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Self-Assessment

Student text pages 29-31

FITNESSGRAM 1— STRENGTH AND MUSCULAR ENDURANCE

Objective: To perform *FITNESSGRAM* activities that assess strength and muscular endurance.

Procedure: In several different sessions you will make self-assessments using items from *FITNESSGRAM*. The *FITNESSGRAM* is a national assessment program that allows you to rate your fitness in each of the areas of health-related physical fitness. At a later time, you will use all of the information to summarize your performance.

The *FITNESSGRAM* has a rating system. Textbook pages 30 and 31 show the ratings for the two assessments you will make in this session. Before you try these exercises, predict what your ratings will be. Place a check (✓) in the box for your estimated ratings.

Estimate Your Ratings

Assessment item	Estimated ratings			
	High performance	Good	Marginal	Low
Curl-Up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Push-Up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do the two assessments described on textbook pages 29-31. Record your score and actual ratings in the chart below.

Record Your Ratings

Assessment item	Number completed	Actual ratings			
		High performance	Good	Marginal	Low
Curl-Up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Push-Up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The curl-up and push-up rate your strength and muscular endurance, two important parts of health-related physical fitness. Answer these questions about your strength and muscular endurance.

1. Before you took these two self-assessments, how did you rate your strength and muscular endurance?

2. In a brief paragraph, explain your results. If your estimates were higher than your actual ratings, explain why. If your actual ratings were higher than your estimates, how do you explain the results? If your estimates and actual ratings are similar, explain how you made the accurate estimates.

3. In a brief paragraph, discuss your need for strength and muscular endurance. Do you have all you need, more than you need, or less than you need? How will you change the activities you currently perform?
