

Fitness Zones for Recommended and Optional Test Items Boys With Cerebral Palsy

Age (yr.)	TAMT (pass/fail)		Percent body fat ^b				Triceps and calf skinfold ^{b,e} (mm)		Body mass index ^b				Seated push-up (# completed)	
	NI	HFZ ^a	Very lean	HFZ	NI	NI (health risk)	HFZ	Very lean	HFZ	NI	NI (health risk)	NI		
10	F	P	≤8.8	8.9–22.4	22.5	≥33.2	11–29	≤14.4	14.5–19.7	19.8	≥22.7	NI	≤4	≥5–20
11	F	P	≤8.7	8.8–23.6	23.7	≥35.4	11–31	≤14.8	14.9–20.5	20.6	≥23.7	NI	≤4	≥5–20
12	F	P	≤8.3	8.4–23.6	23.7	≥35.9	10–31	≤15.2	15.3–21.3	21.4	≥24.7	NI	≤4	≥5–20
13	F	P	≤7.7	7.8–22.8	22.9	≥35.0	9–30	≤15.7	15.8–22.2	22.3	≥25.6	NI	≤4	≥5–20
14	F	P	≤7.0	7.1–21.3	21.4	≥33.2	8–28	≤16.3	16.4–23.0	23.1	≥26.5	NI	≤4	≥5–20
15	F	P	≤6.5	6.6–20.1	20.2	≥31.5	8–26	≤16.8	16.9–23.7	23.8	≥27.2	NI	≤4	≥5–20
16	F	P	≤6.4	6.5–20.1	20.2	≥31.6	8–26	≤17.4	17.5–24.5	24.6	≥27.9	NI	≤4	≥5–20
17	F	P	≤6.6	6.7–20.9	21.0	≥33.0	8–27	≤18.0	18.1–24.9	25.0	≥28.6	NI	≤4	≥5–20

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 ^a	NI	AFZ ^a	NI	HFZ ^a	NI	HFZ ^a	NI	AFZ ^c	HFZ ^a	AFZ ^d		
10	F	P	≤7	≥8–15			≤17	≥18	≤1	2	3	2	0	1
11	F	P	≤7	≥8–15			≤20	≥21	≤1	2	3	2	0	1
12	F	P	≤7	≥8–15			≤24	≥25	≤1	2	3	2	0	1
13	F	P	≤7	≥8–15	≤13	14–50	≤28	≥29	≤1	2	3	2	0	1
14	F	P	≤7	≥8–15	≤18	19–50	≤32	≥33	≤1	2	3	2	0	1
15	F	P	≤7	≥8–15	≤20	21–50	≤36	≥37	≤1	2	3	2	0	1
16	F	P	≤7	≥8–15	≤23	24–50	≤42	≥43	≤1	2	3	2	0	1
17	F	P	≤7	≥8–15	≤26	27–50	≤48	≥49	≤1	2	3	2	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), 65.
- 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), 65, 101.

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