

pacer test scoring sheet

pacer test scoring sheet is an essential tool used by physical education teachers, coaches, and fitness professionals to accurately record and analyze students' or athletes' performance during the PACER (Progressive Aerobic Cardiovascular Endurance Run) test. This standardized assessment measures aerobic capacity and endurance, making it a vital component of fitness testing programs in schools and athletic settings. Properly utilizing a pacer test scoring sheet ensures precise data collection, easy tracking of progress over time, and effective evaluation of cardiovascular fitness levels.

Understanding the Pacer Test and Its Importance

What Is the PACER Test?

The PACER test, also known as the Multi-Stage Shuttle Run, is a progressive aerobic capacity test that involves participants running back and forth over a 20-meter distance at increasing speeds, guided by audio cues. The test continues until the participant can no longer maintain the pace, providing valuable data on their cardiovascular endurance.

Why Use a Scoring Sheet?

A well-designed scoring sheet simplifies recording individual performances, facilitates quick data analysis, and helps identify trends or areas needing improvement. It also standardizes testing procedures, making results comparable across different groups and testing sessions.

Components of a Pacer Test Scoring Sheet

A comprehensive scoring sheet typically includes the following elements:

Participant Information

- Name

- Age
- Gender
- Date of Test
- Class or Group

Test Data Columns

1. **Number of Laps Completed:** Tracks how many 20-meter segments the participant completed before stopping.
2. **Level Achieved:** Indicates the level or stage reached, often linked to specific lap counts.
3. **Time Duration:** Total time taken to complete the test or reach fatigue.
4. **Remarks:** Space for notes such as motivation, weather conditions, or health status.

Scoring Metrics

This section summarizes the performance, such as:

- Final lap count
- Fitness level category (e.g., excellent, good, needs improvement)
- Recommendations for training or follow-up testing

Designing an Effective Pacer Test Scoring Sheet

Choosing the Right Format

Depending on your preference, scoring sheets can be:

- **Printable Paper Forms:** Useful for manual recording during tests.
- **Digital Spreadsheets:** Excel, Google Sheets, or specialized software allow easier data analysis and storage.

Key Features to Include

To maximize effectiveness, your scoring sheet should feature:

- Clear labels and instructions for each column
- Adequate space for notes and remarks
- Color coding for quick visual assessment (e.g., green for excellent, yellow for average, red for needs improvement)
- Automatic calculations for averages, rankings, or percentile scores (if using digital tools)

Sample Layout of a Pacer Test Scoring Sheet

Participant Name	Age	Gender	Date	Laps Completed	Level Reached	Total Time	Remarks	Performance Category
-----	----	-----	-----	-----	-----	-----		
-----	-----	-----	-----	-----				
John Doe	16	M	10/10/2023	50	Level 7	8:30 min	Felt tired near end	Good

Using the Pacer Test Scoring Sheet Effectively

Preparation Before Testing

- Ensure all participants understand the test procedures.
- Prepare the scoring sheets in advance, whether printed or digital.
- Calibrate audio cues and 20-meter course markers.
- Have additional pens, clipboards, or devices ready for data entry.

During the Test

- Record each participant's details accurately.
- Observe and note any irregularities or issues.
- Mark laps completed immediately after each participant finishes.
- Keep track of the level achieved, if applicable.

Post-Test Analysis

- Calculate total laps and levels for each participant.
- Categorize performance based on standardized benchmarks.
- Identify students or athletes who may need additional fitness training.
- Store data securely for future comparison.

Benefits of Using a Pacer Test Scoring Sheet

Accurate Data Collection

A dedicated scoring sheet minimizes errors and ensures all relevant data points are captured consistently.

Ease of Data Analysis

Structured recording facilitates quick computation of scores, averages, and performance categorization.

Progress Tracking

Comparing scores over multiple testing sessions helps monitor improvements or declines in aerobic capacity.

Promoting Accountability

Clear documentation encourages participants to take the test seriously, knowing their performance is being accurately recorded.

Enhancing Motivation

Seeing tangible progress on scoring sheets can motivate students and athletes to improve their fitness levels.

