

**Fitness Zones for Recommended and Optional Test Items**      **Girls 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>		Very lean	HFZ	NI		Very lean	HFZ	NI (health risk)
10	≤4	5–16	≥17	F	≤11.5	11.6–24.3	24.4	11–32	≤14.2	14.3–20.3	20.4
11	≤7	8–19	≥20	F	≤12.1	12.2–25.7	25.8	12–34	≤14.6	14.7–21.2	21.3
12	≤10	11–22	≥23	F	≤12.6	12.7–26.7	26.8	13–36	≤15.1	15.2–22.1	22.2
13	≤12	13–24	≥25	F	≤13.3	13.4–27.7	27.8	14–37	≤15.6	15.7–22.9	23.0
14	≤15	16–26	≥27	F	≤13.9	14.0–28.5	28.6	15–39	≤16.1	16.2–23.6	23.7
15	≤17	18–29	≥30	F	≤14.5	14.6–29.1	29.2	16–40	≤16.6	16.7–24.3	24.4
16	≤20	21–31	≥32	F	≤15.2	15.3–29.7	29.8	17–41	≤17.0	17.1–24.8	24.9
17	≤23	24–34	≥35	F	≤15.8	15.9–30.4	30.5	18–42	≤17.4	17.5–24.9	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>a</sup>	NI	AFZ	NI	AFZ	HFZ <sup>d</sup>	NI	AFZ	NI	AFZ	HFZ <sup>e</sup>	NI	AFZ
10	≤12	13–24	25–40			≤14	15–19	20–40			≤10	11–16	≥17	≤6	7–11
11	≤12	13–24	25–40			≤14	15–19	20–40			≤11	12–18	≥19	≤8	9–14
12	≤12	13–24	25–40			≤14	15–19	20–40			≤13	14–21	≥22	≤10	11–17
13			≤4	5–9	10–50				≤3	4–7	≤15	16–23	≥24	≤10	11–17
14			≤5	6–12	13–50				≤3	4–7	≤16	17–25	≥26	≤10	11–17
15			≤6	7–13	14–50				≤3	4–7	≤18	19–28	≥29	≤10	11–17
16			≤6	7–13	14–50				≤3	4–7	≤18	19–28	≥29	≤10	11–17
17			≤7	8–14	15–50				≤3	4–7	≤18	19–28	≥29	≤10	11–17

- a. 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.
- b. Reprinted, by permission, from The Cooper Institute, 2014, *Goal setting chart for aerobic capacity and PACER test*.
- c. Reprinted, by permission, from The Cooper Institute, 2013, *Fitnessgram/Activitygram test administration manual*, updated 4th ed. (Champaign, IL: Human Kinetics), 66.
- d. Based on data from Project Target (1998).
- e. The Cooper Institute, 2013, *Fitnessgram/Activitygram test administration manual*, updated 4th ed. (Champaign, IL: Human Kinetics), 66, 102.

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	≤8	9
11	≤8	9–12	F	P	≤9	10
12	≤8	9–12	F	P	≤9	10
13	≤8	9–12	F	P	≤9	10
14	≤8	9–12	F	P	≤9	10
15	≤8	9–12	F	P	≤11	12
16	≤8	9–12	F	P	≤11	12
17	≤8	9–12	F	P	≤11	12

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