Fitnessgram Test Administration

Fitnessgram Purpose

Facilitation of
Fitness Education!!!!!!

Fitness Professionals and Physical Educators do NOT have enough time to create and monitor Lifetime Fitness Programs

Fitnessgram Test Items

<table>
<thead>
<tr>
<th>Item</th>
<th>Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flexed Arm Hang</td>
<td>Flexibility Upper Body</td>
</tr>
<tr>
<td>Pull-Up</td>
<td>Strength &amp; Endurance Trunk</td>
</tr>
<tr>
<td>Mile</td>
<td>Body Comp.</td>
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<tr>
<td>Skinfold</td>
<td>Abdominal Strength &amp; Endurance</td>
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<tr>
<td>Skinfold</td>
<td></td>
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<tr>
<td>Sit &amp; Reach</td>
<td></td>
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<tr>
<td>90º Push-Up</td>
<td>Back Saver Sit &amp; Reach</td>
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<tr>
<td>Modified Pull-Up</td>
<td></td>
</tr>
<tr>
<td>Shoulder Stretch</td>
<td></td>
</tr>
<tr>
<td>Flexed Arm Hang</td>
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</tbody>
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Criterion-Referenced Standards

- Associated with positive health outcomes rather than normative data
- Healthy Fitness Zone – designates the range of scores associated with good health for age and gender
- Needs Improvement – indicates that efforts are needed to bring scores into healthy range

Testing Considerations

Primary Grades
- CV Performance Standards are not available for students < 10 yrs
- Major emphasis grades K-3
  - Enjoyment
  - Instructions on Proper Technique
  - Not Performance Level
  - Self testing
- Formal testing not recommended until Grade 4

Test Organization

- Self Testing
- Individualized Testing
- Institutional Testing
- Personal Best Testing
Self Testing
- Principle use of Fitnessgram Test Items
- Students can plan personal programs throughout life
- Takes Practice
- Assist with score interpretation
- Assist in personal program development

Individualized Testing
- Testing can be done with the assistance of
  - Partner testing
  - Self testing
  - Parent testing
  - Teacher testing
- Providing personal information to
  - Parents
  - Students

Institutional Testing
- Determine the fitness level of a group
- Parent/Administrative Reports
- Administered by trained teams
- Should always be done the same time of year
- Not recommended as primary grade determination

Personal Best Testing
- Students who want to see how well they can perform

Safety Considerations
- Be aware of potential health problems
- Follow Medical Clearance Protocols
- Provide adequate conditioning for minimal fitness requirements

Aerobic Capacity
- Acceptable levels = reduced risk of
  - High blood pressure
  - Coronary heart disease
  - Obesity
  - Diabetes
  - Some forms of cancer
  - Other health problems in adults

***safety first….paper trail***

****science is in our corner****
Laboratory Measure

- VO₂ Max
- Typically expressed relative to body weight
- Typically not available in fitness centers and schools

Fitnessgram Field Measures

- Estimates of VO₂ Max
- Progressive Aerobic Cardiovascular Endurance Run (PACER)
- 1 Mile Run
- Walk Test

PACER

- Population?
- Circumstances?
  - Benefits?
  - Drawbacks?

Mile

- Population?
- Circumstances?
  - Benefits?
  - Drawbacks?
  - Challenges?

Walk

- Population?
- Circumstances?
  - Benefits?
  - Drawbacks?
  - Challenges?

Reliability and Validity

- Test selection
  - Minimal fitness levels
- Maximal Effort
- Protocol Adherence
- Knowledge of Test
Fitnessgram Estimates of Weight Related Health Risk

• Skinfolds
• Bioelectric Impedence
• Body Mass Index (BMI)

Skinfolds

• Population?
• Circumstances?
• Benefits?
• Drawbacks?
• Challenges?

Bio-electric Impedence

• Population?
• Circumstances?
• Benefits?
• Drawbacks?
• Challenges?

BMI

• Population?
• Circumstances?
• Benefits?
• Drawbacks?
• Challenges?

Due: Wed. March 25

• 5 Quiz Questions/Answers Due electronically
• E-mail to jeadams@kean.edu
• Heading “Quiz Questions”

Kean Research Day

Wednesday, March 25

• 10AM-3PM
• Downs Hall
• Select 5 posters/presentations
  • Title
  • Researchers
  • Department
  • Project Summary

Due: Wednesday, April 1