

Statewide Physical Fitness Testing: A BIG Waist or a BIG Waste?



James R. Morrow, Jr.
University of North Texas

RQES Lecture
AAHPERD – Tampa FL
April 3, 2009

Alison Ede



R
Q
E
S

RQES Lecturers

- Kathleen Williams
– UNC-Greensboro
- Deborah Feltz
– Michigan State University
- Barbara Ainsworth
– Arizona State University



R
Q
E
S

RQES Editors-in-Chief

1989-1993



RQES Editors-in-Chief

Mitchell, Elmer D.	1930-1943
Wibel, Mary	1943-1950
Perlmutter, Jerome H.	1950-1951
Wright, Ella H.	1951-1958
Rosenberg, Nancy	1958-1965
Bookwalter, Carolyn	1965-1969
Mitchem, John	1969-1972
Scott, M. Gladys	1973-1977
Safrit, Margaret J.	1977-1980
Falls, Jr., Harold B.	1980-1983
Thomas, Jerry R.	1986-1989
Morrow, Jr., James R.	1989-1993
Weiss, Maureen R.	1993-1995
Magill, Richard	1996-1999
Reeve, T. Gilmour	1999-2002
Silverman, Stephen	2002-2005
Williams, Kathleen	2005-present



R
Q
E
S

Franklin Junior High School

PERSONAL FITNESS RECORD

Name: *James Pearson* Grade: *9th*
 School: *Franklin*



AAHPERD YOUTH FITNESS TEST
 American Association for Health, Physical Education, and Recreation
 A Branch of the American Red Cross
 1221 - 15th Street, N.W.
 Washington 5, D. C.

Revised from the AAHPERD YOUTH FITNESS TEST MANUAL
 Copyright, 1955, by the American Association for Health, Physical Education and Recreation.
 Revised Manual reprinted 1977-1980, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025.



Research
Quarterly
Exercise
Start

Franklin Junior High School

PERSONAL DATA

	Trial 1	Trial 2
Age (in months)	<i>162</i>	
Height (in inches)	<i>68</i>	
Weight	<i>131</i>	
Sex of Examinee		
Class		

NOTE: For girls in grades 10, 11, and 12, see Tables 17, 18, and 19.

	Trial 1	Trial 2
Push-Ups (Reps)		
Modified Pull-Ups (Reps)		
Sit-Ups		
Shuttle Run		
Standing Broad Jump		
50-Yard Dash		
Softball Throw		
600-Yard Run-Walk		

Swimming Team

	Trial 1	Trial 2
Team 11		
Team 20		
Team 37		

1. Made by JAMES R. MORROW, 2nd Edition
 Copyright, 1955, by the American Association for Health, Physical Education and Recreation.
 Revised Manual reprinted 1977-1980, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025.

James R. Morrow



Research
Quarterly
Exercise
Start

Newspaper Headlines



- Cold spell tied to temperature change
- Tornado hits cemetery, hundreds dead
- Plane crash due to problem, experts say
- Baby born 10 months premature

Research
Quarterly
Exercise
Start

Some Obesity Headlines



- New study of obesity looks for larger test group
- TV ads boost eating of obese children

Research
Quarterly
Exercise
Start



CarolinaCoast ONLINE Gateway to the Carolina Coast
www.carolinacoastonline.com

Special Sections Free Access to our Online Tabs
E-Edition Sign in now

NEWS COLUMNING OBITUARIES CLASSIFIEDS FEATURES LINKS PUBLIC NOTICES CALENDAR CONTACT US

ARCHIVES > NEWS-TIMES > NEWS Thursday, January 29, 2009

News school program targets obesity

NEWS-TIMES
Published: Wednesday, January 28, 2009 3:52 PM EST

CHERYL BURKE

MOREHEAD CITY — With North Carolina ranked fifth in the nation for childhood obesity, county elementary and middle schools have introduced a new curriculum they hope will spark a desire for physical activity and healthy lifestyles.

"This is targeted to make kids more physically active and is about disguising fitness and making it entertaining," said Morehead City Middle School physical education teacher Amanda Savage as she introduced the new curriculum to eighth-graders Thursday morning. "So many of these kids have been raised playing video games and want to be entertained."

"So we're making it fun so when they leave school they'll want to continue doing it. If they enjoy it, they'll want to remain physically active."

Morehead City Middle School eighth-grader Sydney Pfaff does stomach crunches Thursday as part of a new physical education curriculum designed to make exercising fun. (Cheryl Burke photo)

http://carolinacoastonline.com/articles/2009/01/29/news-times/news/doc4980999784250599843516.txt

CDC Centers for Disease Control and Prevention
Your Online Source for Credible Health Information

CDC Headlines

Body Mass Index Measurement in Schools

There is **not enough evidence to recommend for or against school-based body mass index measurement programs as an effective strategy for preventing or reducing childhood obesity**. Decision makers need to consider the pros and cons. If implemented, these programs should be part of a comprehensive approach to address obesity.

http://www.cdc.gov/Features/ChildBMI/

Cardiorespiratory fitness levels among US youth 12 to 19 years of age: Findings from the 1999-2002 National Health and Nutrition Examination Survey.

Males higher than females
No difference across race/ethnicity
Older males higher
Younger females higher

Archives of Pediatrics & Adolescent Medicine
JAMA

Approximately 1/3 don't meet cardiovascular standards

Pate et al. Arch Pediatr Adolesc Med. 2006 Oct;160(10):1005-12.

Physical Activity and Student Performance at School

Howard Taras

ABSTRACT: To review the state of research on the association between physical activity among school-aged children and academic outcomes, the author reviewed published studies on this topic. A table includes brief descriptions of each study's research methodology and outcomes. A review of the research demonstrates that there may be some short-term improvements of physical activity levels on an experimental basis that long-term improvement of academic achievement as a result of more vigorous physical activity is not well substantiated. The relationship between physical activity in children and academic outcomes requires further evaluation. (J Am Board Fam Med. 2009;22(2):141-151)

Journal of Physical Activity and Health, 2006, 5, 294-307
© 2006 Human Kinetics, Inc.

Physical Activity, Stress, and Metabolic Risk Score in 8- to 18-Year-Old Boys

Research Article
Children's Physical Fitness and Academic Performance
Richard A. Whiting, Karen L. Henington, and Lacey Costello
Am J Phys Ed. 2009, 40(1), 30-36

Physical Fitness and Academic Achievement in Elementary School Children
Brent W. Anderson-Sparks, Richard B. Furlow, David H. Fulton, Don W. Morgan, and Jennifer A. Chaffin

NEWS Texas Education Agency
Physically fit students more likely to do well in school, less likely to be disciplinary problems

Fitness Achievement and School Environment

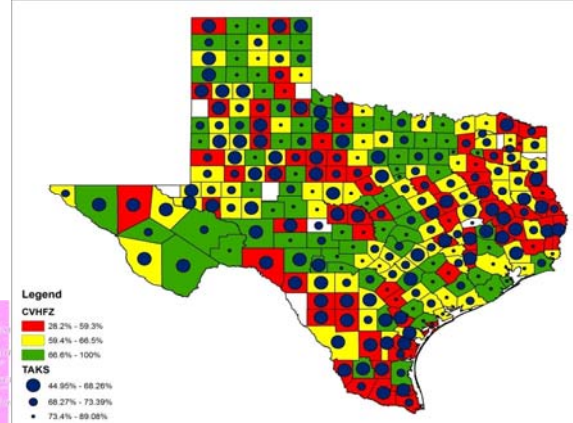
- Academic Achievement (TAKS)
 - CV = .54
 - BMI = .30
- School Attendance
 - CV = .52
 - BMI = .18
- Negative School Incidents
 - CV = -.52
 - BMI = -.24



