

### **Summary of Fitness Test Principles**

- The primary reason for testing is to provide the student with personal information that may be used in planning a personal fitness program and developing motivation to take care of their health to reach their maximum potential.
- FITNESSGRAM is just an assessment; it is what the teachers do with the information that is truly valuable.
- Physical fitness testing should not become a competitive sport.
- The performance of one student should not be compared to that of another student.
- The performance level on fitness tests should not be used as a basis for grading.
- The physical fitness experience should always be fun and enjoyable.
- Students should not be encouraged to perform beyond the benchmarks.