



THE PRESIDENT'S COUNCIL  
ON PHYSICAL FITNESS  
AND SPORTS



Sandra Perlmutter  
EXECUTIVE DIRECTOR

THE PRESIDENT'S COUNCIL ON  
PHYSICAL FITNESS AND SPORTS

(202) 690-5187 (Office) (202) 690-5211 (Fax)  
SPERLMUTTER@OSOPHS.DHHS.GOV (Internet)

Hubert H. Humphrey Building, 200 Independence Ave., S.W.,  
Room 739H, Washington, D.C. 20201-0004

MEMORANDUM

June 19, 2000

To: Dr. Beverly L. Malone  
Deputy Assistant Secretary for Health

From: Sandra Perlmutter  
Executive Director

The President's Challenge program (see attached materials) is one of the most recognizable brands we have in the federal government. Everyone seems to remember taking the "fitness test" and getting (or not getting) their patch when they were kids. At the end of each school year, students are recognized for their achievement and participation in the President's Challenge. This past year, it appears students from more than 30 schools in the local San Diego area were involved -- with eight actually in Chula Vista. Although school may already be out, I feel certain if an administrator were contacted, a recognition ceremony with students and the President could easily be organized.

The program has changed through the years. More than 25 years ago, only students who performed in the highest percentile were recognized. Now, all participating students receive an award. As the program is named for the "President" -- there couldn't be a better example of highlighting the importance of physical education, fitness, and a group our country's future athletes -- and possibly future Olympians.

In addition, on the eve of the anniversary of Title IX, I would appreciate your forwarding the White House a copy of our "Girl's Report." This document contains important information that could be used in his remarks around this issue.

*~ 400 schools around the country - voluntary on their part - 4 m school age kids participate  
ED is also involved*

Possible attendees from the President's Council on Physical Fitness and Sports:

|                |                                                                                                          |
|----------------|----------------------------------------------------------------------------------------------------------|
| Lee Haney      | PCPFS Chair                                                                                              |
| Don Casey      | newly appointed PCPFS Vice Chair<br>former coach, New Jersey Nets<br>resides one half year in San Diego  |
| Rockne Freitas | Vice President and Director of Operations<br>Kamehameha Schools<br>former NFL player<br>Honolulu, Hawaii |
| Jeff Blatnick  | Former Olympian                                                                                          |
| Ralph Boston   | Former Olympian                                                                                          |
| Judith Kieffer | youth sports organizer<br>Los Angeles, CA                                                                |

PRESIDENT'S CHALLENGE SCHOOLS

Jackie Winton  
Covenant Christian  
505 E. Naples St.  
Chula Vista, CA 91911

(619) 421-8822

Francine Koopman  
Southwestern Christian School  
482 L St.  
Chula Vista, CA 91911

(619) 425-8940

Robert Sluis  
Bonita Country Day  
1943 Versailles Rd.  
Chula Vista, CA 91913

(619) 424-8070

Paul Bartholomeu  
St. John's School  
760 First Ave.  
Chula Vista, CA 91910

(619) 422-6414

Karen Koch  
Clearview Charter  
455 Windrose Way  
Chula Vista, CA 91910

(619) 498-3000

PRESIDENT'S CHALLENGE SCHOOLS

Colleen Hill/P.E. Dept.  
Chula Vista Hills Elem.  
890 Buena Vista Way  
Chula Vista, CA 91910

(619) 482-7066

Nancy Atkinson  
St. Rose of Lima School  
473 3<sup>rd</sup> Ave.  
Chula Vista, CA 91910

(619) 422-1121

Mrs. Bunker  
Chula Vista Christian School  
960 5<sup>th</sup> Ave.  
Chula Vista, CA 91911

(619) 425-0132



# THE PRESIDENT'S CHALLENGE



## NATIONAL • YOUTH • PHYSICAL • FITNESS • PROGRAM

A PROGRAM OF THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

### 1999-2000 QUICK FACT SHEET

#### WHAT IS THE PRESIDENT'S CHALLENGE?

The President's Challenge is a physical fitness awards program of the President's Council on Physical Fitness and Sports (PCPFS). The goal of the program is to encourage youth to make a commitment to increase physical activity and maintain a lifetime of fitness. During the 1998-99 school year, approximately 30,000 schools and organizations participated in the program and over 2.6 million awards were distributed.

#### WHAT ARE THE AWARDS?

A total of four awards are now available to those who participate in the President's Challenge. The **Presidential Physical Fitness Award** for outstanding achievement is given to those who score at or above the 85th percentile on all five items. The **National Physical Fitness Award** recognizes those who score at or above the 50th percentile. The **Participant Award** recognizes those who attempt all five events, but score below the 50th percentile on one or more of the events. The **Health Fitness Award** is available for those who complete all five events and recognizes those who meet a "healthy level of fitness." Emblems and certificates are available for all awards. The program is for ages 6 through 17, including those students with special needs.