Tips for Creating a Custom Pacer Test Scoring Sheet

1. **Identify your specific needs:** Determine whether you'll need detailed data (e.g., lap counts, times) or a simplified overview.
2. **Use clear labels:** Ensure each column and row is labeled unambiguously.
3. **Incorporate automation:** If using digital sheets, add formulas for automatic calculations.
4. **Design for ease of use:** Keep the layout uncluttered and straightforward.
5. **Include instructions:** Provide brief guidance on how to fill out the sheet correctly.

Conclusion

A well-designed **pacer test scoring sheet** is an invaluable asset for accurately assessing and tracking cardiovascular fitness among students and athletes. Whether in physical education classes, sports teams, or health assessments, utilizing a comprehensive scoring sheet streamlines data collection, enhances analysis, and motivates participants to improve. By understanding the key components and best practices for creating and using these sheets, educators and coaches can ensure reliable results that support targeted fitness development and overall health improvement. Embracing digital tools and standardized formats further enhances efficiency, making the process seamless and effective. Ultimately, a good scoring sheet not only records data but also fosters a culture of continuous improvement and active participation in fitness testing.

Frequently Asked Questions

What is a Pacer Test Scoring Sheet and how is it used?

A Pacer Test Scoring Sheet is a document used to record students' performance during the PACER (Progressive Aerobic Cardiovascular Endurance Run) test, tracking the number of laps completed to assess cardiovascular endurance.

How do I interpret the scores on a Pacer Test Scoring Sheet?

The scores typically indicate the total number of laps a student completes before failing to keep up with the pace. Higher lap counts reflect better cardiovascular fitness.

Can I customize a Pacer Test Scoring Sheet for different age groups?

Yes, scoring sheets can be tailored to different age groups by adjusting the pace levels and recording methods to suit developmental fitness standards.

Where can I find free templates for a Pacer Test Scoring Sheet?

Free templates are available on educational websites, fitness testing resource platforms, and from physical education curriculum providers online.

What information should be included on a Pacer Test Scoring Sheet?

The sheet should include student names, date of testing, number of laps completed, and possibly the level or stage achieved during the test.

How can I automate scoring for the Pacer Test using a digital sheet?

You can use spreadsheet software like Excel or Google Sheets with formulas to automatically calculate scores based on laps recorded, making data analysis easier.

Is the Pacer Test Scoring Sheet suitable for large classes?

Yes, with proper organization and digital tools, scoring sheets can efficiently accommodate large class sizes for quick data entry and analysis.

What are some best practices for administering the Pacer Test and recording scores?

Ensure consistent pacing, clear instructions, proper safety measures, and accurate recording of each student's performance on the scoring sheet for reliable results.

How can I analyze trends from multiple Pacer Test Scoring Sheets over time?

By compiling data into a central database or spreadsheet, you can track individual progress, class averages, and fitness improvements across testing periods.

Additional Resources

Pacer Test Scoring Sheet: An In-Depth Guide for Educators and Fitness Professionals

The Pacer Test Scoring Sheet is an essential tool for educators, coaches, and fitness professionals who utilize the 20-meter Pacer Test (Progressive Aerobic Cardiovascular Endurance Run) as a standard measure of cardiovascular fitness among students and athletes. As the world increasingly emphasizes health and physical education, understanding the intricacies of this scoring sheet becomes vital for accurate assessment, record-keeping, and motivating participants. This article offers a comprehensive review of the Pacer Test Scoring Sheet, exploring its design, functionalities, best practices, and how it can be optimized for effective use.

Understanding the Pacer Test and its Scoring System

The Pacer Test, also known as the 20-meter Shuttle Run Test, is a progressive, multistage fitness assessment. Participants run back and forth over a 20-meter distance, synchronized with audio cues that gradually increase in speed. The test continues until the individual can no longer keep pace or chooses to stop. The primary goal is to measure aerobic capacity, endurance, and overall cardiovascular health.

Scoring in the Pacer Test is straightforward: it records the number of laps completed before exhaustion, with higher lap counts indicating better cardiovascular fitness. However, to streamline data collection, comparison, and analysis, a well-designed scoring sheet is indispensable.

Design and Components of a Pacer Test Scoring

Sheet

A well-crafted scoring sheet serves multiple purposes: it ensures clarity, facilitates quick data entry, reduces errors, and allows for meaningful analysis. Here, we delve into the essential components that comprise an effective Pacer Test Scoring Sheet.