Controlled for SES, minority status, school size

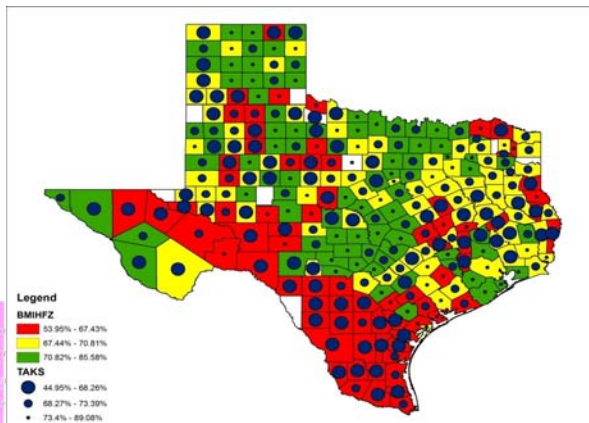
Research Quarterly Exercise Sport

Distribution of CV Fitness and TAKS Achievement by County



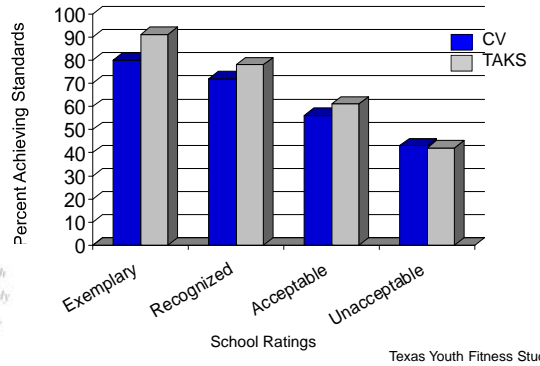
Research Quarterly Exercise Sport

Distribution of BMI Fitness and TAKS Achievement by County



Research Quarterly Exercise Sport

CV Fitness Corresponds with Academic Performance when Schools Stratified by State Rating System



Research Quarterly Exercise Sport

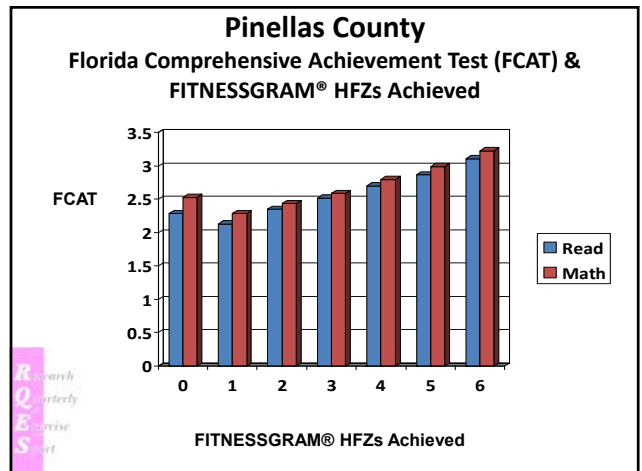
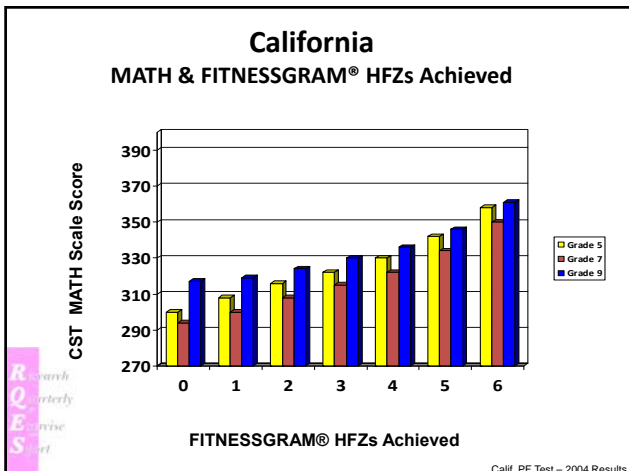
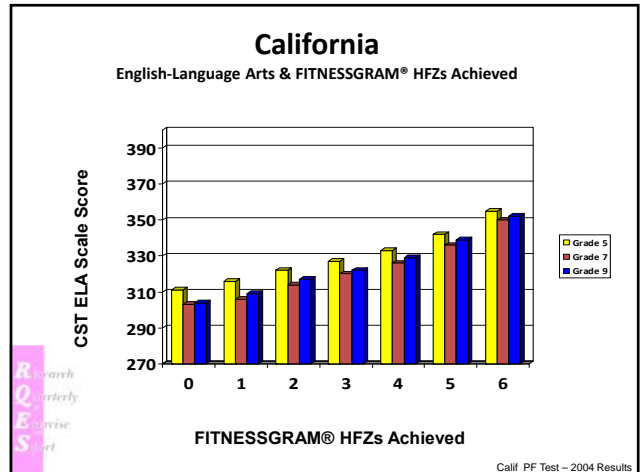
Texas Youth Fitness Study

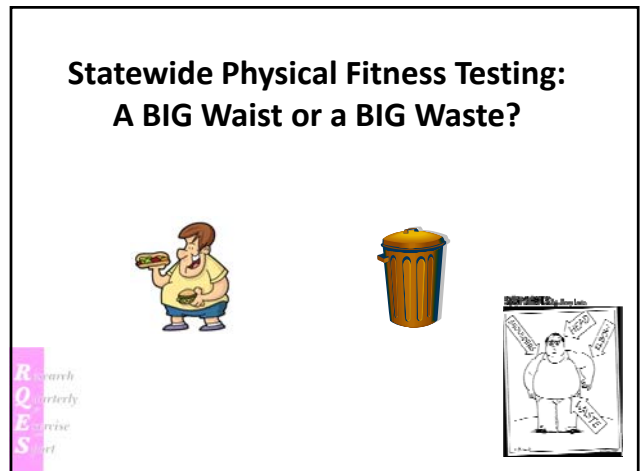
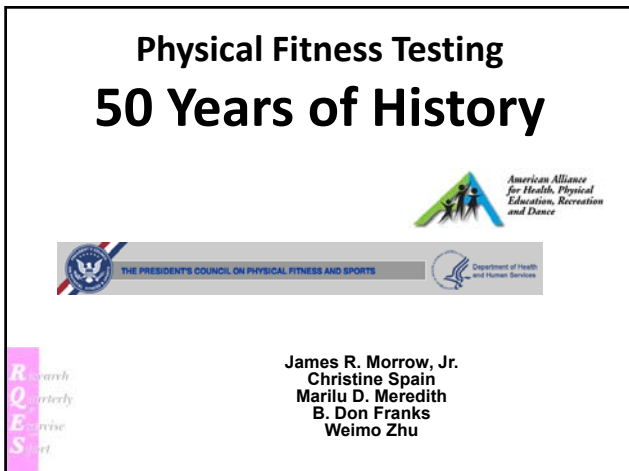
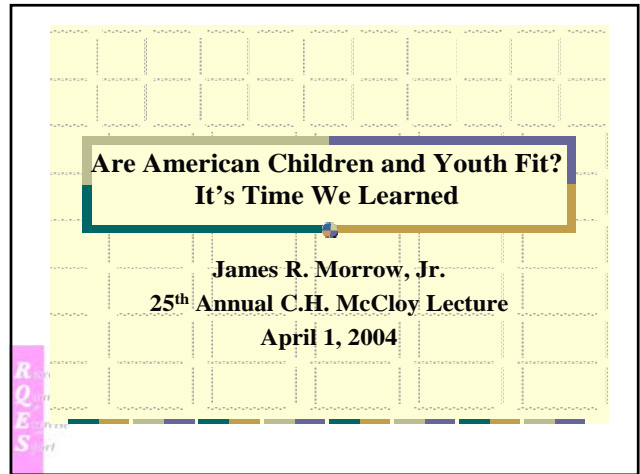
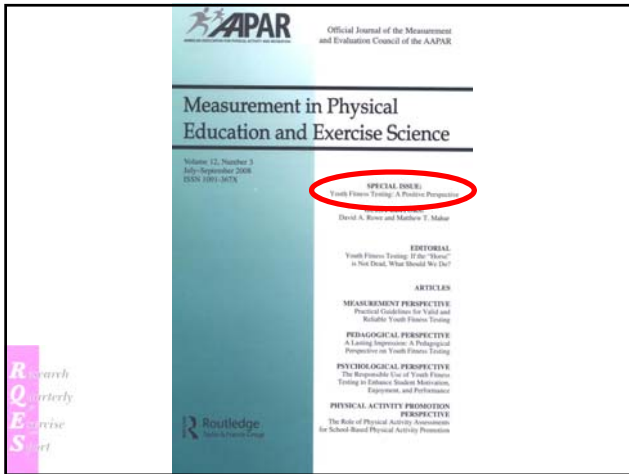
Preston Hollow People
High School Students Fail on Fitness
 Most local fitness tests shows many Dallas ISD kids can't meet all of state's 'healthy' standards.

