

# REVISED PHYSICAL FITNESS TEST MANUAL

To:

Undersecretaries  
Assistant Secretaries  
Bureau and Service Directors  
Regional Directors  
Schools Division Superintendents  
Public and Private Elementary and Secondary School Heads  
All Others Concerned

1. The Department of Education (DepEd) issues the enclosed Revised Physical Fitness Tests (PFT) Manual for information and guidance of all elementary and secondary schools nationwide.
2. **Physical fitness** is crucial for well-being and active life. The total progress of an individual should be prioritized in terms of the physical, mental, emotional, social aspects and health through a comprehensive physical fitness program and assessment. The learners can only perform at the height of their performance when they are healthy and strong. Thus, the learners need to actively engage in lifelong habits of regular physical activities for their overall health improvement and quality of life.
3. Under the K to 12 Basic Education Curriculum, Physical Fitness is one of the major goals of the Physical Education Program and shall be incorporated/adopted in the curriculum from Grades 4 to 10. The administration and implementation of the testing program shall be treated as an essential component of the Physical Education and School Sports Programs from Grades 4 to 12.
4. The Physical Fitness Test (PFT) is a set of measures designed to determine a learner's level of physical fitness. It has two components Health Related and Skills Related Fitness.
5. The PFT shall be treated as an essential component of the Physical Education and School Sports Program, for the elementary (Grades 4, 5) and secondary levels. It shall be administered at the beginning of the first quarter and of the third quarter, to monitor improvement/progress.
6. The results of the tests shall be recorded, summarized, and submitted to the Bureau of Curriculum Development-Special Curricular Programs Division (BCD-SCPD) for evaluation, in coming up with the Philippine Physical Fitness Norms. Likewise, the schools, schools division and/or region are encouraged to do the same in their respective schools/schools divisions/regions to determine the learners' Physical Fitness Norms.
7. Learners who are 15 years old and above should answer the PAR-Q & YOU questionnaire before undertaking the tests in Enclosure No. 3.

# Physical Fitness Test Manual

**Arturo Cuomo**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Physical Fitness Test Manual:**

**Senior Fitness Test Manual** Roberta E. Rikli, C. Jessie Jones, 2013 This work details a test that is suitable for measuring the fitness levels of older adults It includes performance standards and tables for evaluating individuals according to their age and gender

**The Brockport Physical Fitness Test Manual** Joseph P. Winnick, Francis Xavier Short, 1999 This kit is designed to test the health related fitness of youths from ages 10 through 17 who have various disabilities *Physical Fitness Test Manual for Elementary Schools* Washington (State). Superintendent of Public Instruction, 1963

**The Brockport Physical Fitness Training Guide** Joseph P. Winnick, Francis Xavier Short, 1999 Teachers no longer have to adapt standard physical fitness tests to accommodate students with special needs The all new Brockport Physical Fitness Test BPFT is specifically designed to test the fitness of youths from ages 10 through 17 that have various disabilities The 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 Brockport Test compares scores to carefully researched and developed health standards rather than to national averages This way the test administrator knows with certainty when a child meets the minimum recommendation for being fit on each test item The Brockport Physical Fitness Test resources are as a kit or separately See Related Products to the right for ordering information about separate components The Brockport Physical Fitness Test Kit The Brockport Physical Fitness Test Kit is the most complete package ever developed for fitness testing for youths with physical and mental disabilities It includes the following The comprehensive Test Manual that explains development of the test and testing procedures A Training Guide to assist you in improving your students fitness Fitness Challenge the companion software that makes test use much easier A video that demonstrates clearly how to use the test with this population Curl up strips Skin Calipers PACER audio CD cassette The Brockport Physical Fitness Test Manual The manual presents all test items that comprise the Brockport Test This easy to read manual includes 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 It s also an excellent textbook for course in adapted physical education Fitness Challenge Software The companion software makes BPFT use and record keeping easy It prints out goals results and

fitness plans for individual students and separate reports can be generated for instructors or parents. Instructors can select from any of the 27 tests to create a test geared toward an individual or group. The software includes a technical manual that explains how the BPFT was developed and reviews the test's standards and their validity.