1. Participant Identification Details

- Name: Full name for individual identification.
- ID Number or Student Number: Unique identifier to prevent mix-ups.
- Age or Grade Level: Contextualizes results based on age-related standards.
- Gender: Useful for comparative analysis, as fitness norms vary.

2. Test Parameters and Metadata

- Date of Test: Ensures chronological tracking of progress.
- Location or Venue: Helpful for record-keeping in multiple settings.
- Test Administrator: Name of the person overseeing the test.

3. Performance Data Columns

- Laps Completed: The core data point, typically recorded as an integer.
- Stage or Level Achieved: Optional, indicating the level reached based on laps or audio cues.
- Time or Duration: Total time taken, which can be useful in detailed analysis.

4. Scoring and Analysis Section

- Score Interpretation: Space for qualitative remarks or fitness categories (e.g., Excellent, Good, Fair).
- Comparison Benchmarks: Optional reference data for age/gender norms.
- Graphical Representation: For visual tracking, such as bar graphs or progress charts.

5. Additional Notes and Observations

- Participant's physical condition during the test.
- Any anomalies or incidents (e.g., fatigue, discomfort).
- Recommendations for future assessments.

Digital vs. Paper-Based Scoring Sheets

In modern fitness and educational settings, the choice between digital and paper-based scoring sheets is significant. Each has its advantages and limitations.

Paper-Based Scoring Sheets

- Advantages:
 - Easy to distribute and use without technical requirements.
 - Suitable for outdoor or resource-limited environments.
 - Tangible record for immediate review.
- Limitations:
 - Prone to human error during manual data entry.
 - Difficult to analyze large datasets efficiently.
 - Risk of loss or damage.

Digital Scoring Sheets

- Advantages:
 - Automated calculations and data validation.
 - Easier to store, retrieve, and analyze over time.
 - Facilitate graphical presentations and trend analysis.
 - Can be integrated with fitness tracking apps or databases.
- Limitations:
 - Requires devices and technical proficiency.
 - Dependence on power and software updates.
 - Potential data privacy concerns.

Best Practice Tip: For optimal results, combine digital tools with manual oversight. Use digital spreadsheets (e.g., Excel, Google Sheets) with pre-formatted templates to minimize errors.

Creating an Effective Pacer Test Scoring Sheet

Designing an effective scoring sheet involves more than just listing data points. It requires thoughtful organization, clarity, and adaptability to different testing environments. Here are key considerations:

1. Simplicity and Clarity

- Use clear labels and headings.
- Employ consistent units and formats.
- Highlight critical fields (e.g., laps completed, date).

2. Flexibility and Customization

- Include adjustable sections for different age groups or fitness levels.
- Add checkboxes or dropdown menus for quick selection.
- Allow for notes or comments.

3. Data Validation and Error Prevention

- Use input restrictions to prevent invalid entries.
- Incorporate formulas that automatically calculate scores or averages.
- Implement conditional formatting to flag outliers or errors.

4. Visual Appeal and User-Friendliness

- Use color coding to differentiate sections.
- Maintain a logical flow from participant info to results.
- Ensure legibility with appropriate font sizes.

Utilizing the Pacer Test Scoring Sheet for Maximum Impact

A scoring sheet's value is maximized when used strategically. Here are best practices for educators and trainers:

1. Standardize the Testing Procedure

- Ensure all testers understand how to record laps accurately.
- Use consistent audio cues and instructions.

2. Record Data Methodically

- Double-check entries to prevent errors.
- Record additional notes that might influence interpretation.

3. Analyze Results Effectively

- Compare individual scores against normative data.
- Track progress over multiple tests to monitor improvement.
- Use visual tools (charts, graphs) to motivate participants.

4. Provide Constructive Feedback

- Share results with participants in an encouraging manner.
- Set personalized goals based on their scores.
- Suggest training plans to improve cardiovascular endurance.

Enhancing the Pacer Test Scoring Sheet with Technology

Innovations in technology can significantly improve the efficiency and accuracy of scoring. Here are some modern approaches:

- Mobile Apps: Use dedicated fitness assessment apps that automate scoring and generate reports.
- QR Codes/Barcodes: Assign QR codes to participants for instant data retrieval.
- Wearable Devices: Integrate with fitness trackers that automatically record laps or heart rate data.
- Cloud Storage: Save data securely online for remote access and analysis.