The Dallas Morning News
 Poorer schools have more out-of-shape kids, tests reveal

Dallas Morning News
 A backward lunge: Kids in sad shape

Research Quarterly Exercise Sport





Editor's Notes
 Pediatric Exercise Science, 1988, 1, 388

Fitness Testing in Children: Where From Here?

Physical Fitness Testing of Children: A 30-Year History of Misguided Efforts?
 Vern Saeefeldt and Paul Vogel
 PES, 1989, 1, 295-302.

Points of View
 Pediatric Exercise Science, 1988, 1, 388

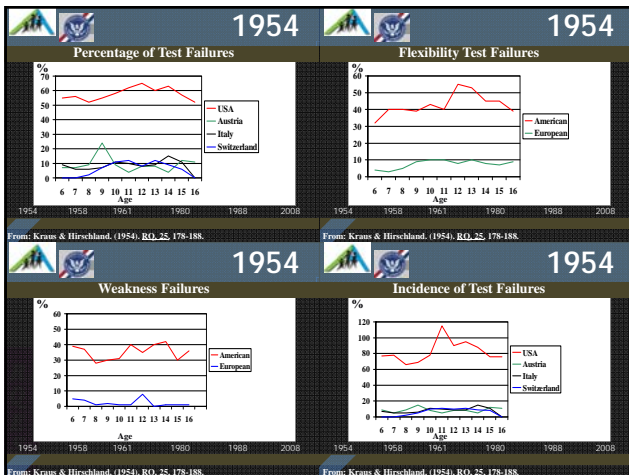
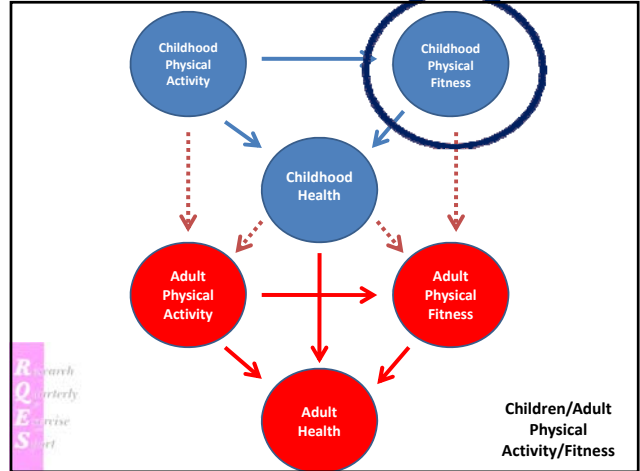
The Case for Large-Scale Physical Fitness Testing in American Youth
 Russell H. Pate

Physical fitness testing of children and youth has a long history in the U.S. Originating in the 1930s, it has been used for a variety of purposes, including school fitness, military fitness, and fitness for general health. In the 1970s, the National Center for Human Growth and Development (NCHG) sponsored a series of studies that led to the development of the Physical Fitness Test (PFT) for children and youth. The PFT is a standardized test that measures cardiovascular endurance, muscular strength, and flexibility. It is used by schools, health professionals, and researchers to assess the physical fitness of children and youth. The PFT is a simple and practical test that can be used in a variety of settings. It is a valuable tool for assessing the physical fitness of children and youth and for identifying those who are at risk for physical inactivity and related health problems.

Fitness Testing in the Educational Setting
 The most traditional and common setting for the testing of children and youth is in school-based physical education. In this setting, fitness testing has been used for a variety of purposes, including to assess the physical fitness of students, to identify students who are at risk for physical inactivity, and to provide feedback to students on their physical fitness. However, there are several limitations to the use of fitness testing in the educational setting. First, fitness testing is often done in a one-time, high-stakes format that can be stressful for students. Second, fitness testing is often done in a way that does not take into account individual differences in physical fitness. Third, fitness testing is often done in a way that does not provide any feedback to students on their physical fitness. Finally, fitness testing is often done in a way that does not take into account the overall health and well-being of students.

Russell H. Pate is with the Department of Exercise Science, School of Public Health, at the University of Illinois at Chicago, Chicago, IL, 60607.

Research Quarterly Exercise Sport



Nationwide Physical Fitness Tracking

- PCPFS/AAHPERD
 - 1958
 - 1965
 - 1975
 - 1985

AAHPERD
 American Alliance for Health Physical Education Recreation and Dance

The President's Council on Physical Fitness and Sports

Research Quarterly Exercise Sport

Nationwide Physical Fitness Testing/Tracking

- **NCYFS I**
 - 1984 (N = 8,800)
 - Grades 5-12
- **NSPFS**
 - 1985 (N = 18,857)
 - Ages 6-17
- **NCYFS II**
 - 1987 (N = 4,678)
 - Ages 6-9



Research
Quarterly
Exercise
Start

Fitness Test Development 1958-2008



Statewide

- California
- Illinois
- Indiana
- New York
- Oregon
- South Carolina
- Texas
- Vermont
- Washington

National

- AAHPERD Youth Fitness
 - 1958 - 1965 - 1976
- AAHPERD Health-Related Fitness
- AAHPERD College Age Health-Related Fitness
- Fit Youth Today
- AAU Fitness Test
- FITNESSGRAM®
- President's Challenge

