Fitnessgram & Activitygram Test Administration Manual-Updated 4th Edition (4th)

By The Cooper Institute, Cooper Institute The

Human Kinetics Publishers. Mixed media product. Book Condition: new. BRAND NEW, Fitnessgram & Activitygram Test Administration Manual-Updated 4th Edition (4th), The Cooper Institute, Cooper Institute The, "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 program's reproducible forms, plus the CD with the PACER, curl-up, and push-up test cadences.

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