CONTENTS -

Acknowledgements iii
Section 1: Introduction 1
Purpose of This Resource 3
Time for a Change 3
Physical Inactivity: A Growing Concern 4
Fitness Management: The Learning Continuum 4
Document Content and Organization 5
Section 2: Principles of Fitness Development 7
Definition of Physical Fitness 9
Definition of Health-Related Physical Fitness 9
Determinants of Physical Fitness 9
Principles of Fitness Development 10
Physical Activity, Health, and Fitness Relationship 14
Strategies for Development of Health-Related Fitness Components 14
Section 3: Health-Related Fitness Assessment 17
Fitness Assessment: A Positive Approach 19
Intended Use of Health-Related Fitness Assessment Tasks 20
Potential Misuse of Health-Related Fitness Assessment Tasks 20
Criterion-Referenced Versus Norm-Referenced Assessment 21
Inclusive Fitness Assessment 22
Administrative Suggestions 22
Section 4: Health-Related Fitness Assessment Protocols 25
Muscular Strength, Endurance, and Flexibility 27
Body Composition 37
Cardiovascular Endurance 43
Appendix: Fitness Management Learning Outcomes 49
References 61