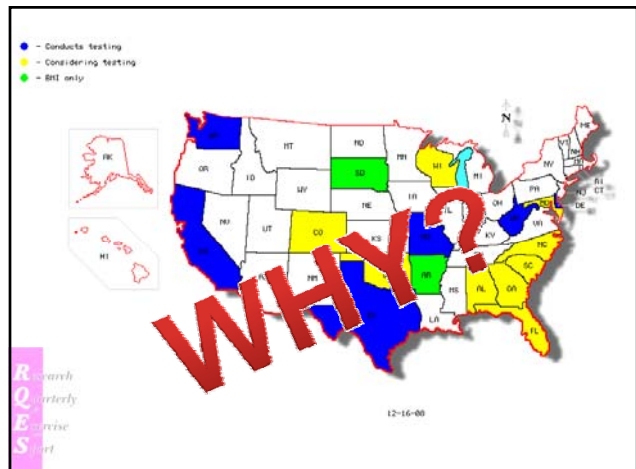
Research
Quarterly
Exercise
Start

Interest in Statewide Fitness Testing

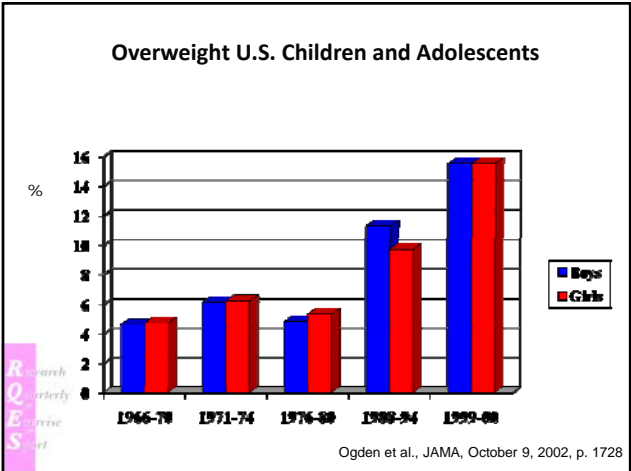
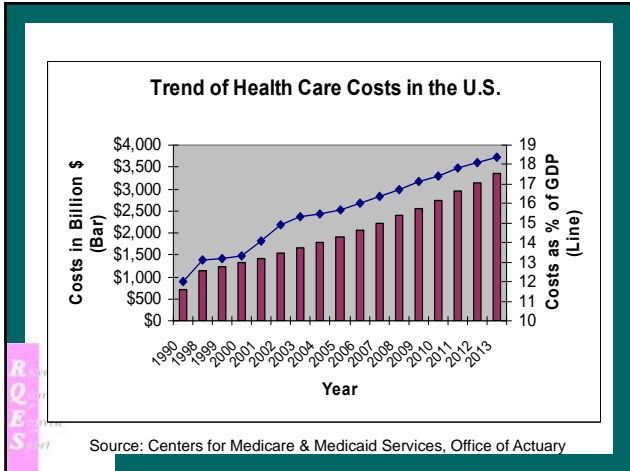
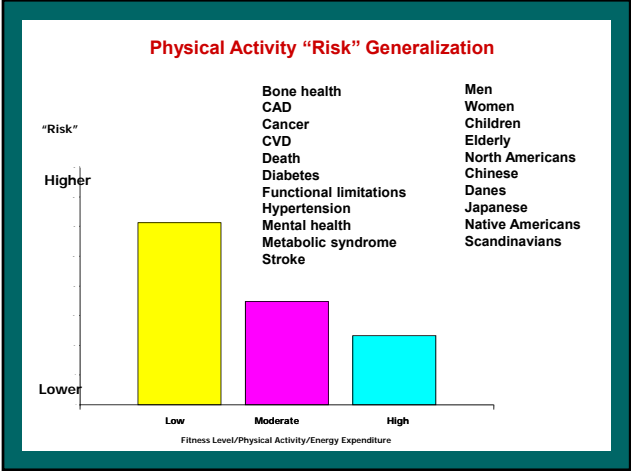
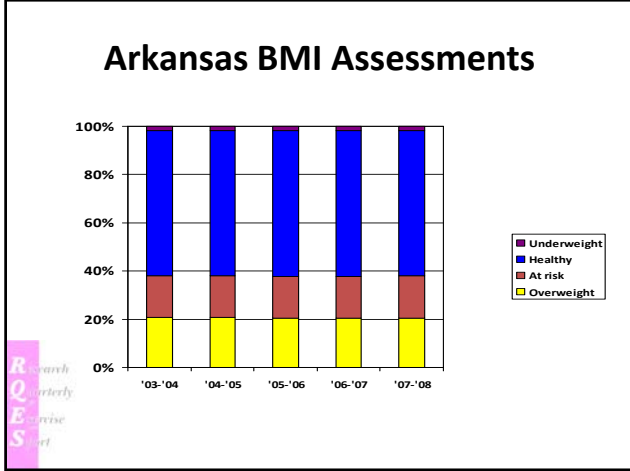
- Alabama
- Arkansas
- California
- Colorado
- Delaware
- Florida
- Georgia
- Maryland
- Missouri
- New York (City)
- North Carolina
- Oklahoma
- South Carolina
- Texas
- Washington
- West Virginia
- Wisconsin

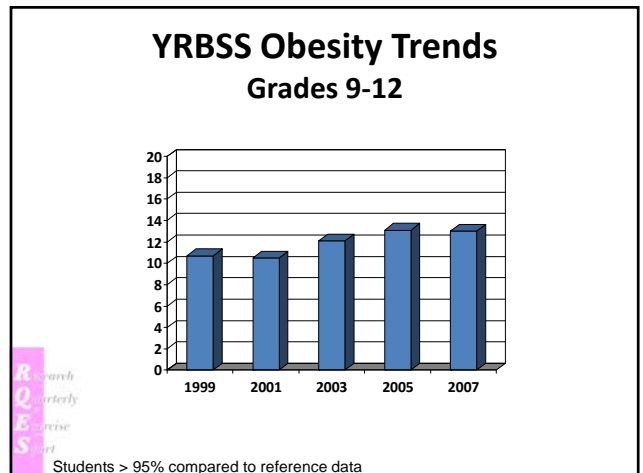
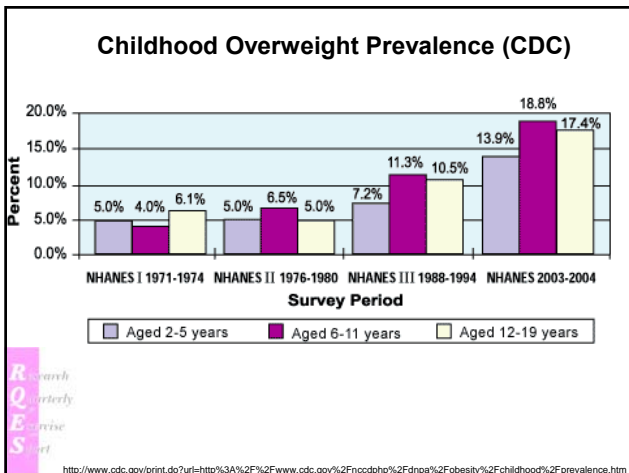
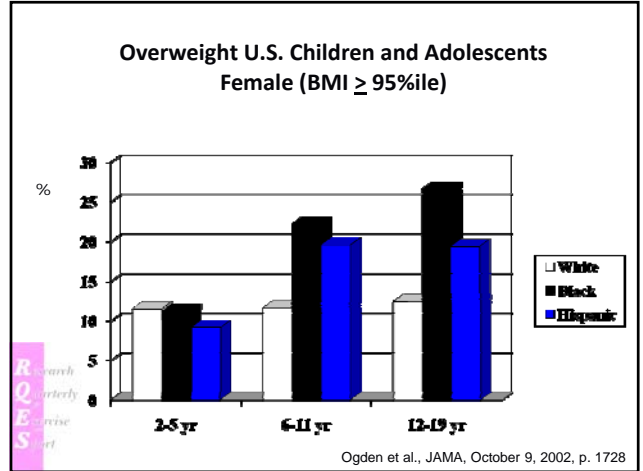
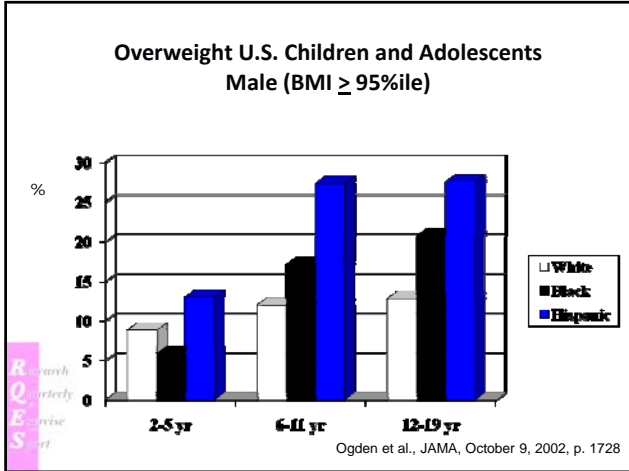


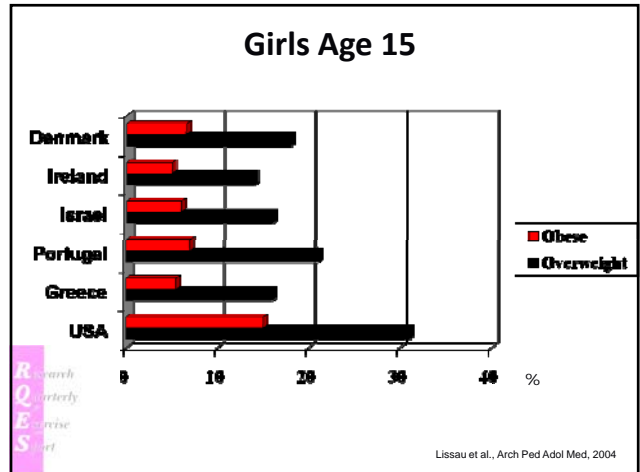
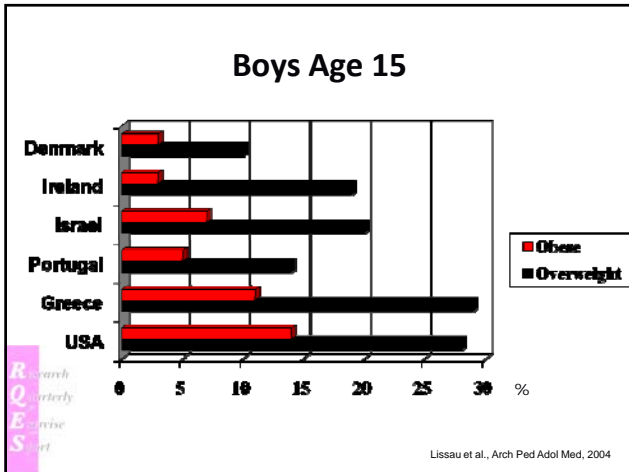
Research
Quarterly
Exercise
Start