**SYSTEM REQUIREMENTS**  
 166 mhz processor  
 32mb RAM  
 2x CD ROM  
 CD ROM version only  
 Printer  
 Windows 95 or Windows 98

The Brockport Physical Fitness Test Training Guide

The Training Guide is designed to develop the physical fitness of youngsters with disabilities in association with results attained on the BPFT. The guide presents information regarding the importance of components of physical fitness for health, how components of physical fitness are measured and evaluated in the BPFT, the underlying changes in the body affected by the development of physical fitness factors influencing the development of physical fitness, and guidelines for developing and implementing physical fitness.

**Brockport Physical Fitness Test Administration Video**

This video shows the proper techniques for conducting the 27 tests in the all new BPFT, which is specifically designed to test the health-related fitness of youths from ages 10 through 17 who have various disabilities.

*Brockport Physical Fitness Test Manual*, Winnick, Joseph P., Short, Francis, 2014-06-06

The Brockport Physical Fitness Test revolutionized fitness testing for youngsters with disabilities when it first came out in 1999. This significantly updated edition takes up where the original left off, offering adapted physical education teachers the most complete health-related fitness testing program available for youngsters with disabilities. This new edition of Brockport Physical Fitness Test Manual: A Health-Related Assessment for Youngsters With Disabilities comes with an online web resource with reproducible charts and forms as well as video clips that demonstrate assessment protocol for the tests. The text helps teachers understand these aspects: The conceptual framework for testing, How to administer tests to youngsters with various specific disabilities, The text also supplies a glossary and many appendixes including a body mass index chart, guidelines on purchasing and constructing unique testing supplies, conversion charts for body composition and PACER data forms, and frequently asked questions.

**Youth Fitness Test Manual for the National Physical Fitness Program**, American Association for Health, Physical Education and Recreation, 1962

AAHPER Youth Fitness Test Manual for the National Physical Fitness Program, American Association for Health, Physical Education, and Recreation. Youth Fitness Project, 1961

Health Related Physical Fitness, American Alliance for Health, Physical Education, Recreation, and Dance, 1999

**Lifetime Health Related Physical Fitness Test Manual**, American Alliance for Health, Physical Education, Recreation, and Dance. Task Force on Youth Fitness, 1980

Brockport Physical Fitness Test Manual, Joseph P. Winnick, Francis Xavier Short, 2014

**Health Related Physical Fitness Test Manual**, 1980

*Sports Physical Fitness Test [manual]*, Thomas P. Rosandich, 1964

**Lifetime Health Related Physical Fitness**, American Alliance for Health, Physical Education, Recreation, and Dance, 1980

**Technical Manual, Health Related Physical Fitness**, American Alliance for Health, Physical Education, Recreation, and Dance, 1984

*AAHPER youth fitness test manual : for the Natinal Physical Fitness Test Program*, 1962

**ACSM's Health-Related Physical Fitness**

**Assessment Manual** American College of Sports Medicine, 2013-01-21 From the American College of Sports Medicine ACSM this text provides the information necessary to develop skills for assessing an individual's health related physical fitness It provides a practical how to do it approach for performing assessment skills effectively and an understanding of the theory behind and the importance of each skill or assessment The Fourth Edition includes updated references to ACSM's Guidelines for Exercise Testing and Prescription Ninth Edition more diagrams and pictures highlighting assessment techniques and new material on physical activity assessments considerations for medication usage and common measurement errors A companion Website includes an Image Collection a Test Generator and PowerPoint Slides

**Norms for College Students** Russell R. Pate, 1985 This document presents an analysis of a normative study done to determine physical fitness norms of college age young adults Data for this normative study were collected under the supervision of 24 coinvestigators who were affiliated with institutions distributed in all regions of the United States The study presents the derivation of the college age norms including data collections methods handling and analyses results of the normative study and the actual physical fitness test items including distance runs skinfold measurements modified sit ups and flexibility related exercises Tables figures and illustrations of exercises are provided BA

**Montana Physical Fitness Pilot Test Manual** Physical Fitness Test Development Project (Mont.), Montana Association for Health, Physical Education and Recreation, 1963\*

**Physical Fitness Manual for the U.S. Navy** United States. Bureau of Naval Personnel, 1943

**The New York State Physical Fitness Test for Boys and Girls, Grades 4-12** New York (State) Bureau of Physical Education, 1958

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