

## Fitness Zones for Recommended and Optional Test Items      Girls With Cerebral Palsy

Age (yr.)	TAMT (pass/fail)		Percent body fat <sup>b</sup>			Triceps and calf skinfold <sup>b,c</sup> (mm)	Body mass index <sup>b</sup>			Seated push-up (# completed)	
	NI	HFZ	Very lean	HFZ	NI		Very lean	HFZ	NI	NI (health risk)	NI
10	F	P	≤11.5	11.6–24.3	24.4	NI	≥33.0	11–32	≤14.2	14.3–20.3	20.4
11	F	P	≤12.1	12.2–25.7	25.8	NI	≥34.5	12–34	≤14.6	14.7–21.2	21.3
12	F	P	≤12.6	12.7–26.7	26.8	NI	≥35.5	13–36	≤15.1	15.2–22.1	22.2
13	F	P	≤13.3	13.4–27.7	27.8	NI	≥36.3	14–37	≤15.6	15.7–22.9	23.0
14	F	P	≤13.9	14.0–28.5	28.6	NI	≥36.8	15–39	≤16.1	16.2–23.6	23.7
15	F	P	≤14.5	14.6–29.1	29.2	NI	≥37.1	16–40	≤16.6	16.7–24.3	24.4
16	F	P	≤15.2	15.3–29.7	29.8	NI	≥37.4	17–41	≤17.0	17.1–24.8	24.9
17	F	P	≤15.8	15.9–30.4	30.5	NI	≥37.9	18–42	≤17.4	17.5–24.9	25.0

Age (yr.)	40 m push/walk (pass/fail)		Wheelchair ramp test (feet)		Dumbbell press (# completed)		Grip strength (kg)		Modified Apley (score)		Modified Thomas (score)		Target stretch (score)	
	NI	AFZ <sup>a</sup>	NI	AFZ <sup>a</sup>	NI	HFZ <sup>a</sup>	NI	HFZ <sup>a</sup>	NI	AFZ <sup>c</sup>	NI	HFZ <sup>a</sup>	NI	AFZ
10	F	P	≤7	≥8–15			≤16	≥17	≤1	2	≤1	3	0	1
11	F	P	≤7	≥8–15			≤18	≥19	≤1	2	≤1	3	0	1
12	F	P	≤7	≥8–15			≤21	≥22	≤1	2	≤1	3	0	1
13	F	P	≤7	≥8–15	≤4	5–50	≤23	≥24	≤1	2	≤1	3	0	1
14	F	P	≤7	≥8–15	≤6	7–50	≤25	≥26	≤1	2	≤1	3	0	1
15	F	P	≤7	≥8–15	≤9	10–50	≤28	≥29	≤1	2	≤1	3	0	1
16	F	P	≤7	≥8–15	≤10	11–50	≤28	≥29	≤1	2	≤1	3	0	1
17	F	P	≤7	≥8–15	≤10	11–50	≤28	≥29	≤1	2	≤1	3	0	1

- Based on data from Project Target (1998).
- Reprinted, by permission, from The Cooper Institute, 2013, *Fitnessgram/Activitygram test administration manual*, updated 4th ed. (Champaign, IL: Human Kinetics), 66.
- AFZ is appropriate for classes C1 and C2L. When this test is recommended for other classes of cerebral palsy, use HFZ.
- AFZ is appropriate for classes C5 and C7 (affected side). When this test is recommended for other classes of cerebral palsy, use HFZ.
- 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).