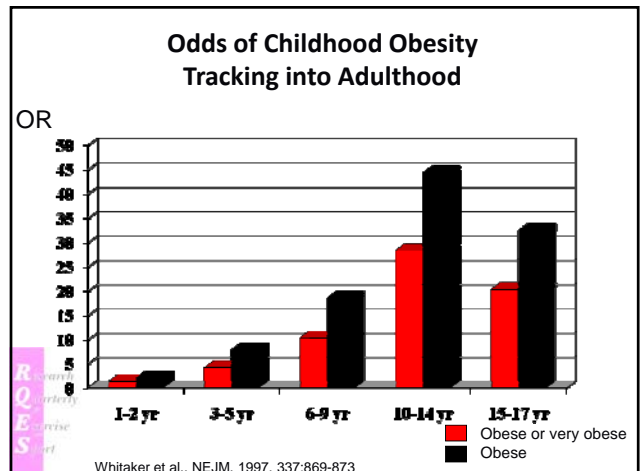
Research
Quarterly
Exercise
Start







- ### Overweight in Youth
- Tripled in past 3 decades
 - At least 15% aged 6-19 are overweight
 - 30% of overweight children meet criteria for Metabolic Syndrome
 - Disproportionate in underserved populations
- Lissau et al., Arch Ped Adol Med, 2004





Page 6 Wednesday, September 10, 2008

Views

Nation must confront obesity as disease

Editorial

NOT JUST 'BABY FAT'

New alert on obese children

U.S. study finds warning signs of heart disease in kids as young as 10

NEW ORLEANS — Obese children as young as 10 had the arteries of 45-year-olds and other heart abnormalities that greatly raise their risk of heart disease, say doctors who used ultrasound tests to take a peek inside.

Research Quarterly Exercise Sport

As Part of War on Fat, New Fitness Test for Youngsters

By DEBORAH KOLBEN, Staff Reporter of the Sun | June 23, 2006

SHARE | PRINT | EMAIL

AS PART OF THE CITY GOVERNMENT'S CRACKDOWN ON fat, the schools chancellor, Joel Klein, announced a new fitness test for students yesterday - and the food industry raised alarms about the specter of a legislative assault on fast food.

With more than one in four city elementary students considered obese, Mr. Klein is expanding a new program to test students' strength and speed and link the information to their academic achievement.

Research Quarterly Exercise Sport

HEALTH EDUCATION RESEARCH Vol. 21, no. 4, 2008
Theory & Practice Pages 525-527
Advance Access published 4 November 2008

BMI screening in schools: helpful or harmful

Joanne P. Buck¹*, Patricia B. Crawford² and Gail Woodward-Lopez³

J. Am Diet Assoc. (2004)104(4),525-527

BEYOND THE HEADLINES

Potential Problems with School Health Report Cards

Editor's note: This is the continuation of a two-part article; the first part appeared in the March Journal.

editorial content, 25 to 29 to overweight, and 30 and above is obese (4). While BMI is accepted by many organizations, it does not distinguish between excess fat and muscle or bone.

ometry that will not make those children with true excess stores of body fat feel ok, the excess store will not likely produce a meaningful number of healthy children, or, conversely, of

Can Fam Phy. (2007),53(Sept),1494-1499

Research

Are parents aware that their children are overweight or obese?


Do they care?

What We Know Now / Anita Evans

Research Quarterly Exercise Sport

Why do Statewide Testing?

Individual	State/Nation
<ul style="list-style-type: none"> • Status • Risk • Change 	<ul style="list-style-type: none"> • Surveillance <ul style="list-style-type: none"> – Status – Risk – Change
<ul style="list-style-type: none"> • Variables <ul style="list-style-type: none"> – Physical <ul style="list-style-type: none"> • Fitness • Activity – School <ul style="list-style-type: none"> • Academic performance • Classroom discipline • Absences 	<ul style="list-style-type: none"> • Variables <ul style="list-style-type: none"> – Physical <ul style="list-style-type: none"> • Fitness • Activity – School <ul style="list-style-type: none"> • ??







Research Quarterly Exercise Sport

Florida Department of Education Physical Education Report and Recommendations – March 2005

Assess the **Individual** student programs, such as the President's Challenge Physical Fitness Program, which could be adopted by schools or an entire school district in order to **provide information regarding student fitness**;

Determine the methods of providing **feedback to a parent** through a student assessment report that would summarize a student's results and the **school's results** as set forth in an assessment tool, such as the FITNESSGRAM or the School Health Index of the Centers for Disease Control and Prevention;

FDDE, Physical Education Report and Recommendations, March 24, 2005
<http://www.fldoe.org/BI/CSP/pdf/pemaster.pdf>

Research Quarterly Exercise Sport

Statewide Testing Issues

- Teacher training
- Student preparation
- Test reliability
- Test validity
- Large group testing issues
 - Testers
 - Participants
 - Test-related
 - Environment



Research Quarterly Exercise Sport

Quality Data Collection

- Controlled settings
- Well-trained:
 - Teachers
 - Administrators
- Prepared students
- Comparison
 - Individual
 - National
 - Statewide

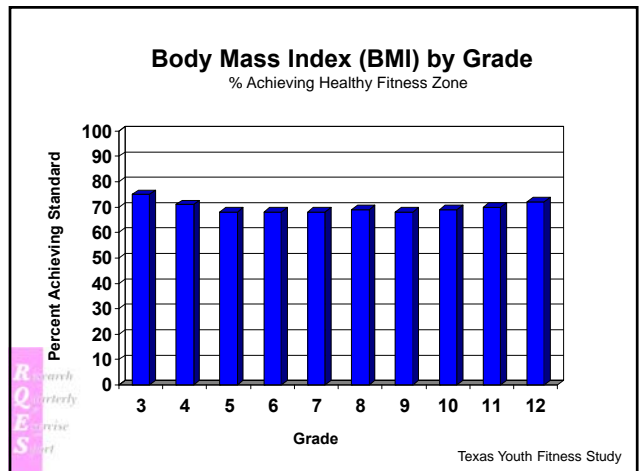
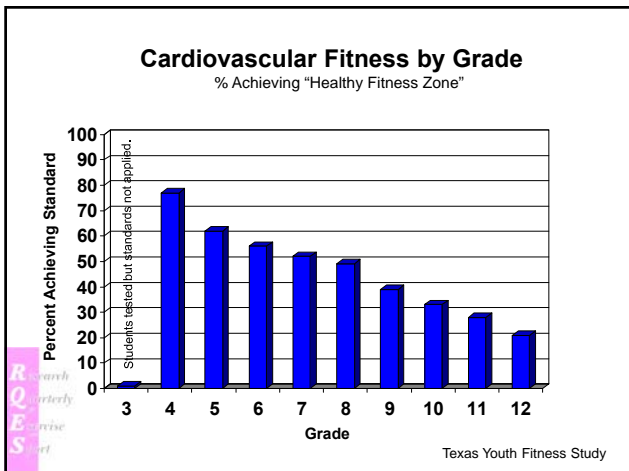
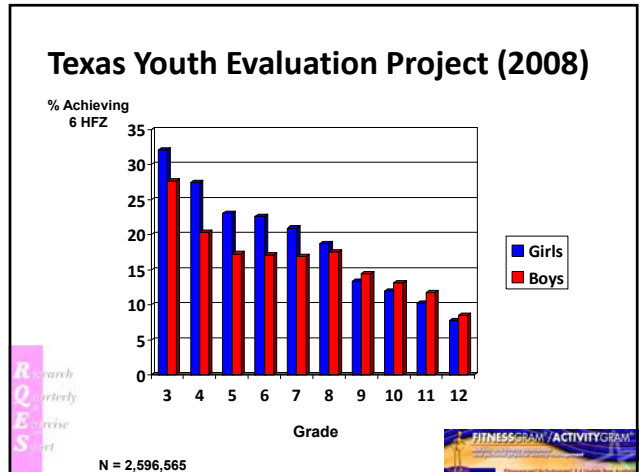


**Reliable
Valid**

Research Quarterly Exercise Sport

Texas Youth Evaluation Project (2008) – N = 2,596,565

Grade	Total # of Students			FITNESSGRAM® Test (Achieved "Healthy Fitness Zone" in all 6 tests) %		
	Total	Girls	Boys	Total	Girls	Boys
3	327,946	160,929	167,017	98,101	32.09	27.64
4	320,123	157,232	162,891	76,917	27.4	20.36
5	314,035	154,865	159,170	64,050	23.03	17.29
6	292,849	144,379	148,470	58,788	22.59	17.1
7	281,334	138,295	143,039	53,975	20.93	16.93
8	259,102	126,185	132,917	47,751	18.7	17.55
9	263,517	126,607	136,910	37,516	13.4	14.4
10	212,562	103,453	109,109	27,222	11.94	13.12
11	178,583	87,778	90,805	20,055	10.25	11.71
12	146,514	72,816	73,698	12,327	7.82	8.56



