

## Chapter 12 Homework: Physical Fitness and Activity Assessment in Youth

1. List some similarities and differences between the Fitnessgram and the President's Challenge fitness tests.
2. Describe the two physical activity assessment techniques used in the Fitnessgram.
3. You are an elementary school teacher. Your principal has asked you to test the student body for cardiorespiratory endurance and report the results of the test to him or her. What are some steps would you take to test the students and prepare your report?
4. What are the four awards available under the President's Challenge testing program? Which awards scheme would you use and why?
5. Which physical fitness test would you use? Why?
6. Differentiate between the items on health-related and motor fitness tests.
7. What type of evaluation is used with the Fitnessgram?
8. Is physical activity or physical fitness more validly measured? Why?
9. Use table 12.3. Who scores at a higher percentile, an 11-year-old boy doing 41 sit-ups or a 14-year-old girl doing 41 sit-ups?