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Males 12 Walk Test 12 Body Composition 13 Skinfold
Measurements 15 Bioelectric Impedance Analyzer 16**

**Fitnessgram/Activitygram Test Administration
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**FITNESSGRAM® (FG) was implemented in phases with
the first pilot conducted in 30 schools in the Tulsa,
Oklahoma School District (1982-83) using the AAHPERD
Youth Fitness Test (YFT) (American Alliance for Health,
Physical Education, and Recreation [AAHPER], 1976;
Lacy & Marshall, 1984; Razor, 1984). In the second year**

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(1983-84), approximately 125

Physical Fitness Test - PFT data

The web resource includes video clips demonstrating protocol for the FitnessGram tests; downloadable audio files for the cadences in the PACER, curl-up, and push-up tests; and reproducible charts and forms. All ancillary materials for this text are FREE to course adopters and will be available online.

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