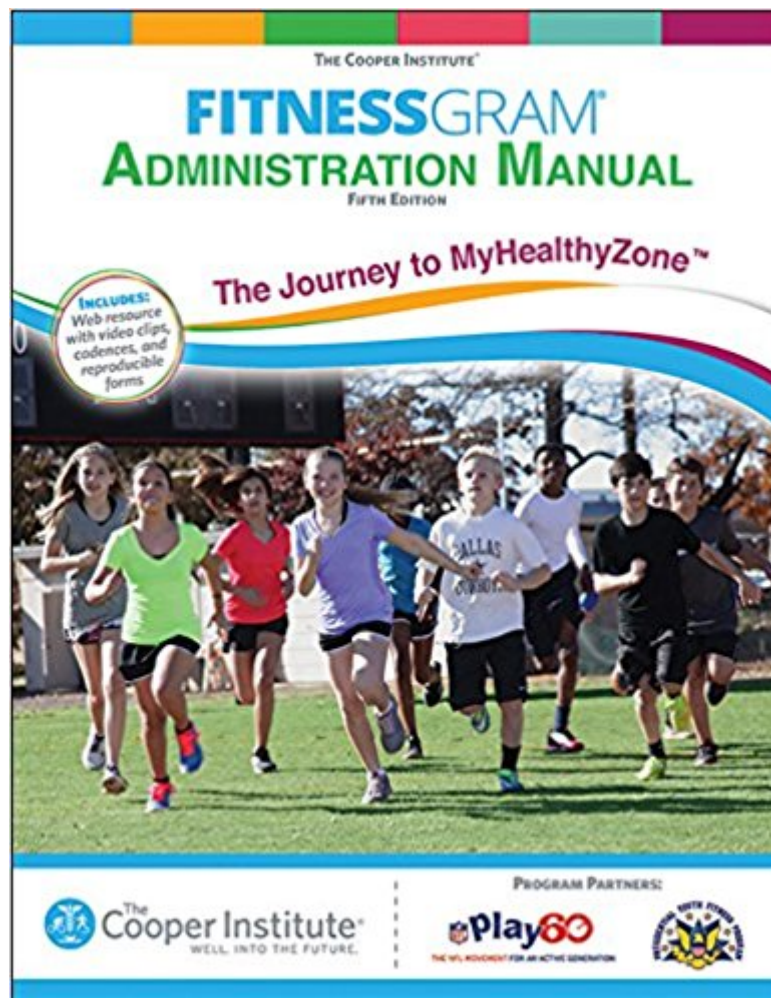


The book was found

Fitnessgram Administration Manual 5th Edition With Web Resource: The Journey To MyHealthyZone



Synopsis

The best just got better. FitnessGram is the gold standard for assessing the health-related fitness and activity levels of youths. The Cooper Institute has updated the FitnessGram Administration Manual with new material to ensure that FitnessGram is the most comprehensive and informative program that can drive meaningful behavior change and set up children for a healthy future. The fifth edition of FitnessGram Administration Manual: The Journey to MyHealthyZone offers K-12 teachers two primary assessment resources that allow them to produce individualized reports for each student in their class. FitnessGram provides a complete battery of health-related fitness assessments that are scored using criterion-referenced Healthy Fitness Zone® standards. The standards are age and sex specific and are based on how fit children need to be for health. New to this fifth edition:

- Audio of cadences and videos and photos for test protocols, making it easier for you to administer tests
- A chapter on communicating with stakeholders (students, parents, faculty and staff, administrators, and the community)
- A chapter on data mining and using data to inform your instruction and help you make sound curricular decisions
- A design that enhances your ease in using the material and administering the tests

You will learn how to administer the tests, interpret the results, and provide feedback to your students on their results. FitnessGram Administration Manual also offers a web resource that includes video clips that demonstrate the assessments; audio for the PACER, curl-up, and push-up tests; and reproducible forms. Through FitnessGram, you can assess children's fitness in these areas:

- Aerobic capacity
- Muscle strength
- Muscular endurance
- Flexibility
- Body composition

Several test options are provided for most of those areas; one test item is recommended. As a FitnessGram user you also have access to everything the Presidential Youth Fitness Program has to offer. The Presidential Youth Fitness Program helps physical educators assess, track, and recognize youth fitness and physical activity. Through this program you are also provided with the following:

- Instructional strategies for promoting student physical activity and fitness
- Communication tools to help physical educators increase awareness about their work in the classroom
- Options for recognizing fitness and physical activity achievements

This latest version of the FitnessGram Administration Manual: The Journey to MyHealthyZone is your guide to conducting the test protocols, recording the data, interpreting the results, and sharing those results in ways that will encourage students to be physically active and adopt healthy behaviors throughout their lives.

Book Information

Paperback: 136 pages

Publisher: Human Kinetics; 5 edition (January 6, 2017)

Language: English

ISBN-10: 1450470467

ISBN-13: 978-1450470469

Product Dimensions: 8.4 x 0.4 x 10.9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #79,373 in Books (See Top 100 in Books) #18 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #248 in [Books > Education & Teaching > Schools & Teaching > Education Theory > Assessment](#) #4117 in [Books > Textbooks > Education](#)

Customer Reviews

The Cooper Institute is dedicated to promoting lifelong health and wellness worldwide through research and education. Founded by Kenneth H. Cooper, MD, MPH, The Cooper Institute translates the latest scientific findings into proactive solutions that improve population health. Key areas of focus are research, advocacy, adult education, and youth programs. Through these initiatives, The Cooper Institute will continue to help people lead better, longer lives now and well into the future. For more information, visit CooperInstitute.org. FitnessGram assesses youth health-related fitness and delivers personalized reports to students and parents. Developed by The Cooper Institute, FitnessGram was adopted by the Presidential Youth Fitness Program in 2012 and is used in schools nationwide. It serves as a student-centered assessment, reporting, and educational tool used in promoting health, fitness, and activity in children.

[Download to continue reading...](#)

Fitnessgram Administration Manual 5th Edition With Web Resource: The Journey to MyHealthyZone Fitnessgram & Activitygram Test Administration Manual-Updated 4th Edition Accessing the Deep Web & Dark Web with Tor: How to Set Up Tor, Stay Anonymous Online, Avoid NSA Spying & Access the Deep Web & Dark Web Life Span Motor Development With Web Resource-5th Edition Guidelines for Cardia Rehabilitation and Secondary Prevention Programs-5th Edition With Web Resource ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) Assessment in Speech-Language Pathology: A Resource Manual (includes Premium Web Site 2-Semester Printed Access Card) Treatment Resource Manual for Speech Language Pathology

(with Student Web Site Printed Access Card) Public Administration and Law, Third Edition (Public Administration and Public Policy) Steve's Web Operation: Stay Safe Online & Lucy's Web: Omnibus Edition Globalism and Comparative Public Administration (Public Administration and Public Policy) Public Administration: An Action Orientation, (with CourseReader 0-30: Public Administration Printed Access Card) Public Administration: Clashing Values in the Administration of Public Policy (with InfoTrac[®]) (Thomson Advantage Books) The Art and Practice of Court Administration (Public Administration and Public Policy) Web Diva Wisdom: How to Find, Hire, and Partner with the Right Web Designer for You Weaving the Web: The Original Design and Ultimate Destiny of the World Wide Web The Tangled Web: A Guide to Securing Modern Web Applications Secure Web Application Deployment using OWASP Standards: An expert way of Secure Web Application deployment Sociology: Web-Linked Dictionary (Collins Web-Linked Dictionary) The Web as History: Using Web Archives to Understand the Past and the Present

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)