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Self-Assessment

Student text pages 81-82

FITNESSGRAM 2—BODY COMPOSITION AND FLEXIBILITY

Objective: To use the Body Mass Index and Back-Saver Sit and Reach to rate body composition and flexibility.

You have already made some self-assessments using items from *FITNESSGRAM*. *FITNESSGRAM* is a national assessment program that allows you to rate your fitness in each of the areas of health-related physical fitness. At the end of this session you will use all the information to summarize your performance. Textbook pages 81-82 explain the rating system.

Before you try these activities, 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
Body Mass Index	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back-Saver Sit and Reach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do the two assessments described on textbook pages 81-82. In the chart below, record your rating number or score. Then place a check in one column for your actual ratings.

Record Your Ratings

Assessment item	Rating or score	Actual ratings			
		High performance	Good	Marginal	Low
Body Mass Index		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Back-Saver Sit and Reach		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The Body Mass Index and Back-Saver Sit and Reach rate your body composition and flexibility, two important parts of health-related physical fitness. Answer the following questions about your body composition and flexibility.

- Before you took these two self-assessments, why did you estimate your body composition and flexibility as you did?

- 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.

- In a brief paragraph, discuss your need for flexibility and for a healthy amount of body fatness. Do you have all you need, more than you need, or less than you need? How will you change the activities you currently perform?