Conclusion: The Value of a Well-Designed Pacer Test Scoring Sheet

The Pacer Test Scoring Sheet is more than just a data collection tool; it is a bridge between raw performance and meaningful health insights. A thoughtfully designed scoring sheet simplifies the assessment process, enhances data accuracy, and supports ongoing fitness development. Whether used in a classroom, gym, or sports club, it empowers educators and trainers to make informed decisions, motivate participants, and track progress over time.

Investing time in creating or selecting an effective scoring sheet is an investment in the health and fitness journey of every individual. By combining clarity, flexibility, and technology, professionals can elevate their assessment practices and foster a culture of continuous improvement.

In summary:

- Understand the core components of the scoring sheet.
- Choose between digital and paper formats based on context.
- Customize the design to fit specific needs.
- Use the data proactively to motivate and guide participants.
- Leverage technology for efficiency and accuracy.

Empowering yourself with a robust Pacer Test Scoring Sheet will ensure that you maximize the benefits of this vital fitness assessment tool, ultimately contributing to healthier, fitter communities.

Pacer Test Scoring Sheet

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pacer test scoring sheet: FitnessGram Administration Manual The Cooper Institute, 2017-01-06 The best just got better. FitnessGram is the gold standard for assessing the health-related fitness and activity levels of youths. The Cooper Institute has updated the FitnessGram Administration Manual with new material to ensure that FitnessGram is the most comprehensive and informative program that can drive meaningful behavior change and set up children for a healthy future. The fifth edition of FitnessGram Administration Manual: The Journey to MyHealthyZone offers K-12 teachers two primary assessment resources that allow them to produce individualized reports for each student in their class. FitnessGram provides a complete battery of health-related fitness assessments that are scored using criterion-referenced Healthy Fitness Zone® standards. The standards are age and sex specific and are based on how fit children need to be for health. New to this fifth edition: • Audio of cadences and videos and photos for test protocols, making it easier for you to administer tests • A chapter on communicating with stakeholders (students, parents, faculty and staff, administrators, and the community) • A chapter on data mining and using data to inform your instruction and help you make sound curricular decisions • A design that enhances your ease in using the material and administering the tests You will learn how to administer the tests, interpret the results, and provide feedback to your students on their results. FitnessGram Administration Manual also offers a web resource that includes video clips that demonstrate the assessments; audio for the PACER, curl-up, and push-up tests; and reproducible forms. Through FitnessGram, you can assess children's fitness in these areas: • Aerobic capacity • Muscle strength • Muscular endurance • Flexibility • Body composition Several test options are provided for most of those areas; one test item is recommended. As a FitnessGram user you also have access to everything the Presidential Youth Fitness Program has to offer. The Presidential Youth Fitness Program helps physical educators assess, track, and recognize youth fitness and physical activity. Through this program you are also provided with the following: • Instructional strategies for promoting student physical activity and fitness • Communication tools to help physical educators increase awareness about their work in the classroom • Options for recognizing fitness and physical activity achievements This latest version of the FitnessGram Administration Manual: The Journey to MyHealthyZone is your guide to conducting the test protocols, recording the data, interpreting the results, and sharing those results in ways that will encourage students to be

physically active and adopt healthy behaviors throughout their lives.

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- measurement for health-related physical fitness
- measurement for psychomotor skills
- measurement for cognitive knowledge
- measurement for affective behaviors
- grading
- self-evaluation.

Each chapter features learning aids such as objectives, key terms, practical applications, and review questions, while an appendix offers in-depth Excel assignments. Offering a full companion website featuring an instructor's manual, lecture slides, and a test bank, *Measurement and Evaluation in Physical Education and Exercise Science* is a complete resource for instructors and students, alike. It is an essential text for students in measurement and evaluation classes as part of a degree program in physical education, exercise science or kinesiology, and a valuable reference for practitioners seeking to inform their professional practice.