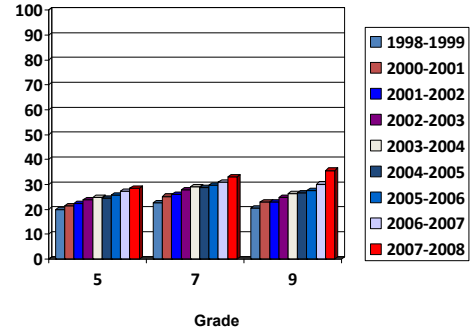
TEXAS YOUTH EVALUATION PROJECT (2008)

2,596,565 Students

Grade	FITNESSGRAM® Test "Healthy Fitness Zone" All 6 tests) %					
				Girls	Boys	
3				32.09	27.64	
4				27.4	20.36	
5				23.03	17.29	
6				22.59	17.1	
7				20.93	16.93	
8				18.7	17.55	
9				13.4	14.4	
10	212,562	103,453	109,109	27,222	11.94 13.12	
11	178,583	87,778	90,805	20,055	10.25 11.71	

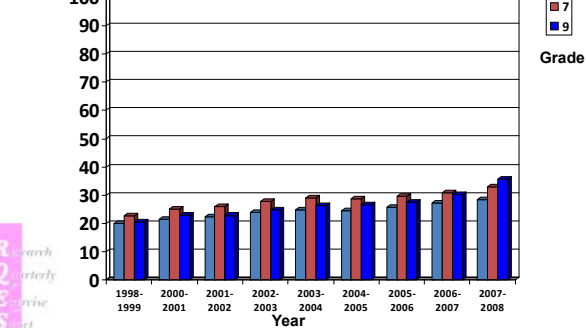
California Statewide Testing

% Achieving
6 HFZ



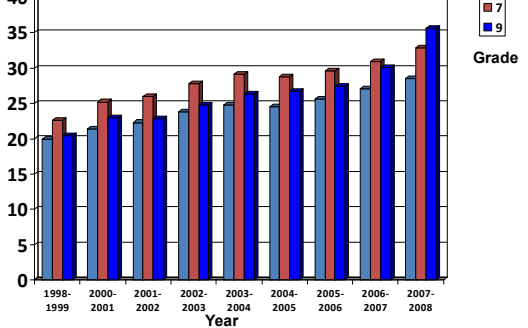
California Statewide Testing

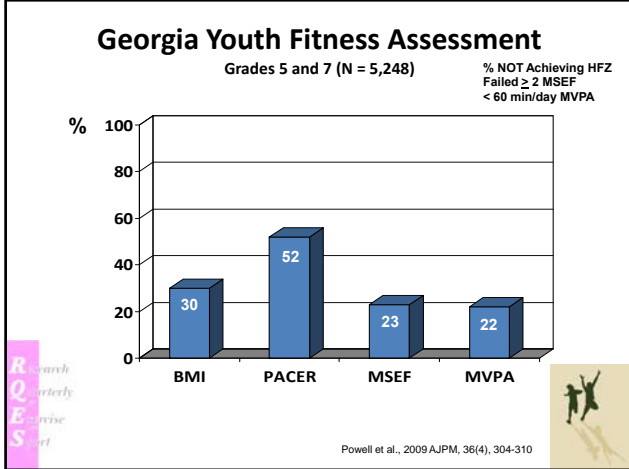
% Achieving
6 HFZ



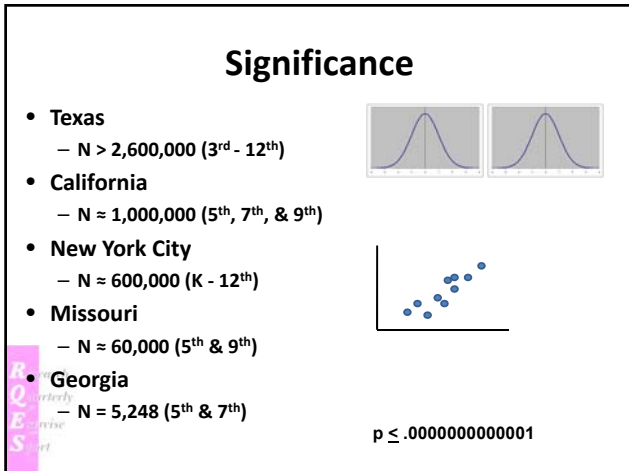
California Statewide Testing

% Achieving
6 HFZ





NYC Department of Education
NYC FITNESSGRAM
 FITNESSGRAM is a health-related physical fitness assessment for school children and youth. It is designed to be used by physical education teachers, health educators, and other school personnel. The assessment consists of a series of tests that measure cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. The results of the assessment are used to provide feedback to students and to track progress over time.



What do you interpret as fit?

- Body composition (BC)
- Aerobic capacity (AC)
- Musculoskeletal (MSF)
 - Which tests?
- BC & AC
- 6 of 6 HFZ
- 5 of 6 HFZ
- 4 of 6 HFZ
- 3 of 6 HFZ

Psychometric Considerations

- **Reliability**
 - Body Composition
 - Aerobic Capacity
 - Musculoskeletal Fitness
- **Validity**
 - Body Composition
 - Aerobic Capacity
 - Musculoskeletal Fitness

Σ
σ
ρ
μ



R
Q
E
S

Item Reliability

- **Aerobic Capacity**
 - N ≈ 23
 - $r_{xx'}(P_{50})$ **.84**
- **Body Composition^a**
 - N ≈ 11
 - $r_{xx'}(P_{50})$ **.86**
- **Musculoskeletal Fitness**
 - N ≈ 106
 - $r_{xx'}(P_{50})$ **.91**

$$r_{xx'} = \frac{\sigma_t}{\sigma_o}$$

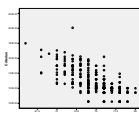
^aincludes adults

R
Q
E
S

Item Validity

- **Aerobic Capacity**
 - N ≈ 31
 - $r_{xy}(P_{50})$ **.72**
- **Body Composition**
 - N ≈ 3
 - $r_{xx'}(P_{50})$ **.79**
- **Musculoskeletal Fitness**
 - N ≈ 79
 - $r_{xx'}(P_{50})$ **.39**

r_{xy}



R
Q
E
S

Battery Reliability & Validity

- **Safrit & Wood**
 - RQES, 1987, p. 160-167
- **Validity**
 - Content
 - Concurrent
 - Predictive
 - Morbidities
 - Mortality
 - Construct



R
Q
E
S

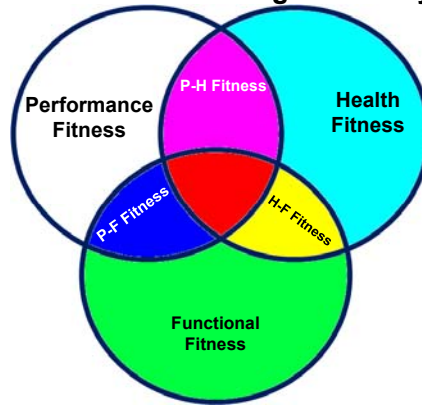
What battery/items?

- Performance fitness
 - Endurance
 - Speed
 - Agility
 - Strength
- Health-Related fitness
 - Aerobic Capacity
 - Body Composition
 - Musculoskeletal
- Functional fitness



Research Quarterly Exercise Sport

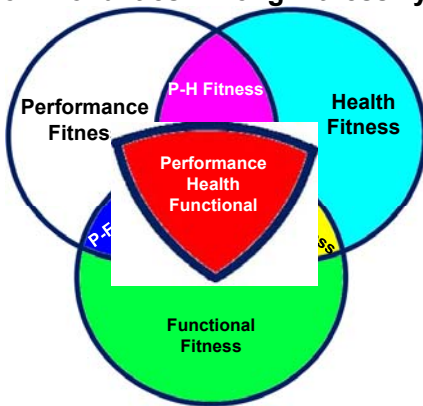
Commonalities Among Fitness Types



Research Quarterly Exercise Sport

Morrow et al., 2009, RQES.

