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(1982-83) using the AAHPERD Youth Fitness Test (YFT) (American Alliance for Health, Physical Education, and Recreation [AAHPER], 1976; Lacy & Marshall, 1984; Razor, 1984). In the second year (1983-84), approximately 125

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More about the Test Administration Manual Part I introduces teachers to the program components and the mission, goals, and philosophy behind the program. It provides information on fitness education and assessment guidelines, detailing the assessment process step by step.

Physical Fitness Test - PFT data

The web resource includes video clips demonstrating protocol for the FitnessGram tests; downloadable audio files for the cadences in the PACER, curl-up, and push-up tests; and reproducible charts and forms. All ancillary materials for this text are FREE to course adopters and will be available online.

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FITNESSGRAM® 2 Performance Standards 3 Administration Information 4 Testing Students with Disabilities 5 Section 2 Fitness Areas and Tests 6 Aerobic Capacity 7 One-Mile Run 9 20-Meter (20m) PACER 10 PACER Goal Setting Table 11 Females 11 Males 12 Walk Test 12 Body Composition 13 Skinfold Measurements 15 Bioelectric Impedance Analyzer 16

Summary of Fitness Test Principles

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