

Fitness Gram

Mission: promote lifelong physical activity among youth. The program endorses a long term view of physical education in which the promotion of lifelong habits of physical activity is the primary goal.

It includes a variety of health-related physical fitness tests designed to assess cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition.

Program Philosophy (HELP):

H= Health related fitness - regular physical activity

E= Everyone - designed for all people regardless of physical ability

L= Lifetime - longterm goals

P= Personal - No 2 people are exactly the same, individual data

Tests:

Pacer (Aerobic capacity)

Curl-up (Abdominal Strength and Endurance)

Back-Saver Sit and Reach (Flexibility)

Push-up (Upper Body Strength and Endurance)