

# THE FIT MIND BODY *Bulletin*



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A publication of Fitness for Youth



- Skinfolds increase in both boys and girls until age 12. After 12 years of age, girls' skinfold measurements continue to increase and boys' plateau.
- Distance running improves with age in both boys and girls, but more so in boys. Both sexes plateau after age 15.
- Boys have slightly greater upper body strength through age 12. After that boys' strength will increase and girls' will plateau.
- Abdominal strength increases in both sexes until it plateaus at age 14.
- Girls perform better in sit-and-reach tests, but both sexes show steady improvement from ages 12 to 16.

*Perspectives in Exercise Science and Sports Medicine, Vol. 2, 1989*

## Proper Protocol

School fitness tests should not be used in ways which label children as unfit or in which one child is compared with another. Follow-up programs should be geared toward goals which recognize and reward personal best performance and regular exercise/activity.



*Michigan Governor's Council on Physical Fitness, Health and Sports, "The Importance of Physical Activity for Children and Youth," Sept. 1995*

## Kid Bits

Elementary students enrolled in daily physical education perform significantly better on health-related fitness tests than children enrolled in twice-weekly programs.

*Journal of Human Movement Studies, Vol. 18, 1990*



### SOMETHING TO PONDER

## Why Do You Fitness Test?



*Most people answer that question with "to see how fit kids are." That's only part of the reason.*

*While evaluating fitness levels is important, the primary reason to test young people is to determine program effectiveness and whether curriculum objectives are being met. If you look at testing this way, you'll place the emphasis where it should be: on you and your curriculum.*

*If the children do poorly in aerobic fitness, for example, it probably indicates a need for activi-*

*ties in that area. Granted, you may not have enough allocated hours. In that case, you can use these data to show the need for more time.*

*If, however, you have plenty of time and the youth aren't improving, then low testing scores would indicate a need for re-assessing curriculum offerings and delivery. So, conduct fitness tests, but do it to improve your program.*

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*Charli*