

Physical Education and Health Test Out (PE/Health)

9-12 Grade (CHS, CJHS, RHS)

The Physical Education Health Test-Out consists of two components: a physical assessment and a written health exam. The physical assessment includes four fitness tests, which will be completed first, followed by the health exam. The health exam consists of 78 multiple-choice questions administered in a Google Form format. Below, you will find the assessment standards, study guides, and how to videos for both the physical and health portions of the test.

Physical Assessment

Physical Assessments need to be passed according to the FitnessGram Performance Standards. Students need to pass the physical tests by placing in the *HFZ* (Healthy Fitness Zone).

- **Healthy Fitness Zone (HFZ):** The goal in FitnessGram is for children to achieve the Healthy Fitness Zone on as many assessments as possible. Because only modest amounts of activity are needed to obtain health benefits, most students who perform regular physical activity will be able to achieve a score that will place them within or above the Healthy Fitness Zone on most FitnessGram test items. If children are in the Healthy Fitness Zone they are considered to have sufficient fitness for good health.
(FitnessGram Cooper Institute)

Physical Assessment How To Videos
Curl-Up Test Push-Up Test PACER - Aerobic Capacity Back Saver Sit and Reach

Performance Standards

[FITNESSGRAM® Healthy Fitness Zone Performance Standards](#)

Health Assessment

The health assessment is a multiple-choice exam administered through Google Forms. It covers a range of health topics below is the link for the study guide.

[PE/Health Test Out Study Guide](#)