



• • PHYSICAL FITNESS AND WELL-BEING

CHAPTER 12 FITNESS EVALUATION

Learning Expectations

C2.2 demonstrate the ability to assist “clients” in selecting and using a variety of appraisal methods and resources to assess personal physical activity levels, fitness, and eating patterns

CONTENTS

Teacher's Guide Topics	Student Workbook Activities
1. Peer Assessment	1. My Fitness Appraisal
2. Personal Fitness Goal Setting	2. My Fitness Goals
3. Setting a Positive Evaluation Atmosphere	3. Setting a Positive Atmosphere for Fitness Testing

Chapter Instruction Guiding Principles

This chapter describes various diagnostic standardized fitness appraisals, which can be valuable tools for helping students set attainable and relevant personal goals. However, these standardized tests must be used in a way that is safe (physically and emotionally), inclusive for all, and differentiated to meet individual needs. Normative standards can sometimes be demoralizing or dangerous if they project unrealistic goals on the students. The most important reference point is the personal improvement of fitness levels over time for individuals.

Encourage students to pursue their personal fitness and lifestyle goals, ensuring their goals are both attainable and achievable. Using a flexible and balanced approach and avoiding rigidity regarding fitness testing guidelines can reduce potential triggers to body image and health concerns. What can always be stressed, however, is that regular physical activity is essential for maintaining good health over the long term.





TOPIC 1 Peer Assessment

Objective

In preparation for testing their clients' fitness, students will learn and practise the correct protocols for the fitness tests selected for their clients by the teacher.

Action Plan

1. In order for fitness test results to be valid, the tests must be administered the same way every time.
Demonstrate the correct protocol for the fitness tests that will be given to the clients.
2. Set up stations where students will rehearse administering the fitness tests by testing each other.





TOPIC 2 Personal Fitness Goal Setting

Objective

Students will review goal setting.

Action Plan

Students will evaluate their fitness test results and write goals for themselves.





TOPIC 3 Setting a Positive Evaluation Atmosphere

Objective

Students will become aware of possible client negativity and develop strategies to make fitness testing a positive experience.

Action Plan

1. Ask students their feelings about fitness testing, now and as junior students.
2. Ask students for ideas on making fitness testing a positive experience.
3. Students will read the guidelines for fitness testing in their workbooks and record some ideas to incorporate into fitness testing.