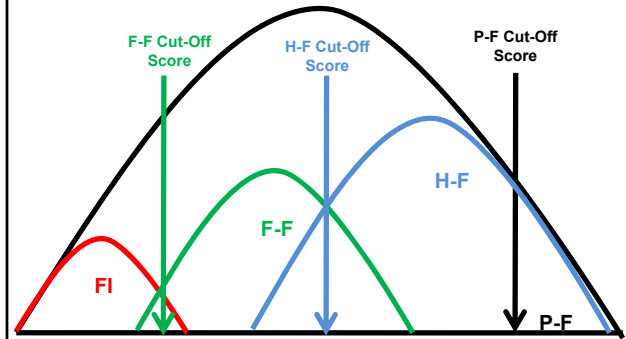
Commonalities Among Fitness Types



Research Quarterly Exercise Sport

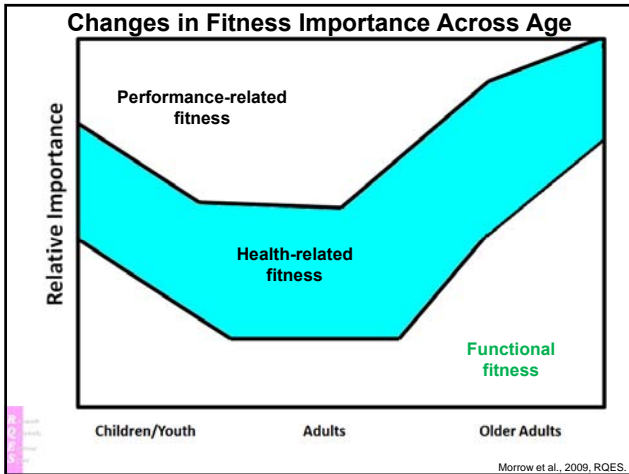
Morrow et al., 2009, RQES.

Overlap of Fitness Types



Research Quarterly Exercise Sport

Morrow et al., 2009, RQES.





Continuing Issues

Logistic

- Battery
- Scheduling
- Equipment
- Logic
- Theory
- Policies
- Support
- Politics

People



- Students
- Parent
- Teachers
- Administrators
- Politicians
- Constituencies
 - Art
 - Music

MORROW



Teacher Training

- Interest
- Time
- Money
 - Equipment
 - Training
- Methods
 - None
 - Read the manual
 - Train the trainer
 - Skilled?
 - Reading
 - In person
 - On-line
- Logistics (plan ahead)
 - Fire drill
 - CD skips
 - Call the police!

Student Performance

- Interest
 - Most physical activity they get
 - Instructional units
 - Fitness/Physical Activity/Wellness
- Motivation
 - Teachers/Students
- Practice
 - Proper/improper
 - Specificity
- Scoring
 - Teacher
 - Student
 - Partner
 - Volunteers
 - Testing teams

Student/Teacher "Excitement"?

- **Elementary**
 - Much practice
 - "Can we do it again?"
 - Want a "true" score
- **Secondary**
 - "Where can I hide?"
 - Some females don't want to be weighed.
 - Set goals for HFZ.
 - Others do only minimum!
- **Teacher**
 - Viewed as "punishment" – state requirement
 - Some enthusiastic
 - FITNESSGRAM "Hall of Fame"
 - Some "grade" students
 - "Herding cattle" – test entire school



Research Quarterly Exercise Sport

Results Confidence

- **Psychometrics**
 - Reliability
 - Validity
 - Objectivity
- **Scoring**
- **Interpretation**
- **Use**
- **Translation**
 - Teacher → Student → Parents



Research Quarterly Exercise Sport

Score Error Sources

- | | |
|--|--|
| <ul style="list-style-type: none"> • Tester <ul style="list-style-type: none"> - Administrator - Scorer <ul style="list-style-type: none"> • Experience • Skill • Participant <ul style="list-style-type: none"> - Tired - Unmotivated - Nervous - Ill - Peer pressure - Intimidation - Self-consciousness | <ul style="list-style-type: none"> • Test-related <ul style="list-style-type: none"> - Instructions - Equipment <ul style="list-style-type: none"> • None • Faulty • Environment <ul style="list-style-type: none"> - Weather - Surfaces - Cultural context - Peer pressure |
|--|--|



Maht, M.T. & Rowe, D.A. (2008). MPEES, 12(3), 126-145.

Research Quarterly Exercise Sport

Ongoing Research HFZ Reliability & Validity

The Cooper Institute

Adapted from Cooper Institute

		Teacher Time 2	
		No	Yes
Teacher Time 1	No		
	Yes		

		Expert Time 2	
		No	Yes
Expert Time 1	No		
	Yes		

		Teacher Time 1	
		No	Yes
Expert Time 1	No		
	Yes		



Research Quarterly Exercise Sport

IOWA STATE UNIVERSITY



UNIVERSITY OF NORTH TEXAS
Discover the power of ideas


Positives & Negatives

<ul style="list-style-type: none"> • Convey important information <ul style="list-style-type: none"> - Parents - Students - Teachers - Administrators • Powerful change agent <ul style="list-style-type: none"> - Newspaper Headlines - Influence decision makers <ul style="list-style-type: none"> • More MONEY for PE • More TIME for PE - Influence curricula Budget • Opportunities 	<ul style="list-style-type: none"> • Bad data collection • Data entry • Convey WRONG information • Weak/Poor data • Poor interpretation <ul style="list-style-type: none"> - Causality
---	--

Research Quarterly Exercise Start

More Legislation - 2009



SB 891

A BILL TO BE ENTITLED

AN ACT

1 relating to the public school physical education curriculum.

2 BE IT ENACTED BY THE LEGISLATURE OF THE STATE OF TEXAS:

3 SECTION 1. Section 28.002, Education Code, is amended by

4 adding Subsection (d), to read as follows:

5 (d) The physical education curriculum required under

6 Subsection (a)(2)(C) must be sequential, developmentally

7 appropriate, and designed, implemented, and evaluated to enable


8 students to develop the motor, self-management, and other skills,

9 knowledge, attitudes, and confidence necessary to participate in

10

Research Quarterly Exercise Start

More Legislation - 2009



SB 891

SECTION 2. Subchapter D, Chapter 25, Education Code, is

6 amended by adding Section 25.114 to read as follows:

7 Sec. 25.114. STUDENT/TEACHER RATIOS IN PHYSICAL EDUCATION

8 CLASSES. In prescribing the curriculum for physical education

9 under Section 28.002(a)(2)(C), the State Board of Education shall

10 require that physical education classes ~~must~~ to the extent

11 practicable, student/teacher ratios that are small enough to enable


12 school districts to:

13 (1) carry out the purposes of and requirements for the

14 physical education curriculum as provided under Section 28.002(d);

Research Quarterly Exercise Start

More Legislation - 2009



HB 229

LC 33 2941S/AP

House Bill 229 (AS PASSED HOUSE AND SENATE)

By: Representatives Coleman of the 97th, Dickson of the 6th, Maxwell of the 17th, Kaiser of the 59th, Ashe of the 56th, and others

A BILL TO BE ENTITLED

AN ACT

1 To amend Part 3 of Article 16 of Chapter 2 of Title 20 of the Official Code of Georgia

2 Annotated, relating to the health of students in elementary and secondary education, so as to

3 require local school systems to conduct an annual fitness assessment and to comply with

4 physical education instruction requirements; to provide for reporting of results to provide

Research Quarterly Exercise Start

More Legislation - 2009



HB 229

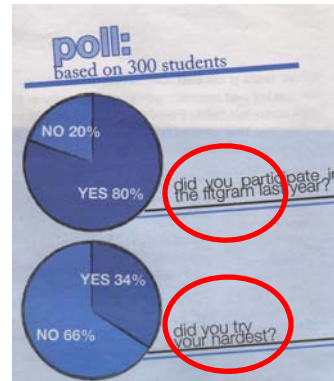
SECTION 1.

