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## **C0SR3F - AINSLEY MOONEY**

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FITNESSGRAM / ACTIVITYGRAM Reference Guide Although physical fitness can be increased through engagement in specific-types of physical activity, factors other than physical activity affect a student's fitness that are beyond the control of the student and physical education teacher. Examples include heredity, caloric consumption, access to opportunities to be physically active both within and beyond the school day, and possibly socioeconomic status. 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;

FITNESSGRAM® The SBE designated the FITNESSGRAM® as the PFT for students in California public schools. the FITNESSGRAM® is designed to assess the three main categories of fitness: (1) aerobic capacity, (2) muscular skeletal fitness, and (3) body composition, and is composed of the following six key fitness areas: Aerobic Capacity

**FITNESSGRAM/ACTIVITYGRAM Reference Guide**

**Enter ActivityGram® Data - Fitness-Gram Software Help**

In addition, the PACER Look-Up and Goal Setting Table, which is available at the end of this guide, includes the gender, age, and number of laps needed to meet the PACER Healthy Fitness Zones. FITNESSGRAM 10 (FG10) is the most current version of the FITNESSGRAM software and utilizes the current PACER formula.

**What is the FitnessGram and Why Are These Standards Used ...**

**FITNESSGRAM/ACTIVITYGRAM Reference Guide - The Cooper ...**

**FITNESSGRAM Standards for Healthy**

### **Fitness Zone FITNESSGRAM ...**

TABLE 9.1 FITNESSGRAM Standards for Healthy Fitness Zone. BOYS Age VO. 2. max (ml · kg<sup>-1</sup> · min<sup>-1</sup>) 20-meter PACER (Enter # laps in software) 15-meter PACER (Use conversion chart; enter in software) † One-mile run (min:sec) Walk test (VO. 2. max) Percent fat Body mass index 5 Participation in run. Lap count standards not recommended.

The Body Composition fitness area targets the various factors that contribute to an individual's total weight (i.e., percent of muscle, bone, organ, and fat content). Body Composition assessments estimate the level of body fat or the appropriateness of student's weight relative to his or her height.

ActivityGram® ActivityGram® is a three-day activity assessment within the FitnessGram® software where students can monitor and record daily activity patterns. ActivityGram® encourages 60 minutes of daily activity and provides personalized student reports that encourage students to set activity goals.

**FitnessGram Reference Guide - Cooper Institute - MAFIADOC.COM Parental Overview of FITNESSGRAM**

### **Assessment**

FITNESSGRAM / ACTIVITYGRAM Reference Guide What Is the Difference Between Physical Activity and Physical Fitness Many people think that physical activity and physical fitness are the same thing and often use the terms physical activity and physical fitness interchangeably, assuming that they are directly related.

### **Fitness Gram Guide - Mrs. Blanco's PE Class**

#### **Reference Guide - PFT data**

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The FITNESSGRAM Reference Guide is intended to provide answers to some common questions associated with the use and interpretation of the FITNESSGRAM and ACTIVITYGRAM assessments. The purpose of this chapter is to provide a general overview of the test administration and interpretation of the scores for parents and other interested parties.

### **Parental Overview of FITNESSGRAM Assessment**

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### **2015-16 California Physical Fitness Test**

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### **About Us - FitnessGram by The Cooper Institute**

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#### **ActivityGram® - FitnessGram Soft-**

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