#### WHAT ARE THE COMPONENTS OF THE PROGRAM?

The battery of assessments consists of the following: 1) curl-ups (or partial curl-ups) for abdominal strength and endurance; 2) the shuttle run for total body coordination; 3) a one-mile run/walk (or shorter distances for ages 6-9) for cardiorespiratory endurance; 4) pull-ups (or right angle push-ups) for upper body strength and endurance; and 5) the V-sit reach (or sit and reach) for muscular flexibility. The Health Fitness Award is also based upon five required events. The Health Fitness Award includes Body Mass Index (BMI) to estimate body composition.

#### WHO IS QUALIFIED TO ADMINISTER THE PRESIDENT'S CHALLENGE?

To qualify for awards, instruction and testing must be carried out by a certified physical education teacher/specialist. A certified physical education teacher/specialist is also required to modify the program for students with special needs, based upon individual limitations and abilities. Others who wish to administer the test must be assisted by a physical education teacher/specialist and have at least one student qualify for the Presidential Award. After the first testing and qualifying, the test administrator is certified to give further tests without the assistance of a certified physical education teacher/specialist. Homeschool instructors can visit our website at [www.indiana.edu/~preschal](http://www.indiana.edu/~preschal) for special instructions.

#### HOW OFTEN SHOULD THE PROGRAM BE ADMINISTERED?

The PCPFS recommends fitness testing at least twice each year, in the fall and spring. Before performing the test, all students should be taught the correct techniques for all components, including proper pacing and running style. There is **no limit** to the number of attempts students can have on each test item. All five test items are required and must be performed in order for a student to qualify for an award. Physical fitness assessment is most effective when it is part of a comprehensive physical education program that includes educational and motivational information.

#### WHAT IS THE STATE CHAMPION AWARD?

The State Champion Award is given to the schools with the highest percentage of students scoring at or above the 85th percentile. Three schools are selected in each state as State Champion schools based on total enrollment: Category I = enrollment of 50 to 200; Category II = enrollment of 201 to 500; Category III = enrollment of 501 and above.

#### WHO IS ELIGIBLE TO EARN THE STATE CHAMPION AWARD?

**Only schools** will be considered for the State Champion Physical Fitness Award. Further guidelines and directions can be found on page 15 of the 1999-00 brochure. Eligibility for homeschools is described on our website. Deadline for entry into this program is July 1. State Champion schools are announced on October 1. School participation in this program is not required, but highly encouraged!



**EXECUTIVE SUMMARY**

**THE PRESIDENT'S COUNCIL  
ON PHYSICAL FITNESS AND SPORTS**

**REPORT**

# Physical Activity & Sport in the Lives of Girls



**PHYSICAL & MENTAL HEALTH DIMENSIONS  
FROM AN INTERDISCIPLINARY APPROACH**

**UNDER THE DIRECTION OF  
THE CENTER FOR RESEARCH ON GIRLS & WOMEN IN SPORT  
UNIVERSITY OF MINNESOTA**

**SUPPORTED BY**

**The Center for Mental Health Services / Substance Abuse and Mental Health Services Administration  
U.S. Department of Health and Human Services**

May 1997

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## PROJECT DIRECTORS

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Mary Jo Kane, Ph.D.  
Associate Professor and Director  
Center for Research on Girls & Women in Sport  
University of Minnesota, Minneapolis, Minnesota

Deborah Slaner Larkin  
Council Member  
President's Council On Physical Fitness and Sports, Washington, D.C.  
Steward, Women's Sports Foundation, East Meadow, New York

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## AUTHORS

---

Linda K. Bunker, Ph.D.  
University of Virginia

Carole Oglesby, Ph.D.  
Temple University

Margaret Carlisle Duncan, Ph.D.  
University of Wisconsin—Milwaukee

Don Sabo, Ph.D.  
D'Youville College

Patty Freedson, Ph.D.  
University of Massachusetts—Amherst

Diane Wiese-Bjornstal, Ph.D.  
University of Minnesota

Doreen Greenberg, Ph.D.  
Fairleigh Dickinson University

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## RESEARCH ADVISORY PANEL

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Elizabeth Arendt, M.D.  
Associate Professor, Department of Orthopaedic Surgery, University of Minnesota  
Minneapolis, Minnesota

Linda K. Bunker, Ph.D.  
Associated Dean of Academics and Students Affairs, University of Virginia  
Charlottesville, Virginia

Juliann DeStefano, R.N., M.P.H.  
Special Assistant, Office of the Director, Center for Mental Health Services,  
Substance Abuse and Mental Health Services Administration,  
U.S. Department of Health and Human Services  
Rockville, Maryland

Mary Ann Hill, M.P.P.  
Director of Communications, President's Council on Physical Fitness and Sports  
Washington, D.C.

