

Fitness Zones for Recommended and Optional Test Items Girls With Congenital Anomaly or Amputation

Age (yr.)	PACER (20 m laps)		1-mile run ^{e,d} (VO ₂ MAX)		TAMT (pass/fail)		Percent body fat ^b		Triceps and calf skinfold ^{e,f} (mm)		Seated push-up (# completed)	
	NI ^a	HFZ ^b	NI (health risk)	NI	HFZ	NI	HFZ	NI	NI (health risk)	HFZ	NI	AFZ ^e
10	≤16	≥17	≤37.3	37.4–40.1	≥40.2	F	P	≤11.5	≥33.0	11–32	≤4	≥5–20
11	≤19	≥20	≤37.3	37.4–40.1	≥40.2	F	P	≤12.1	≥34.5	12–34	≤4	≥5–20
12	≤22	≥23	≤37.0	37.1–40.0	≥40.1	F	P	≤12.6	≥35.5	13–36	≤4	≥5–20
13	≤24	≥25	≤36.6	36.7–39.6	≥39.7	F	P	≤13.3	≥36.3	14–37	≤4	≥5–20
14	≤26	≥27	≤36.3	36.4–39.3	≥39.4	F	P	≤13.9	≥36.8	15–39	≤4	≥5–20
15	≤29	≥30	≤36.0	36.1–39.0	≥39.1	F	P	≤14.5	≥37.1	16–40	≤4	≥5–20
16	≤31	≥32	≤35.8	35.9–38.8	≥38.9	F	P	≤15.2	≥37.4	17–41	≤4	≥5–20
17	≤32	≥35	≤35.7	35.8–38.7	≥38.8	F	P	≤15.8	≥37.9	18–42	≤4	≥5–20

Age (yr.)	Bench press (# completed)		Dumbbell press (# completed)		Grip strength (kg)		Curl-up (# completed)		Trunk lift (in.)		Modified Apley (score)		Shoulder stretch (pass/fail)		Sit-and-reach (in.)		Target stretch (score)	
	NI	HFZ ^e	NI	HFZ ^e	NI	HFZ ^e	NI	HFZ ^c	NI	HFZ ^c	NI	HFZ ^e	NI	HFZ ^c	NI	HFZ ^c	NI	HFZ ^e
10					≤16	≥17	≤11	≥12	≤8	9–12	2	3	F	P	≤8	9	≤1	2
11					≤18	≥19	≤14	≥15	≤8	9–12	2	3	F	P	≤9	10	≤1	2
12					≤21	≥22	≤17	≥18	≤8	9–12	2	3	F	P	≤9	10	≤1	2
13	≤9	10–50	≤4	5–50	≤23	≥24	≤17	≥18	≤8	9–12	2	3	F	P	≤9	10	≤1	2
14	≤12	13–50	≤6	7–50	≤25	≥26	≤17	≥18	≤8	9–12	2	3	F	P	≤9	10	≤1	2
15	≤13	14–50	≤9	10–50	≤28	≥29	≤17	≥18	≤8	9–12	2	3	F	P	≤11	12	≤1	2
16	≤13	14–50	≤10	11–50	≤28	≥29	≤17	≥18	≤8	9–12	2	3	F	P	≤11	12	≤1	2
17	≤14	15–50	≤10	11–50	≤28	≥29	≤17	≥18	≤8	9–12	2	3	F	P	≤11	12	≤1	2

- Lap counts from Winnick and Short, 2014, developed with an equation provided by The Cooper Institute (2013).
- 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), 66.
- Because the $\dot{V}O_{2\max}$ formula includes body mass index, $\dot{V}O_{2\max}$ will be overestimated if body mass index is not adjusted for the weight of a missing limb.
- Based on data from Project Target (1998).
- 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).