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Table 9.1 FITNeSSGRaM Standards For Healthy Fitness Zone Table 9.1 FITNeSSGRaM Standards For Healthy Fitness Zone

Boys Age Vo 2 Max (ml · Kg⁻¹ · Min⁻¹) 20-meter PACER (Enter # Laps In Software) 15-meter PACER (Use Conversion Chart; Enter In Software)† One-mile Run (min:sec) Walk Test (Vo 2 Max) Percent Fat Body Mass Index 5 Participation In Run. Lap Count Standards Not Recommended. Completion ... Feb 1th, 2024FitnessGram 20M PACER Laps - Fwisd.orgGoal Setting Chart For Aerobic Capacity And PACER Test* FITNESSGRAM® V10 This Lookup Table Includes The Minimal Aerobic Capacity (VO2max) Score And PACER (20m) Laps Needed For Students To Achieve The Healthy Fitness Zone® (HFZ). Though Students Can Make Goals Based On The Minimum Number Of PACER Laps, Teachers Are Jun 3th, 2024Name Period Fitnessgram - Self-AssessmentFitnessgram - Self-Assessment INSTRUCTIONS: Please Answer The Following With Complete Responses. Please Put Quality Thought And Effort Into Each Of Your Answers. You Will Need To Review The Following Charts To Complete This Section: Fitnessgram Healthy Fitness Zone Chart BMI Chart Apr 1th, 2024. FITNESSGRAM Healthy Fitness Zone Performance StandardsFor Each Test Area, The FITNESSGRAM ® Uses The Healthy Fitness Zone (HFZ) To Evaluate Fitness Performance. The Performance Goal For All Test Areas Is The HFZ. Aerobic Capacity. \geq The Score Is Greater Than Or Equal To The Indicated Value \leq The Score Is Less Than Or Equal To The Indicated Value. One-Mile Run / 20m PACER / Walk Test ... Apr 2th, 2024

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