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levels The CD offers the illustrated children's stories in PDF and PowerPoint format; articles that explore physical activity and behavior issues with follow-up questions; letters to parents about the focus and concepts of each unit; resources for guest teachers; worksheets and activities that can be used as homework or informal assessments; and posters that reinforce each unit's theme and concept and generate discussion about respect, challenge, and teamwork. Part I of the book explores the issues surrounding teaching responsible behavior, how to create a positive environment, and how to assess student progress (as well as your own!). Part II lays out the unit plans for the three key areas of responsible behavior. Each unit contains a children's story that you can use to introduce a level--Respect, Challenge, or Teamwork--to your students. Each story uses a physical activity setting and is written specifically for physical education teachers as a tool to help them reach their learners. Each unit closes with a list of NASPE standards and sample performance outcomes that the unit addresses as well as child-friendly complementary I can statements. The book and CD-ROM package is set up as a toolkit to allow you to use all the units or choose the units that fit best with your program. Teaching Children Responsible Behavior is a flexible package that will help you better manage your classes, increase students' time on task, shape positive behavior among your students, and help them make responsible choices in and out of the classroom. Use it to create a culture of respect in your classroom!

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pacer test scoring sheet: *Performance-Based Assessment for Middle and High School Physical Education* Jacalyn Lea Lund, Mary Fortman Kirk, 2019-03-21 Performance-Based Assessment for Middle and High School Physical Education is a cutting-edge book that teachers trust for assessing middle school and high school physical education students. Also a highly popular undergraduate text for courses that focus on performance-based assessment, this new third edition features significant additions, enhancements, and updates: New chapters on effective management and instruction delivery, which make it appropriate for PETE instructors using the book for secondary methods courses A new chapter on assessments with various instructional models, including Sport Education, Teaching Games for Understanding, Cooperative Learning, Personalized System of Instruction, and Teaching Personal and Social Responsibility A new chapter on assessing dance (with sample dance units in the web resource) A new sample unit on ultimate Frisbee in the chapter on invasion games An expanded section on cognitive assessments, with suggestions for writing tests Updated content on rubrics Performance-Based Assessment shows readers how to use portfolios to assess fitness, and it offers an example of a portfolio assessment for a high school fitness course. It also guides readers in using skill tests in physical education. Written by two authors with a combined 26 years of experience teaching physical education in public schools, the text discusses various assessment formats, helping PETE students and in-service teachers know both what to assess and how to assess it. Readers learn how to develop culminating and progressive assessments, as well as plan for continuous performance-based assessments and acquire effective teaching strategies for standards-based instruction. All content is aligned with current SHAPE America national standards and is supported by research from educational assessment giants such as Tom Guskey, Richard Stiggins, Dylan William, Robert Marzano, and James Popham. The book is organized into four parts, with part I introducing readers to performance-based assessment issues such as the need for change in the assessment process, how assessments can be used to enhance learning, the various assessment domains and methods, and the use of rubrics in assessments. Part II explores aspects of

managing and implementing physical education lessons. In part III, readers learn about the components of performance-based assessment, and in part IV, they delve into issues affecting grading and implementing continuous performance-based assessment. This groundbreaking text explains the theory behind assessment and, through its numerous models, shows how to apply that theory in practice. The text is filled with practical examples, much more so than the typical assessment book. And it is supplemented by a web resource that houses forms, charts, and other material for instructors to use in their performance-based assessments. Class size, skill levels, and time factors can make assessments difficult—but far from impossible. The examples in the book are meant to be modified as needed, with the ideas in the book used as starting points. Teachers can use the material, examples, and tools in this book to create assessments that enhance student learning, providing them feedback to let them know what they have accomplished and how they can work toward goals of greater competence.

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middle schoolers, *Fitness for Life: Middle School, Second Edition*, offers a foundation for students to get physically active and remain active throughout their lives.

