

## Chapter 12 Selected Answers to Mastery Items

4. Different professional organizations and people were responsible for developing the various test batteries and their standards. Although attempts are made to develop scientifically supported standards, data are often unavailable for setting specific standards, and subjectivity enters into the decisions. Standards are based on various data sources, including percentiles, distributions, and perceived relationships between the variable and a particular health outcome

5. a) Body mass index (BMI) is used to assess body composition for the Health Fitness Award, while the Presidential Award does not have a test for body composition.

b) There is a choice of items for abdominal strength and endurance with the Presidential Challenge.

c) The shuttle run in the Presidential Award tests running speed and agility, whereas the Health Fitness Award does not have a running speed and agility test.

8. The standards are set quite high and recipients must achieve the standard on *each* test item. This makes it very difficult to qualify for the award.

9. Provide good instructions, demonstrations, and adequate practice trials. Remember, it is important for both the test administrator and the student to be prepared to take the test.

10. a) Choose appropriate tests.

b) Be certain the students understand the nature, purpose, expectations, and directions for the test.

c) Provide plenty of time for the students to practice the test.

d) Have teaching assistants available

11. The male average was 7,383 and the female average was 7,142. The difference between males and females was not statistically significant ( $t = -1.01$ ;  $p < .32$ ).