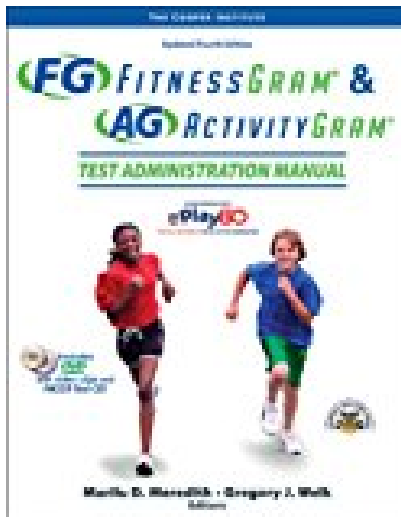


Fitnessgram & Activitygram Test Administration Manual-Updated 4th Edition



BOOK DETAILS

- Author : The Cooper Institute
- Pages : 152 Pages
- Publisher : Human Kinetics
- Language : English
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BOOK SYNOPSIS

"Fitnessgram/Activitygram "is an integrated fitness and activity assessment program that can greatly enhance the effectiveness of school-based physical education programs. This updated fourth edition of the "Fitnessgram/Activitygram" Test Administration Manual is a complete guide to implementing these assessments, from conducting the test protocols and recording the data to interpreting and sharing the results. New material in this edition includes -revised standards for aerobic capacity and body composition; -updated information about the Fitnessgram 8.x and new Web-based Fitnessgram 9 software programs (software is sold separately from the manual); and -an updated DVD that includes video clips of the test protocols, training videos for using the Fitnessgram/Activitygram software, and all the programs reproducible forms, plus the CD with the PACER, curl-up, and push-up test cadences.

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