Part 3 of Article 16 of Chapter 2 of Title 20 of the Official Code of Georgia Annotated, relating to the health of students in elementary and secondary education, is amended by adding a new Code section to read as follows:

(a)(1) Beginning in the 2011-2012 school year, each local school system shall conduct an annual fitness assessment assessment and funded by the State Board of Education, one time each school year for students in grades one through 12, to be conducted only during a physical education course that is taught by a certificated physical education teacher in which a student is enrolled. Such assessments shall include methods deemed by the State Board of Education appropriate to ascertain levels of student physical fitness. Each local school system shall report the individual results of the fitness assessment to the parent or guardian of each student assessed and the aggregate results of the fitness assessments by school to the State Board of Education annually in a format

Research Quarterly Exercise Start

Students Get Involved



Research Quarterly Exercise Start

Students Get Involved



(www.wellnesscomplete.net/info.php)

Weight (kg)	Weight (lb)	Height (cm)	Height (in)	Weight (kg)	Weight (lb)	Height (cm)	Height (in)
110	242	150	59	115	253	155	61
120	264	160	63	125	275	165	65
130	286	170	67	135	297	175	69
140	308	180	71	145	319	185	73
150	330	190	75	155	341	195	77
160	352	200	79	165	363	205	81
170	374	210	83	175	385	215	85
180	396	220	87	185	407	225	89
190	418	230	91	195	429	235	93
200	440	240	95	205	451	245	97
210	462	250	99	215	473	255	101
220	484	260	103	225	495	265	105
230	506	270	107	235	517	275	109
240	528	280	111	245	539	285	113
250	550	290	115	255	561	295	117
260	572	300	119	265	583	305	121
270	594	310	123	275	605	315	125
280	616	320	127	285	627	325	129
290	638	330	131	295	649	335	133
300	660	340	135	305	671	345	137
310	682	350	139	315	693	355	141
320	704	360	143	325	715	365	145
330	726	370	147	335	737	375	149
340	748	380	151	345	759	385	153
350	770	390	155	355	781	395	157
360	792	400	159	365	803	405	161
370	814	410	163	375	825	415	165
380	836	420	167	385	847	425	169
390	858	430	171	395	869	435	173
400	880	440	175	405	891	445	177
410	902	450	179	415	913	455	181
420	924	460	183	425	935	465	185
430	946	470	187	435	957	475	189
440	968	480	191	445	979	485	193
450	990	490	195	455	1001	495	197
460	1012	500	199	465	1023	505	201
470	1034	510	203	475	1045	515	205
480	1056	520	207	485	1067	525	209
490	1078	530	211	495	1089	535	213
500	1100	540	215	505	1111	545	217
510	1122	550	219	515	1133	555	221
520	1144	560	223	525	1155	565	225
530	1166	570	227	535	1177	575	229
540	1188	580	231	545	1199	585	233
550	1210	590	235	555	1221	595	237
560	1232	600	239	565	1243	605	241
570	1254	610	243	575	1265	615	245
580	1276	620	247	585	1287	625	249
590	1298	630	251	595	1309	635	253
600	1320	640	255	605	1331	645	257
610	1342	650	259	615	1353	655	261
620	1364	660	263	625	1375	665	265
630	1386	670	267	635	1397	675	269
640	1408	680	271	645	1419	685	273
650	1430	690	275	655	1441	695	277
660	1452	700	279	665	1463	705	281
670	1474	710	283	675	1485	715	285
680	1496	720	287	685	1507	725	289
690	1518	730	291	695	1529	735	293
700	1540	740	295	705	1551	745	297
710	1562	750	299	715	1573	755	301
720	1584	760	303	725	1595	765	305
730	1606	770	307	735	1617	775	309
740	1628	780	311	745	1639	785	313
750	1650	790	315	755	1661	795	317
760	1672	800	319	765	1683	805	321
770	1694	810	323	775	1705	815	325
780	1716	820	327	785	1727	825	329
790	1738	830	331	795	1749	835	333
800	1760	840	335	805	1771	845	337
810	1782	850	339	815	1793	855	341
820	1804	860	343	825	1815	865	345
830	1826	870	347	835	1837	875	349
840	1848	880	351	845	1859	885	353
850	1870	890	355	855	1881	895	357
860	1892	900	359	865	1903	905	361
870	1914	910	363	875	1925	915	365
880	1936	920	367	885	1947	925	369
890	1958	930	371	895	1969	935	373
900	1980	940	375	905	1991	945	377
910	2002	950	379	915	2013	955	381
920	2024	960	383	925	2035	965	385
930	2046	970	387	935	2057	975	389
940	2068	980	391	945	2079	985	393
950	2090	990	395	955	2101	995	397
960	2112	1000	399	965	2123	1005	401
970	2134	1010	403	975	2145	1015	405
980	2156	1020	407	985	2167	1025	409
990	2178	1030	411	995	2189	1035	413
1000	2200	1040	415	1005	2211	1045	417

Below Normal Normal Overweight Obese

Research Quarterly Exercise Start

Ask Yourself

- Why?
 - Purpose
 - Individual
 - Surveillance
- How?
 - Students
 - Teachers
 - Training
- Audiences?
 - Students
 - Parents
 - Administrators
 - Government



Research Quarterly Exercise Start

Expected Outcomes

- Reports

- To whom?
- For what?



- Changes?

- Testing alone
- Programs/Educational Experiences

- AAHPERD's Physical Best
- CATCH
- SPARK
- MSPAN

“Throwing a test” out there is NO better than “throwing the ball” out there!

Research Quarterly Exercise Sport

Franklin Junior High School

HOW TO RECORD YOUR SCORE

This is your individual fitness record, prepared so you may learn your own performance and work to improve your score. Keep these records each year, so that you can see your progress. You may also compare your score with the scores of other students in your own school and in schools throughout the United States.

1. There are places to record your scores on two trials. Take the two tests at least 3 to 4 months apart.
2. Record your age to the nearest month, your height in inches, and your weight in pounds. Use Table 13 or Table 15 in the AAHPERD Youth Fitness Test Manual to find the components and your sheet (A, B, C, D, E, F, G, or H), except the girls in grades 10, 11, and 12, who use the column labeled 22G in Tables 17-20.

Physical Fitness testing CAN be an agent for change and assessment is a KEY element to a quality physical education program.

TO IMPROVE YOUR FITNESS

If you want to improve your score, you should ask your physical education teacher to help you plan a program of activities in connection with your physical education classes and outside of school.

each one as you determine your scores on each test. Connect the dots with straight lines. The heavy black line at the 2000 percentile shows the average. Use different color pencils to plot your two scores. Indicate the date of each trial.

TO IMPROVE YOUR FITNESS

If you want to improve your score, you should ask your physical education teacher to help you plan a program of activities in connection with your physical education classes and outside of school.



Research Quarterly Exercise Sport

Conclusion

- Good stuff happens with testing

- “What I test is important”
- Communication
 - Students, Teachers, Administrators, Parents, Public, Health Professionals

- Bad stuff happens with testing

- Expensive
- Bad data
- Time consuming
- Impact

- Any DIRECT impact from testing?

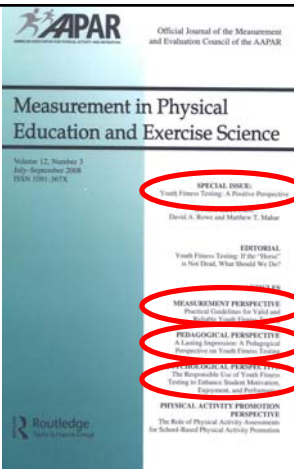
- Bad data are useless

- Uses

- Public Health perspective
 - Individual
 - Statewide/National surveillance



Research Quarterly Exercise Sport



SPECIAL ISSUE: Youth Fitness Testing: A Practical Perspective

EDITORIAL: Youth Fitness Testing: If the “When” is Not Dead, What Should We Do?

MEASUREMENT PERSPECTIVE: Practical Guidelines for Valid and

PEDAGOGICAL PERSPECTIVE: A Learning Experience: A Pedagogical Perspective on Youth Fitness Testing

PSYCHOLOGICAL PERSPECTIVE: The Responsible Use of Youth Fitness Testing to Enhance Student Motivation, Engagement, and Participation

PHYSICAL ACTIVITY PROMOTION PERSPECTIVE: The Role of Physical Activity Assessment in School-Based Physical Activity Promotion

Practical
Pedagogical
Responsible

Research Quarterly Exercise Sport

So -- do you want to do this?

YES!!!!!!!

Think, reason, and plan!

MORE!

MORE!

MORE!

R
Q
E
S

Otherwise.....

We will continue to have
a **BIG WAIST...and**

We will continue to have
a **BIG WASTE.**



R
Q
E
S

The End

Thank you!