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pacers test scoring sheet: Symposium on Titanium , 1957

pacers test scoring sheet: *Fitness for Life Updated* Charles B. Corbin, Ruth Lindsey, 2006-03-31 The e-book for *Fitness for Life, Updated Fifth Edition* allows you to highlight, take notes, and easily use all the material in the book in seconds. The e-book is delivered through Adobe Digital Editions® and when purchased through the Human Kinetics site, access to the content is immediately granted when your order is received. *Fitness for Life* is the original and best-selling high school text for promoting lifelong physical activity and healthy lifestyles that result in lifelong fitness, wellness, and health. *Fitness for Life* has been updated to make it better than ever. The updated edition retains the strengths of the fifth edition and has been enhanced with a test bank, an online study guide, and an array of other new features to keep teachers and students on the cutting edge. *Fitness for Life* helps students to -meet national, state, and local physical education grade-level standards; -learn about and meet national health goals for the year 2010; -become informed consumers on matters related to lifelong physical activity and fitness; -learn self-management skills that lead to adopting healthy lifestyles; -take personal responsibility for program planning and setting individualized goals; -recognize and overcome the barriers to reaching their activity and fitness goals; -use technology to promote healthy living and to separate fact from fiction; and -assess personal progress using a variety of tools, including FITNESSGRAM/ACTIVITYGRAM. The book's pedagogically sound format includes lesson objectives that are consistent with state and national health and fitness goals. The chapter and unit structure is consistent with a school-year structure and works with your schedule no matter what schedule you're on! The following are new features in the Updated Fifth Edition: -New focus on MyPyramid and the 2005 dietary guidelines -Online study guide and test bank -Increased emphasis on diversity awareness -Wrap-around lesson plans to accompany lesson plan book and CD-ROM -And much more—request a desk copy to see! View chapter excerpt and ancillary samples at www.FitnessforLife.org! Every chapter of the fully updated student text includes the following elements: -Two lessons designed for the classroom portion of the class -Three activities designed for use in the activity portion of the class -A self-assessment that helps students to build a fitness profile to be used in program planning -A taking charge feature designed to reinforce self-management skills and concepts -A self-management skill feature that includes guidelines for learning self-management skills and reinforces taking charge -A chapter review New ancillaries beef up already comprehensive ancillaries -The teacher ancillary package includes the following: -Lesson plans in CD-ROM and book format—Daily lesson plans guide teachers in working through the material and integrating the other ancillaries. -Wrap-around lesson plans—A wrap-around set of lesson plans is available for those schools that require or prefer this format. -CD-ROM and print version of teacher resources and materials—Includes worksheets, quizzes, blackline masters, and student workbooks. These can be copied from the print version or kept safe and printed out year after year from the CD-ROM. -CD-ROM of activity and vocabulary cards—This includes 8.5- x 11-inch cards depicting activities with instructions and vocabulary cards for use in studying fitness terminology covered in the book. -CD-ROM of the presentation package—This CD-ROM includes a PowerPoint presentation for every lesson in the book, making class time easy for you and more engaging for your students. -In-service DVD—Learn the program philosophy, objectives, and teaching strategies presented by Chuck Corbin. This DVD is useful for presenting your program's

