

FITNESS TEST SURVEY RESULTS

Question 2: Tests that are used:

New York State Physical Fitness: 17

Presidential: 18

Physical Best: 7

Fit-N-Dex: 1

Devise my own: 3

None: 1

Question 3: Sharing results:

Share with students: 18

Share with parents: 20

Sent home with the student: 2

Question 4: Comments concerning value of the testing:

Likes:

*Helps students see their progress

*Sharing the results

*Makes kids accountable for personal fitness

*Shows program value

*Does an overall fitness check (NYS)

*Liked students and parents to see results of tests

*President's - Software results easily accessible, multiple levels of achievement, short administration time, motivation it provides in achieving goals, increased interest in fitness in a non-competitive way

*Physical Best - identifies weaknesses and a choice of runs

Dislikes:

*Sit & Reach-measurements, need better equipment

*Many sitting around and waiting

*Is performance reliable for younger levels

*K-2 lack of understanding and focus is low

*President's - hard to share data district wide, dislike K-3 test, add extra components

*NYS - skinfold and mile run, too time consuming

*Physical Best - pull ups, kids are waiting

Observations:

*Scores are typically low for upper body strength

*Value of testing seems to increase with older students, set goals, understand more

*Fit-N-Dex computer glitches and doesn't always work

14 liked Presidential

2 disliked Presidential

5 liked NYS

2 disliked parts of NYS

Question 5: How often test is given:

One time a year: 15

Twice a year: 20

Either once or twice: 2

Three times: 1

Question 6: Do you track results:

Yes: 17

No: 12

Try: 2

Question 7: How do you track results:

By hand: 18

Portfolios: 1

Computer database: 8

Beginning computer use: 2

Question 10: To what extent do you integrate fitness into your daily program:

Scale of 1-10

10: 7

9: 7

8: 10

7: 3

6: 3

6.5: 2

5: 6

4.5: 1

SCHOOLS THAT RESPONDED:

Geneva

Seneca Falls

Gananda

Newark

Dundee

Palmyra-Macedon

Midlakes

Marcus Whitman

North Rose-Wolcott

Romulus

Red Jacket

Waterloo

Sodus

Canandaigua