

Chapter 12 Selected Homework Answers

1. Similarities: Both are tests of health-related fitness; both include tests of cardiorespiratory endurance, body composition, and musculoskeletal fitness; both provide several award schemes for achieving test-passing standards.

Differences: The President's Challenge includes a test of motor fitness (the shuttle run) while the Fitnessgram does not; President's Challenge passing standards are based on normative data while the Fitnessgram's standards are based on health-related criteria; the Fitnessgram includes an assessment of physical activity.

3. a) Initiate a training program to prepare the students to take a cardiorespiratory fitness test.

b) Select a reliable and valid test—the Fitnessgram Pacer test or the 1-mile run/walk test.

c) As part of the training program, have the students practice the test to become familiar with the test protocol. This will improve reliability and validity.

d) After administering the test, analyze the data and report the number of students passing and failing the criterion-referenced standards.

e) Make some recommendations to the principal based on your test results.

5. Answers will depend on students' philosophy of fitness testing, facilities available, and purpose of the test.

7. Criterion related. There are "healthy fitness zones."

9. They both score at the 75th percentile.