

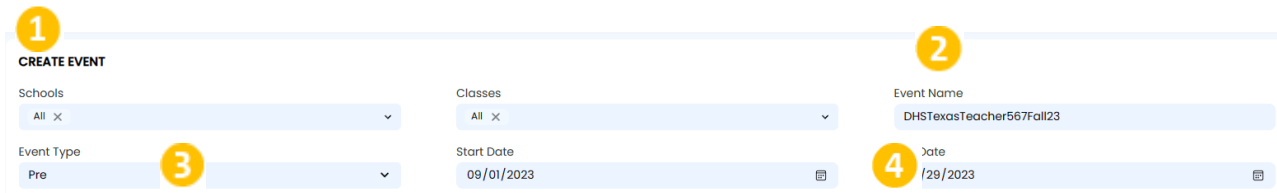
Test Event: Helpful Hints

For instructions on how to create a Test Event, please visit <https://help.fitnessgram.net/>

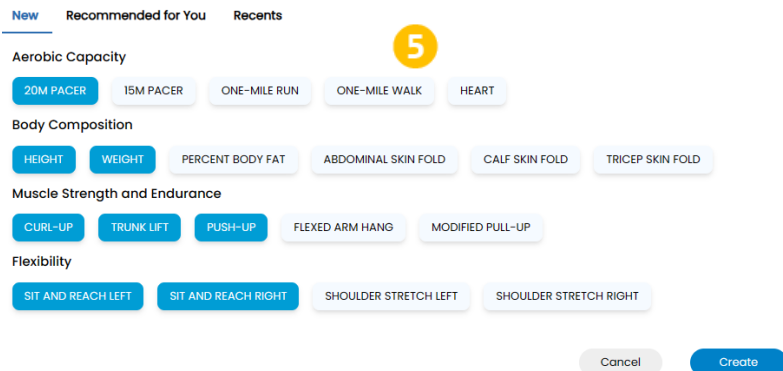
Test event: How a user enters data for all FitnessGram tests within a selected date range.

1 You will need to create a new test event every time you begin a new complete assessment that includes each health-related fitness component.

2 **Name test events** descriptively to ensure they can be identified easily by your administrator. Include school, teacher, grade level, and semester (example: DHSTexasTeacher567Fall23).



3 Select the test **Event Type** that best corresponds with your assessment. Pre-test is typically selected for fall testing, post-test for spring, and other if you test more than twice throughout the school year. Schools are only required to submit physical fitness assessment data once per year. The most recent assessment results should be reported.



4 The **Start and End Dates** are used to identify the date range. Ensure the selected date range corresponds with the FitnessGram assessment. Refrain from setting a wide date range as scores can be entered at any point. The End Date calculates a student's age at the time of the assessment which is used to identify which standards the student is compared to. End Date will also appear on the Student Report as the day the student completed the assessment.

5 Select **all test items** administered per component for a comprehensive assessment. Be sure not to create separate test events for different test items. For Texas assessments you will have the following options:

1) Aerobic Capacity

PACER *OR* One-Mile Run *OR* One-Mile Walk

2) Body Composition

BMI *OR* Skin-Fold

3) Muscular Strength and Endurance

Curl-Up, Trunk Lift and one other item: Push-Up *OR* Modified Pull-Up *OR* Flexed Arm Hang

Flexibility
Back Saver Sit and Reach *OR* Shoulder Stretch