

Get Fit

Pleasant Grove Public School
Avedis Foundation Grant Proposal
Equipment/Curriculum Descriptions

SPARK CURRICULUM



SPARK is a research-based, public health organization dedicated to creating, implementing, and evaluating programs that promote lifelong wellness.

SPARK strives to improve the health of children, adolescents, and adults by disseminating evidence-based Physical Education, After School, Early Childhood, and Coordinated School Health programs to teachers and recreation leaders serving Pre-K through 12th grade students.

Each SPARK program fosters environmental and behavioral change by providing a coordinated package of highly active curriculum, on-site teacher training, extensive follow-up support, and content-matched equipment.

Source: <http://www.sparkpe.org>

FITNESSGRAM ASSESSMENT

FitnessGram is a health related physical fitness assessment. Each of the test items are selected to assess important aspects of a student's health related fitness, not skill or agility.

Students are compared not to each other, but to health fitness standards, carefully established for each age and gender, that indicate good health.

Once the assessment has been done, the FitnessGram report provides objective, personalized feedback and positive reinforcement which are vital to changing behavior and serve as a communications link between teachers and parents and students.

The FitnessGram assessment includes items in following three areas of fitness.

Aerobic Capacity	Body Composition	Muscle Strength, Endurance, and Flexibility
<ul style="list-style-type: none"> ✓ The Pacer: 20 meter progressive, multi-stage shuttle run set to music (The PACER is also available in a 15 meter distance) ✓ One Mile Walk/Run ✓ Walk Test: Available for secondary students 	<ul style="list-style-type: none"> ✓ Percent Body Fat: Calculated from triceps and calf skinfold measurements ✓ Body Mass Index: Calculated from height and weight 	<ul style="list-style-type: none"> ✓ Abdominal Strength: Curl-up Test ✓ Trunk Extensor Strength and Flexibility: Trunk Lift ✓ Upper Body Strength: 90 degree Push-up, Flexed Arm Hang, Modified Pull-up ✓ Flexibility: Back-saver Sit-and-reach, Shoulder Stretch

Source: <http://www.cooperinst.org/fg-assess>

HOPSPORTS INTERACTIVE YOUTH PHYSICAL EDUCATION TRAINING SYSTEMS



The HOPSports mission is to help move a healthier generation forward by combining fitness and fun, learning and entertainment. HOPSports continues to build upon a legendary 20-year reputation of pioneering innovative training techniques and technologies years ahead of their time. HOPSports invites you to experience a new way of learning through movement: connective, interactive, and limitless as the imagination!

HOPSports provides NASPE- Standard K-12 physical education, nutrition and activity content for the physical education class, individual classroom, and before-and-after-school setting. The goal is to provide increased opportunities for physical activity throughout the school day, the cornerstone for lifelong healthy lifestyles and behaviors. HOPSports is recognized for its digital, multi-media platform which combines fitness and fun, education and entertainment.

The HOPSports content library depicts sport-specific training modules designed to develop the basic sports skills. World-class athletes, Hollywood Stuntmen, doctors, nutritionists, and recognized celebrities have teamed up to create our immense content library including aerobics, circuit training, dance, martial arts, yoga, educational warm ups and more.

Source: <http://www.hopsports.com/>

POLAR TRIFIT 700



The TriFIT 700 system is an integrated health management system that includes everything a teacher needs to perform complete health profiles of individuals and groups. Additionally, teachers can create customized exercise and nutrition programs for each student, to help instill healthy habits and a lifetime of wellness.

TriFIT system's systematic collection of data supplies physical educators with accurate measures for internal and external indicators of fitness used with TriFIT software, physical educators are able to provide documented feedback to students, parents, and school administrators.

The TriFit 700 is FitnessGram compatible and includes items in following areas of fitness.

Measure biometrics, body composition, flexibility, cardiovascular endurance and muscular strength and endurance.	Efficient and effective reporting to document the impact of your program.	Provides large selection of popular youth specific protocols, including President's Challenge.
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Source: http://www.polar.com/usen/b2b_products/physical_education/fitness_assessment/TriFIT_700_system

DIGIWALKER PEDOMETERS



Digiwalker pedometers are programmed to calculate distance, caloric expenditure, or physical activity intensity by using specific formulas. That is why most of us use pedometers and accelerometers; we want to measure the amount and know the intensity of our physical activity so that we can lose weight, get in shape and be healthy.

Source: <http://www.new-lifestyles.com/>