

## Fitness Zones for Recommended and Optional Test Items      Girls With Spinal Cord Injury

Age (yr.)	TAMT (pass/fail)		Percent body fat <sup>b</sup>				Triceps and calf skinfold <sup>b,c</sup> (mm)	Reverse curl (# completed)		Seated push-up (# completed)	Bench press (# completed)		Dumbbell press (# completed)
	NI	HFZ <sup>a</sup>	Very lean	HFZ	NI	NI (health risk)		NI	AFZ <sup>a</sup>		NI	HFZ <sup>a</sup>	
10	F	P	≤11.5	11.6–24.3	24.4	≥33.0	11–32	0	≥1	≤4	≥5–20		
11	F	P	≤12.1	12.2–25.7	25.8	≥34.5	12–34	0	≥1	≤4	≥5–20		
12	F	P	≤12.6	12.7–26.7	26.8	≥35.5	13–36	0	≥1	≤4	≥5–20		
13	F	P	≤13.3	13.4–27.7	27.8	≥36.3	14–37	0	≥1	≤4	≥5–20	≤9	10–50
14	F	P	≤13.9	14.0–28.5	28.6	≥36.8	15–39	0	≥1	≤4	≥5–20	≤12	13–50
15	F	P	≤14.5	14.6–29.1	29.2	≥37.1	16–40	0	≥1	≤4	≥5–20	≤13	14–50
16	F	P	≤15.2	15.3–29.7	29.8	≥37.4	17–41	0	≥1	≤4	≥5–20	≤13	14–50
17	F	P	≤15.8	15.9–30.4	30.5	≥37.9	18–42	0	≥1	≤4	≥5–20	≤14	15–50

Age (yr.)	Grip strength (kg)		Modified Apley (score)		Modified Thomas (score)		Target stretch (score)	
	NI	HFZ <sup>a</sup>	NI	HFZ <sup>a</sup>	NI	HFZ <sup>a</sup>	NI	HFZ <sup>a</sup>
10	≤16	≥17	≤2	3	≤2	3	≤1	2
11	≤18	≥19	≤2	3	≤2	3	≤1	2
12	≤21	≥22	≤2	3	≤2	3	≤1	2
13	≤23	≥24	≤2	3	≤2	3	≤1	2
14	≤25	≥26	≤2	3	≤2	3	≤1	2
15	≤28	≥29	≤2	3	≤2	3	≤1	2
16	≤28	≥29	≤2	3	≤2	3	≤1	2
17	≤28	≥29	≤2	3	≤2	3	≤1	2

- a. Based on data from Project Target (1998).
- b. Reprinted, by permission, from The Cooper Institute, 2013, *Fitnessgram/Activitygram test administration manual*, updated 4th ed. (Champaign, IL: Human Kinetics), 62.
- c. 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).