26–29	≥30	≤37.8	37.9–39.0	≥39.1	F	P	≤14.5	14.6–29.1	29.2	≥37.1
16	≤27	28–31	≥32	≤37.6	37.7–38.8	≥38.9	F	P	≤15.2	15.3–29.7	29.8	≥37.4
17	≤30	31–34	≥35	≤37.5	37.6–38.7	≥38.8	F	P	≤15.8	15.9–30.4	30.5	≥37.9

Age (yr.)	Body mass index ^e			Flexed-arm hang (sec.)		Push-up (# completed)		Pull-up (# completed)		Modified pull-up (# completed)		Curl-up (# completed)
	Very lean	HFZ	NI	NI (health risk)	NI	HFZ ^c	NI	HFZ ^c	NI	HFZ ^c	NI	
10	≤14.2	14.3–20.3	20.4	≥23.6	≤3	≥4	≤6	≥7	0	≥1	≤3	NI
11	≤14.6	14.7–21.2	21.3	≥24.7	≤5	≥6	≤6	≥7	0	≥1	≤3	NI
12	≤15.1	15.2–22.1	22.2	≥25.8	≤6	≥7	≤6	≥7	0	≥1	≤3	NI
13	≤15.6	15.7–22.9	23.0	≥26.8	≤7	≥8	≤6	≥7	0	≥1	≤3	NI
14	≤16.1	16.2–23.6	23.7	≥27.7	≤7	≥8	≤6	≥7	0	≥1	≤3	NI
15	≤16.6	16.7–24.3	24.4	≥28.5	≤7	≥8	≤6	≥7	0	≥1	≤3	NI
16	≤17.0	17.1–24.8	24.9	≥29.3	≤7	≥8	≤6	≥7	0	≥1	≤3	NI
17	≤17.4	17.5–24.9	25.0	≥30.0	≤7	≥8	≤6	≥7	0	≥1	≤3	NI

Age (yr.)	Trunk lift (in.)		Shoulder stretch (pass/fail)		Sit-and-reach (in.)	
	NI	HFZ ^c	NI	HFZ ^c	NI	HFZ ^c
10	≤8	9–12	F	P	≤8	9
11	≤8	9–12	F	P	≤9	10
12	≤8	9–12	F	P	≤9	10
13	≤8	9–12	F	P	≤9	10
14	≤8	9–12	F	P	≤9	10
15	≤8	9–12	F	P	≤11	12
16	≤8	9–12	F	P	≤11	12
17	≤8	9–12	F	P	≤11	12

- NI and AFZ lap counts from Winnick and Short, 2014, developed with an equation provided by The Cooper Institute (2013). AFZ lap range represents a 3 percent reduction from VO₂ max standard for the general population. Where appropriate, youngsters with visual impairment should pursue standards for the HFZ.
- Reprinted, by permission, from The Cooper Institute, 2014, *Goal setting chart for aerobic capacity and PACER test*
- Reprinted, by permission, from The Cooper Institute, 2013, *Fitnessgram/Activitygram test administration manual*, updated 4th ed. (Champaign, IL: Human Kinetics), 62.
- Based on data from Project Target (1998).
- Based on data from The Cooper Institute (1999).
- The Cooper Institute, 2013, *Fitnessgram/Activitygram test administration manual*, updated 4th ed. (Champaign, IL: Human Kinetics), 66, 102.

From J. Winnick and F. Short, 2014, *Brockport physical fitness test manual: A health-related assessment for youngsters with disabilities* (Champaign, IL: Human Kinetics).