

## Fitness Assessment Report

Due May 1

5 points (ie. 5% of your final grade)

You are responsible for compiling your results into a personalized report. Identify fitness scores, fitness zones, and a realistic personal improvement/maintenance plan as described in the course syllabus.

### NASPE PETE Standard 2 Skill and Fitness Based Competence

*Physical education teacher candidates are physically educated individuals with the knowledge and skills necessary to demonstrate competent movement performance and health enhancing fitness as delineated in the NASPE K-12 Standards.*

**Semester:** Spring 2013

**Evaluator:** Dr. Jessica Adams

**Student Name:**

**Student Kean e-mail:**

**Student Status:** Under Graduate *or* Post Baccalaureate

**Student Major:** Health & Phys Ed *or* Adult Fitness

**Is this a Fitness or Skills Assessment:** Fitness

**Is the student:** Male *or* Female

**Is this a pre or post assessment:** Post

#### Fitness Aerobic Capacity

Please rate the student's performance in the following activity

<b>PACER:</b> # laps-	BMI-	VO2-	
Healthy	Needs Improvement	Some Risk	Needs Improvement High Risk N/A: Reason

<b>Mile:</b>	Time-	BMI-	VO2-	
Healthy	Needs Improvement	Some Risk	Needs Improvement High Risk	N/A: Reason

Discuss your overall **Aerobic** Capacity Results. Is the limiting factor your BMI or mile time/PACER laps?

Would you like to improve or maintain your **aerobic capacity**?

Identify a specific short term goal for **aerobic capacity**? How will you reach it?

Date for short term goal:

Identify a specific long term goal for **aerobic capacity**? How will you reach it?

Date for long term goal:

#### Body Composition/Weight-Related Health Risk

Body Mass Index: Height: Weight:

Very lean	Healthy Fitness Zone	Needs Improvement	Some Risk	NI High Risk	N/A: (must have reason)
-----------	----------------------	-------------------	-----------	--------------	-------------------------

Would you benefit from a BIA assessment? Why or why not?

Do you feel you would be classified the same or different with a BIA assessment? Why?

Would you like to improve or maintain your **body composition**?

Identify a specific short term goal for your **body composition**? How will you reach it?

Date for short term goal:

Identify a specific long term goal for **body composition**? How will you reach it?

Date for long term goal:

#### Muscular Strength/Endurance/and Flexibility

Curl-Up:	Healthy	Needs Improvement
Trunk Lift:	Healthy	Needs Improvement
90 degree push-up:	Healthy	Needs Improvement
Pull-Up:	Healthy	Needs Improvement
Modified Pull-Up	Healthy	Needs Improvement
Back Saver Sit and Reach:	Healthy	Needs Improvement
Shoulder Stretch:	Healthy	Needs Improvement

Would you like to improve or maintain your **muscular strength/endurance**?

Identify a specific short term goal for your **muscular strength/endurance**? How will you reach it?

Date for short term goal:

Identify a specific long term goal for **muscular strength/endurance**? How will you reach it?

Date for long term goal:

Would you like to improve or maintain your **flexibility**?

Identify a specific short term goal for your **flexibility**? How will you reach it?

Date for short term goal:

Identify a specific long term goal for **flexibility**? How will you reach it?

#### **Overall Assessment of Teacher Candidate's Fitness-Based Competence**

**NASPE Standard 2.2 Teacher Candidate can achieve and maintain a health enhancing level of fitness throughout the program.**

*(5 components of health-related fitness: cardio respiratory endurance, muscular strength, muscular endurance, flexibility and body composition)*

#### **Unacceptable**

*Teacher candidate performs below the age-and gender-specific levels for one or more of the 5 components of health-related fitness using standards established by national, state, or program level testing*

#### **Acceptable**

*Teacher candidate meets the age-and gender specific levels for each of the 5 components of health-related physical fitness using standards established by national, state, or program level testing.*

#### **Target**

*Teacher candidate meets the age-and gender specific levels for each of the 5 components of health-related physical fitness using standards established by national, state, or program level testing.*

