

What is the PACER?

- **P**rogressive **A**erobic **C**ardiovascular **E**ndurance **R**un
- Students run as many laps as possible
- Course is 20 meters
- Must stay on pace
- Pace starts slow, gets faster each minute
- Score is total number of laps ran on pace



Physical Fitness Test Pacer Guidelines

**Frances Cleland Donnelly, Suzanne S.
Mueller, David L. Gallahue**



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