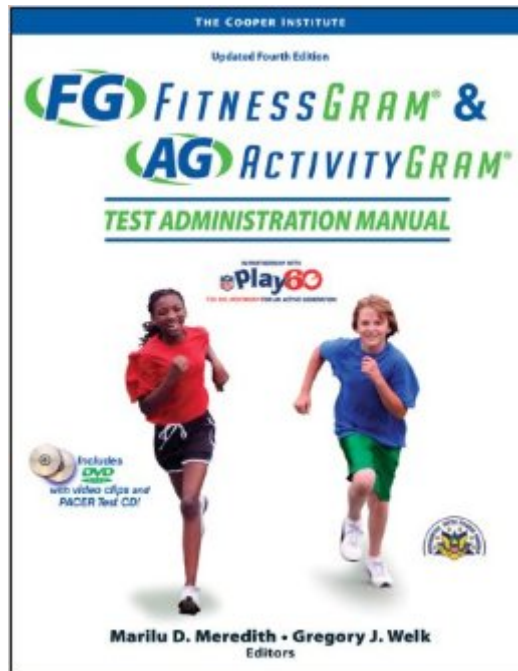


The book was found

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. 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)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #102,904 in Books (See Top 100 in Books) #31 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #73 inÂ Books > Medical Books > Medicine > Sports Medicine #1652 inÂ Books > Education & Teaching > Schools & Teaching > Education Theory

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!

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

Fitnessgram & Activitygram Test Administration Manual-Updated 4th Edition Private Pilot Test Prep 2017: Study & Prepare: Pass your test and know what is essential to become a safe, competent pilot — from the most trusted source in aviation training (Test Prep series) Remote Pilot Test Prep — UAS: Study & Prepare: Pass your test and know what is essential to safely operate an unmanned aircraft – from the most trusted source in aviation training (Test Prep series) Commercial Pilot Test Prep 2017: Study & Prepare: Pass your test and know what is essential to become a safe, competent pilot — from the most trusted source in aviation training (Test Prep series) Instructor Test Prep 2017: Study & Prepare: Pass your test and know what is essential to become a safe, competent pilot — from the most trusted source in aviation training (Test Prep series) Essential System Administration: Tools and Techniques for Linux and Unix Administration, 3rd Edition Essential System Administration: Tools and Techniques for Linux and Unix Administration Solaris 10 System Administration Essentials (Oracle Solaris System Administration Series) Public Administration: An Action Orientation, (with CourseReader 0-30: Public Administration Printed Access Card) Cracking the SAT Spanish Subject Test, 15th Edition (College Test Preparation) Circuitos e instrumentos electronicos/ Circuits and Electronic Instruments: Test De Autoevaluacion/ Self-assessment Test (Spanish Edition) UNIX and Linux System Administration Handbook, 4th Edition Wills, Trusts, and Estates Administration (4th Edition) Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide -- Revised & Updated The Essential Enneagram: The Definitive Personality Test and Self-Discovery Guide -- Revised & Updated CMOS SRAM Circuit Design and Parametric Test in Nano-Scaled Technologies: Process-Aware SRAM Design and Test (Frontiers in Electronic Testing) Airframe Test Guide 2015: The "Fast-Track" to Study for and Pass the Aviation Maintenance Technician Knowledge Exam (Fast-Track Test Guides) McGraw-Hill's 500 ACT English and Reading Questions to Know by Test Day (Mcgraw

Hill's 500 Questions to Know By Test Day) CLEP Introductory Psychology (REA) - The Best Test Prep for the CLEP (CLEP Test Preparation) AFOQT Study Guide: Test Prep and Practice Test Questions for the AFOQT Exam

[Dmca](#)