objectives to parents and administrators. -Spanish e-book on CD-ROM and online Spanish vocabulary—You'll find the full text in a Spanish translation on the CD-ROM, and all vocabulary is translated to Spanish on the Web site. -FitnessforLife.org Web site—The student text uses icons throughout to direct students to the Web site for more information. Additional content updates will continue to be added to the Web site as new information on health and wellness emerges. The Web site also includes the two newest ancillaries: -Online study guide—Use as a supplement to regular coursework, as an independent study for students who are unable to attend class, or as a make-up assignment for a student who missed a class. The online study guide also allows students to create online electronic portfolios that can be used as evidence of meeting physical education outcomes and standards. Access is free to teachers and students with an adoption of 25 or more copies. -Test bank—Quickly and easily create exams from more than 500 multiple-choice, essay, and matching questions. You can easily customize the exams to meet your needs, and you can make them unique for each class period you teach. -Award-winning DVDs—Two DVDs each include five 20-minute segments that illustrate key concepts, activities, and assessments featured in the text, including the Telly Award-winning segments. -The Lifetime Fitness DVD includes Introduction to Physical Activity, Cardiovascular Fitness, Muscle Fitness, Flexibility, and Body Composition. -The Wellness DVD includes Introduction to Wellness, Nutrition, Stress Management, the Activity Pyramid, and Planning Healthy Lifestyles. -Additional supplementary instructional materials are also available for purchase: -Physical Education Soundtracks—Two CDs contain the cadence for PACER and other fitness tests, music intervals, and music for exercise routines. -Physical Activity Pyramid Posters—Explains the FIT formula for all types of physical activities. How Fitness for Life Benefits Students -Fitness for Life helps students meet national, state, and local physical education standards and helps students achieve national health goals outlined in Healthy People 2010. -Fitness for Life is based on the HELP philosophy, which specifies the goal of promoting health for everyone with an emphasis on lifetime activity designed to meet personal needs. -Fitness for Life helps students learn the value and benefits of lifelong physical activity. Just as important, they learn that physical activity can and should be fun—and thus they are more likely to become and remain active throughout their lives. -Students learn how to create an activity and fitness plan, set individual goals, assess their status and progress, manage their time and responsibilities, and overcome barriers to regular physical activity. They learn to use technology to benefit their fitness rather than detract from it. And they experience the various components of health-related fitness, activity, and wellness through participation in the many labs and activities that are a crucial part of the Fitness for Life program. -Fitness for Life enables students to have success, build confidence in their ability to lead an active lifestyle, and take control of their own health. And research has shown that the program is effective in promoting physically active behavior after students finish school. -Fitness for Life complements the total learning process, contributing learning experiences in science, math, and language arts, including extensive vocabulary enhancement. How Fitness for Life Benefits Teachers -Teachers can present this course knowing that it is consistent with national and state standards. -Fitness for Life helps students understand lifelong fitness concepts and learn the keys to adopting and maintaining healthy behavior throughout their lives. -The program is easily adaptable to any schedule and includes block plans of all types. -The organization of the text and the comprehensive ancillaries make teaching this course as simple as possible, with a minimum of preparation time—even for those with no experience in teaching this type of course. -Workbooks and materials completed by students in the online study guide can be used in creating student portfolios that provide evidence of students' accomplishment of national, state, and local outcomes and standards. Compatibility With FITNESSGRAM®/ACTIVITYGRAM® and Physical Best Author Chuck Corbin has been a member of the FITNESSGRAM/ACTIVITYGRAM Scientific Advisory Board since its inception. The FITNESSGRAM/ACTIVITYGRAM assessments embedded in the Fitness for Life self-assessment program—as well as the book's approach to teaching health-related fitness and physical activity—are consistent with the stated philosophy of the FITNESSGRAM/ACTIVITYGRAM Scientific Advisory Board. Fitness for Life is also fully compatible with Physical Best resources; in fact, the Physical Best

program offers teacher training for Fitness for Life course instructors. All three programs are based on the HELP philosophy, which promotes health for everyone with a focus on lifetime activity of a personal nature. Dr. Corbin is recognized nationally and internationally as the leader in teaching health-related fitness and activity to middle and high school students. He wrote the first high school textbook on this subject, which has often been imitated but never equaled. Dr. Corbin has received numerous national awards in physical education and has authored, coauthored, or edited more than 70 books and videos. Fitness for Life (winner of the Texty Award of the Text and Academic Authors Association), Concepts of Physical Fitness (winner of the McGuffey Award), and Concepts of Fitness and Wellness are the most widely adopted high school and college texts in the area of fitness and wellness. Two of Dr. Corbin's video programs have earned Telly Awards for Excellence for educational videos. He is first author of the national physical activity standards for children, published by COPEC and NASPE. Adobe Digital Editions® System Requirements Windows -Microsoft® Windows® 2000 with Service Pack 4, Windows XP with Service Pack 2, or Windows Vista® (Home Basic 32-bit and Business 64-bit editions supported) -Intel® Pentium® 500MHz processor -128MB of RAM -800x600 monitor resolution Mac PowerPC -Mac OS X v10.4.10 or v10.5 -PowerPC® G4 or G5 500MHz processor -128MB of RAM Intel® -Mac OS X v10.4.10 or v10.5 -500MHz processor -128MB of RAM Supported browsers and Adobe Flash versions Windows -Microsoft Internet Explorer 6 or 7, Mozilla Firefox 2 -Adobe Flash® Player 7, 8, or 9 (Windows Vista requires Flash 9.0.28 to address a known bug) Mac -Apple Safari 2.0.4, Mozilla Firefox 2 -Adobe Flash Player 8 or 9 Supported devices -Sony® Reader PRS-505 Language versions -English -French -German

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