

FITNESSGRAM
SB 530 Required Test Items
State of Texas
Grades 3-12

The following items will be tested in PE classes, grades 3-7 during the months of October and November. Testing will begin October 19 at SIS.

Aerobic Capacity- The Pacer test. This test measures aerobic endurance by running to and from a point at a timed pace until the student feels they can no longer run.

Body Composition – Body Mass Index – (BMI). This test will be calculated by measuring height and weight.

Abdominal Strength and Endurance – Curl – up. This test will measure the number of curl-ups performed.

Trunk extensor strength and flexibility – The trunk lift will measure back and abdominal flexibility up to 12 inches.

Upper body strength and endurance – This test is measured by the number of 90 degree push-ups performed.

Flexibility – This test is measured by using sit and reach on each leg.

All items are required by Texas law to test each year. At the end of testing, a report will be printed and sent home. Each report will show the results of your child's testing. Except for 3rd grade, the prior year's results will also be shown as a comparison. If you have any questions, please do not hesitate to contact your PE Teachers.