



Brockport Physical Fitness Training Guide

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Teachers no longer have to adapt standard physical fitness tests to accommodate students with special needs. The all-new Brockport Physical Fitness Test (BPFT) is specifically designed to test the fitness of youths from ages 10 through 17 that have various disabilities. The manual and related materials provide teachers with everything they need to know to easily administer the test.

Years in preparation, the Brockport Test was developed through Project Target, a research study funded by the U.S. Department of Education and designed to develop a health-related, criterion-referenced physical fitness test. The Brockport Test compares scores to carefully researched and developed health standards, rather than to national averages. This way, the test administrator knows with certainty when a child meets the minimum recommendation for being fit on each test item.

The Brockport Physical Fitness Test resources are as a kit or separately. See "Related Products" to the right for ordering information about separate components.

The Brockport Physical Fitness Test Kit

The Brockport Physical Fitness Test Kit is the most complete package ever developed for fitness testing for youths with physical and mental disabilities. It includes the following:

- The comprehensive *Test Manual* that explains development of the test and testing procedures
- A *Training Guide* to assist you in improving your students' fitness
- *Fitness Challenge*, the companion software that makes test use much easier
- A video that demonstrates clearly how to use the test with this population
- Curl-up strips
- Skin Calipers
- PACER audio CD/cassette

The Brockport Physical Fitness Test Manual

The manual presents all test items that comprise the Brockport Test. This easy-to-read manual includes

- a written description of the test items,
- how they are to be administered,
- what equipment is needed,
- ways of scoring the test,
- number of trials required,
- test modifications, and
- recommendations for easy test administration.

The manual's unique personalized approach allows the tester to

- identify health-related concerns,
- establish the components of physical fitness to be measured,
- identify test items,
- create unique physical fitness profiles, and
- apply standards associated with desired levels of health-related physical fitness.

The Manual includes a special chapter that presents health-related, criterion-referenced test selection guides and standards for assessing physical fitness. Standards are presented in tabular form.

In all, The Brockport Physical Fitness Test Manual is an easy-to-follow, thorough guide that makes it easier for teachers to assess the fitness levels of students with special needs. It's also an excellent textbook for course in adapted physical education.

Fitness Challenge Software

The companion software makes BPFT use and record keeping easy. It prints out goals, results, and fitness plans for individual students, and separate reports can be generated for instructors or parents. Instructors can select from any of the 27 tests to create a test geared toward an individual or group. The software includes a technical manual that explains how the BPFT was developed and reviews the test's standards and their validity.

SYSTEM REQUIREMENTS

166 mhz processor

32mb RAM

2x CD-ROM (CD-ROM version only)

Printer

Windows 95 or Windows 98

The Brockport Physical Fitness Test Training Guide

The Training Guide is designed to develop the physical fitness of youngsters with disabilities in association with results attained on the BPFT. The guide presents information regarding

- the importance of components of physical fitness for health,
- how components of physical fitness are measured and evaluated in the BPFT,
- the underlying changes in the body affected by the development of physical fitness,
- factors influencing the development of physical fitness, and
- guidelines for developing and implementing physical fitness.

Brockport Physical Fitness Test Administration Video

This video shows the proper techniques for conducting the 27 tests in the all-new BPFT, which is specifically designed to test the health-related fitness of youths from ages 10 through 17 who have various disabilities.

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From reader reviews:

Jean Spence:

The book Brockport Physical Fitness Training Guide will bring you to the new experience of reading any book. The author style to spell out the idea is very unique. In case you try to find new book to read, this book very acceptable to you. The book Brockport Physical Fitness Training Guide is much recommended to you to study. You can also get the e-book from your official web site, so you can more easily to read the book.

Matthew Fry:

A lot of people always spent their own free time to vacation or even go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or playing video games all day long. If you want to try to find a new activity this is look different you can read any book. It is really fun for you. If you enjoy the book you read you can spent 24 hours a day to reading a e-book. The book Brockport Physical Fitness Training Guide it is very good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. Should you did not have enough space to create this book you can buy typically the e-book. You can more easily to read this book from a smart phone. The price is not to cover but this book possesses high quality.

Michael Sheridan:

Exactly why? Because this Brockport Physical Fitness Training Guide is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will zap you with the secret that inside. Reading this book adjacent to it was fantastic author who all write the book in such incredible way makes the content within easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of gains than the other book include such as help improving your proficiency and your critical thinking approach. So , still want to hesitate having that book? If I had been you I will go to the reserve store hurriedly.

Floyd Alling:

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