

## Fitness Zones for Recommended and Optional Test Items    Boys With Intellectual Disability

Age (yr.)	PACER (20 m laps)			TAMT (pass/fail)		Percent body fat <sup>c</sup>			Triceps and calf skinfold <sup>e</sup> (mm)		Body mass index <sup>c</sup>		
	NI <sup>a</sup>	AFZ <sup>a</sup>	HFZ <sup>b</sup>	NI	HFZ <sup>d</sup>	Very lean	HFZ	NI	HFZ	NI (health risk)	Very lean	HFZ	NI
10	≤4	5–16	≥17	F	P	≤8.8	8.9–22.4	22.5	11–29	NI	≤14.4	14.5–19.7	19.8
11	≤7	8–19	≥20	F	P	≤8.7	8.8–23.6	23.7	11–31	NI	≤14.8	14.9–20.5	20.6
12	≤11	12–22	≥23	F	P	≤8.3	8.4–23.6	23.7	10–31	NI	≤15.2	15.3–21.3	21.4
13	≤16	17–28	≥29	F	P	≤7.7	7.8–22.8	22.9	9–30	NI	≤15.7	15.8–22.2	22.3
14	≤23	24–35	≥36	F	P	≤7.0	7.1–21.3	21.4	8–28	NI	≤16.3	16.4–23.0	23.1
15	≤29	30–41	≥42	F	P	≤6.5	6.6–20.1	20.2	8–26	NI	≤16.8	16.9–23.7	23.8
16	≤33	34–46	≥47	F	P	≤6.4	6.5–20.1	20.2	8–26	NI	≤17.4	17.5–24.5	24.6
17	≤37	38–49	≥50	F	P	≤6.6	6.7–20.9	21.0	8–27	NI	≤18.0	18.1–24.9	25.0

Age (yr.)	Isometric push-up (sec.)			Bench press (# completed)		Extended-arm hang (sec.)			Flexed-arm hang (sec.)		Grip strength (kg)		Modified curl-up (# completed)	
	NI	AFZ	HFZ <sup>d</sup>	NI	AFZ	NI	AFZ	HFZ <sup>d</sup>	NI	AFZ	NI	AFZ	NI	AFZ
10	≤19	20–39	40			≤22	23–29	30–40			≤11	12–17	≤6	7–11
11	≤19	20–39	40			≤22	23–29	30–40			≤13	14–20	≤8	9–14
12	≤19	20–39	40			≤22	23–29	30–40			≤15	16–24	≤10	11–17
13				≤9	10–19				≤5	6–11	≥12	19–28	≤12	13–20
14				≤15	16–32				≤7	8–14	≥15	22–32	≤13	14–23
15				≤19	20–39				≤7	8–14	≥15	24–36	≤13	14–23
16				≤22	23–46				≤7	8–14	≥15	28–42	≤13	14–23
17				≤24	25–49				≤7	8–14	≥15	32–48	≤13	14–23

Age (yr.)	Trunk lift (in.)		Shoulder stretch (pass/fail)		Sit-and-reach (in.)	
	NI	HFZ <sup>c</sup>	NI	HFZ <sup>c</sup>	NI	HFZ <sup>c</sup>
10	≤8	9–12	F	P	≤7	8
11	≤8	9–12	F	P	≤7	8
12	≤8	9–12	F	P	≤7	8
13	≤8	9–12	F	P	≤7	8
14	≤8	9–12	F	P	≤7	8
15	≤8	9–12	F	P	≤7	8
16	≤8	9–12	F	P	≤7	8
17	≤8	9–12	F	P	≤7	8

- 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 10 percent reduction from VO<sub>2</sub>max standard for the general population. Where appropriate, youngsters with intellectual disability 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), 65.
- Based on Project Target (1998).
- The Cooper Institute, 2013, *Fitnessgram/Activitygram test administration manual*, updated 4th ed. (Champaign, IL: Human Kinetics), 65, 101.