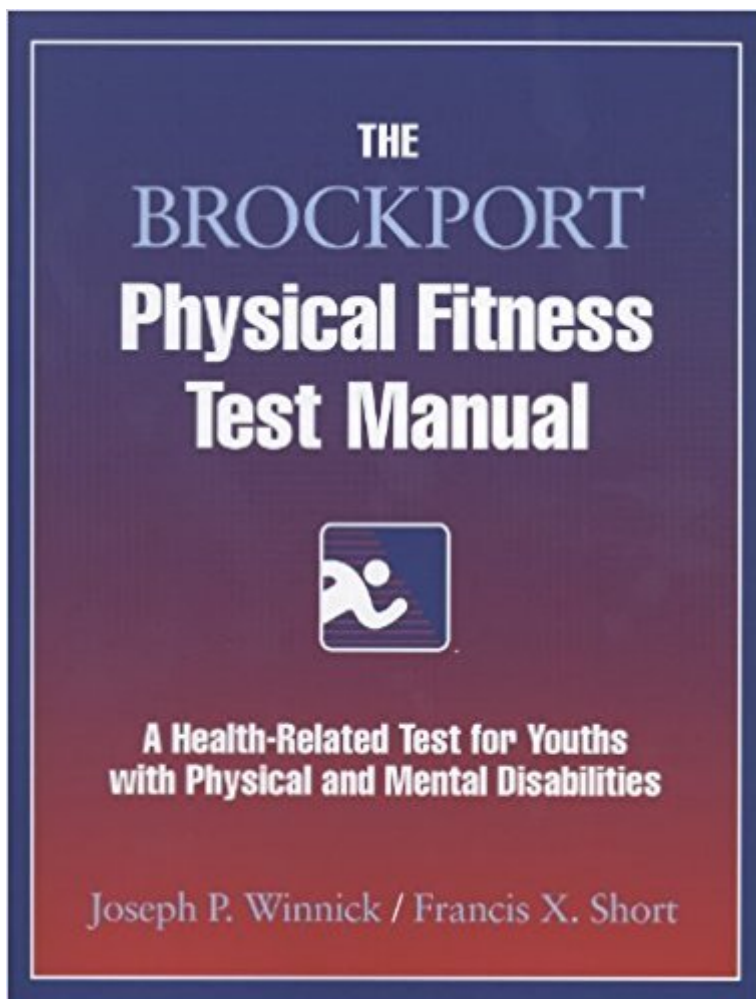


The book was found

The Brockport Physical Fitness Test Manual



Synopsis

Teachers no longer have to adapt standard physical fitness tests to accommodate students with special needs. The all-new Brockport Physical Fitness Test is specifically designed to test the fitness of youths from ages 10 through 17 that have various disabilities. This 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 manual presents all test items that comprise the Brockport Test, including-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. The Brockport Physical Fitness Test Manual is also available as part of a kit of coordinated resources that includes software, a training guide, measurement tools, and much more.

Book Information

Paperback: 157 pages

Publisher: Human Kinetics; 1 edition (April 15, 1999)

Language: English

ISBN-10: 0736000216

ISBN-13: 978-0736000215

Product Dimensions: 8.5 x 0.4 x 11 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #957,942 in Books (See Top 100 in Books) #105 in [Books > Sports & Outdoors > Coaching > Children's Sports](#) #199 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #782 in [Books > Textbooks > Medicine & Health Sciences >](#)

Customer Reviews

Joseph P. Winnick, EdD, is a professor of physical education and sport at the State University of New York, College at Brockport. He received master's and doctoral degrees from Temple University. Dr. Winnick developed and implemented America's first master's degree professional preparation program in adapted physical education at Brockport in 1968 and since that time has secured funds from the U.S. Department of Education to support the program. He has and continues to be involved in research related to the physical fitness of persons with disabilities. He is the editor of *Adapted Physical Education and Sport, Second Edition* (Human Kinetics 1995). Dr. Winnick has received the G. Lawrence Rarick Research Award and the Hollis Fain Scholarly Contribution Award. Francis X. Short, PED, is associate professor and chair of the Department of Physical Education and Sport at State University of New York, College at Brockport. Dr. Short has been involved with adapted physical education programs for the past 25 years. He has coauthored numerous journal articles related to physical fitness and youngsters with disabilities. He is coauthor of *Physical Fitness Testing of the Disabled* (Human Kinetics 1985) and author of "Physical Fitness," a chapter in *Adapted Physical Education and Sport*. He has served as project coordinator for three federally funded research projects pertaining to physical fitness and youngsters with disabilities. Dr. Short is a member of the American Alliance for Health, Physical Education, Recreation and Dance and the National Consortium on Physical Education and Recreation for Individuals with Disabilities.

Good test manual. Very useful. Loved it. This book is complementation of *Adapted Physical Education and Sport - 5th Edition*

Being one of the first students to analyze and experience the BPFT was quite amazing. Not only because it was a chance to be a part of something new but mostly because I could see that this test will revolutionize physical fitness testing. This is a collection of tests that can be used for able and disabled students with standards for both. The brilliancy of this work is that it fully allows you to customize a physical fitness test battery for nearly any student.

[Download to continue reading...](#)

The Brockport Physical Fitness Test Manual Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Kickboxing Fitness: A Guide For Fitness

Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) ACSM's Health-Related Physical Fitness Assessment Manual ASE Test Preparation- A3 Manual Drive Trains and Axles (ASE Test Prep: Automotive Technician Certification Manual) The User Manual Manual : How to Research, Write, Test, Edit & Produce a Software Manual (Untechnical Press Books for Writers) Student Laboratory Manual for Seidel's Guide to Physical Examination, 8e (MOSBY'S GUIDE TO PHYSICAL EXAMINATION STUDENT WORKBOOK) Physical Geography Laboratory Manual for McKnight's Physical Geography: A Landscape Appreciation (11th Edition) Fitness The Complete Guide (The Official Course Text For ISSA Certification Course For Fitness Trainers) Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Fitness y Consejos : 2017: Claves para iniciar una Fitness Life (Spanish Edition) Fitness Cross-Country Skiing (Fitness Spectrum) The Jennifer Nicole Lee Fitness Model Diet: JNL's Super Fitness Model Secrets To A Sexy, Strong, Sleek Physique "Fitness for Middle Aged People: 40 Powerful Exercises to Make People over 40 Years Old Healthy and Fit!" (Diets and fitness for people over 40 years old) Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days or less ãâ ¯â œ from someone whoãâ ¯â„çs done it Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone whoãâ ¯â„çs done it. Total Chi Fitness - Meridian Stretching Exercises for Ultimate Fitness, Performance and Health (Chi Powers for Modern Age Book 2)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)