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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™s reproducible forms, plus the CD with the PACER, curl-up, and push-up test cadences.

## Book Information

Paperback: 152 pages

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

Language: English

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Product Dimensions: 10.9 x 8.4 x 0.5 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.5 out of 5 stars 9 customer reviews

Best Sellers Rank: #110,994 in Books (See Top 100 in Books) #28 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #150 in Books > Medical Books > Medicine > Sports Medicine #2732 in Books > Education & Teaching > Schools & Teaching > Education Theory

Age Range: 5 and up

Grade Level: Kindergarten and up

## Customer Reviews

Fitnessgram was developed by the highly respected Cooper Institute. The Cooper Institute is dedicated to scientific research in the field of preventive medicine and public health and communicating the results of research to the scientific and medical communities as well as to the general public.

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.

Awesome@!

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.

I'm not sure how to rate this book. I HAD to have it for a college course, so obviously my professor thought it was a good book. I just used it to pass tests.

Nice alternative to Pres. Fitness Challenge. My students loved the pacer test. It was different for them.

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!

It's accurate and helps me stay motivated to complete my steps every day. I like the calorie counter as well.

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

Thank you so much!

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