

# **Fitness Testing for Students with Disabilities: Meeting the Illinois Requirements**

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## **Can the fitnessgram® be used to report fitness levels of students with disabilities?**

Absolutely!! Many students with disabilities will not need alternate standards and will meet the healthy fitness zone with the fitnessgram standards. In these cases this can be reported as “meeting the healthy fitness zone” to ISBE. Additionally, many students with disabilities will take the same tests along side their peers (i.e. pacer test to measure aerobic capacity) and may or may not need the adapted fitness zone norms (in the Brockport) based on their disability and aerobic capacity profile.

## **What is the Brockport Physical Fitness Test® (BPFT)?**

The BPFT is the health related physical fitness test for individuals with disabilities that is highly correlated with the Fitnessgram.

## **What about students with significant intellectual or physical disabilities?**

The Brockport is particularly helpful in determining the physical fitness levels of students with significant intellectual or physical disabilities. There are a variety of protocols to choose from (and only 1 assessment protocol needs to be chosen for each of the 4 health related physical fitness areas). Local school districts/teachers have the ability, based on the individual student profile, to determine which test would best measure fitness in a particular area. An example of a Brockport test would be as follows. Scenario: Jane is a 10 year-old 5<sup>th</sup> grader with quadriplegic CP who uses a power wheelchair throughout her day. Jane is able to walk slowly with standby assistance from a paraprofessional with the use of a walker. Jane loves to get out of her chair and move her legs and stretch. Although unable to run/walk a mile in under 13:00 minutes with her peers, she will be able to participate in the aerobic capacity test along side her peers who are running. Jane will walk the Target Aerobic Movement Test (TAMT) on a smooth surface where her heart rate will be constantly monitored over a 15-minute period. Jane was able to maintain a working heart rate in the moderate to vigorous physical activity (MVPA) level of 140-180 beats per minute. The physical educator was able report that Jane “meets the healthy standard” for aerobic capacity.

## **How can these physical fitness tests be administered with fidelity?**

Physical educators already administer many of these common tests. For students with significant intellectual or physical disabilities, knowledge of the students profile including contraindications to activities, specifics as to how the disability affects physical fitness and movement as well as specific training in test protocol would be necessary to administer the Brockport safely and with fidelity.

## **Where do I go to get more information regarding the Brockport Physical Fitness Test:**

The Brockport can be ordered through Human Kinetics <http://www.humankinetics.com>

## **Still have questions?**

Send email with “Brockport” in subject line to Adenike Sosina at [asosina@isbe.net](mailto:asosina@isbe.net).