

# FITNESSGRAM<sup>®</sup>

## PACER Look-Up and Goal Setting Table



The Progressive Aerobic Cardiovascular Endurance Run (PACER) is one of the three Aerobic Capacity test options available in the FITNESSGRAM<sup>®</sup>.

The PACER is reported in terms on  $VO_2$ Max, however beginning in 2013–14, Healthy Fitness Zones (HFZ) are based on student gender, age, and laps only.

This table provides the minimum number of 20-meter (20m) laps that students need to achieve the HFZ for the PACER, and the corresponding  $VO_2$ Max.

Although students can set goals based on the minimum number of PACER laps, teachers are encouraged to discuss the importance of aerobic capacity and to ensure that students understand how  $VO_2$ Max is influenced by gender and age.

### FEMALES

Age	Minimum Number of 20m PACER Laps	Aerobic Capacity HFZ $VO_2$ max
10	17	≥ 40.2
11	20	≥ 40.2
12	23	≥ 40.1
13	25	≥ 39.7
14	27	≥ 39.4
15	30	≥ 39.1
16	32	≥ 38.9
17	35	≥ 38.8
17+	38	≥ 38.6

### MALES

Age	Minimum Number of 20m PACER Laps	Aerobic Capacity HFZ $VO_2$ max
10	17	≥ 40.2
11	20	≥ 40.2
12	23	≥ 40.3
13	29	≥ 41.1
14	36	≥ 42.5
15	42	≥ 43.6
16	47	≥ 44.1
17	50	≥ 44.2
17+	54	≥ 44.3

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$VO_2$ Max refers to the maximum oxygen consumption of an individual during exercise. The acronym is derived from V = volume per time; O = oxygen; and max = maximum.