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Fitnessgram & Activitygram Test Administration Manual-Updated 4th Edition



Synopsis

Fitnessgram/Activitygram is an integrated fitness and activity assessment program that can greatly enhance the effectiveness of school-based physical education programs. This updated fourth edition of the Fitnessgram/Activitygram Test Administration Manual is a complete guide to implementing these assessments, from conducting the test protocols and recording the data to interpreting and sharing the results. New material in this edition includes • revised standards for aerobic capacity and body composition; • updated information about the Fitnessgram 8.x and new Web-based Fitnessgram 9 software programs (software is sold separately from the manual); and • an updated DVD that includes video clips of the test protocols, training videos for using the Fitnessgram/Activitygram software, and all the program's reproducible forms, plus the CD with the PACER, curl-up, and push-up test cadences. v

Book Information

Paperback: 152 pages

Publisher: Human Kinetics; 4 edition (July 30, 2010)

Language: English

ISBN-10: 0736099921

ISBN-13: 978-0736099929

Product Dimensions: 8.4 x 0.5 x 10.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

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Age Range: 5 and up

Grade Level: Kindergarten and up

Customer Reviews

As a physical educator, I was looking for a manual to use as my guide for fitness testing in my classes. I had heard about the Fitnessgram and decided that this book would best assist me. I plan to use it this school year and hope it serves its purpose well.

The premier fitness test on the market!! Can be used in a classroom setting or by a novice to track fitness levels. Good information and valid subtests! Easy to administer. Would give more stars if all

subtests were reliable for tracking purposes. Also more equipment is needed to administer the test in addition to the manual. A test kit should come with all necessary equipment so that the equipment and instructions are all standardized.

This book is exactly what they had promised and I received it in a very fast and timely manner!

Thank you so much!

The book came on time and in brand new condition as I had anticipated. I loved that both CD came with it as well and worked great!

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