Gwendolyn Puryear Keito, Ph.D.  
Director, Women's Programs Office, American Psychological Association  
Washington, D.C.

Judy Mahle Lutter  
President, Melpomene Institute  
St. Paul, Minnesota

Sandra Perlmutter  
Executive Director, President's Council On Physical Fitness and Sports  
Washington, D.C.

Don Sabo, Ph.D.  
Professor of Sociology, D'Youville College  
Buffalo, New York

Christine G. Spain, M.A.  
Director of Research, Planning, and Special Projects  
President's Council on Physical Fitness and Sports, Washington, D.C.

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**Content Editor:** Linda K. Bunker, Ph.D.  
**Copy Editor:** Katherine Pradt

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**Publication:** Design: Nance Longley  
**Production:** Jonathan Sweet, Arlene West



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U.S. Department of Health and Human Services**



## *Message from Donna E. Shalala Secretary Of Health and Human Services*

**T**he year 1996 marked a breakthrough in our understanding of the benefits of physical activity and health for all Americans. With the publication of the first Surgeon General's Report on Physical Activity and Health, we have clearly documented the fact that men and women of all ages can improve the quality of their lives through a lifelong practice of regular moderate physical activity. And the research indicates that physical activity need not be strenuous to achieve real health benefits. A regular, preferably daily routine of at least 30-45 minutes of brisk walking, bicycling, or even dancing will reduce the risks of developing coronary heart disease, hypertension, colon cancer, and diabetes. Moreover, regular physical activity can reduce symptoms of depression and anxiety; help control weight; and help build and maintain healthy bones, muscles and joints.

Childhood and adolescence are critical times to lay the foundation for lifelong physical activity, but, unfortunately, too many young people, especially girls, are not active enough. As children grow into adolescence, their participation in physical activity declines dramatically. As the Surgeon General's report tells us, almost half our young people aged 12 to 21 are not vigorously active on a regular basis and 14 percent are completely inactive. And young females are twice as likely to be inactive as young males.

These are dangerous trends, and we need to change them. Fortunately, this landmark report on Physical Activity & Sport in the Lives of Girls from the President's Council on Physical Fitness and Sports tells us some of the steps we can take to enable girls to reach their full potential. It tells us that we need to provide more quality school-based physical education for girls. It tells us that we need to encourage girls to get involved in sport and physical activity at an early age. It tells us that we need to challenge stereotypes that impede girls' participation in sports. And it tells us that we have made progress in some areas. For example, the Title IX legislation enacted in 1972 has opened the doors for millions of girls to participate in school sports.

Americans took enormous pride in the accomplishments of the 1996 Olympic gold medal female athletes in soccer, softball, swimming, track and field, gymnastics, basketball, and other sports. We need to build on that spirit and develop a national commitment to ensure that every girl receives the encouragement, training, and support

she needs to develop and maintain an active lifestyle,. Increasing physical activity among girls is a formidable public health challenge, but th potential rewards are great: a more vigorous nation, better health and greater leadership opportunities for girls, prevention of premature death and unnecessary illness, and a higher quality of life for our citizens. I strongly encourage all Americans to join us in this effort.

# *Message from the President's Council on Physical Fitness and Sports*

**I**n the summer of 1996, our nation cheered the performance and achievements of the U.S. women Olympians and Paralympians. The images of strong, active women were inspiring, a long way from the days when females were relegated to "lady-like" sports and young girls were left on the sidelines as their brothers played.

Following on the heels of the Surgeon General's Report on Physical Activity and Health, this landmark review makes clear that participation in physical activity and sport can help girls weather the storms of adolescence and lay the foundation for a healthier adult life. The report looks at "the complete girl" through an interdisciplinary approach to investigate the impact of physical activity and sport participation.

The conclusions are striking: regular physical activity can reduce girls' risk of many of the chronic diseases of adulthood; female athletes do better academically and have lower school drop-out rates than their nonathletic counterparts; and, regular physical activity can enhance girls' mental health, reducing symptoms of stress and depression and improving self-esteem.

But further vigilance and research are needed to ensure that all girls and boys can experience these same benefits. While Title IX has a tremendous impact on expanding physical activity opportunities for females, its compliance and enforcement have often wavered. Parents, teachers, and coaches should be encouraged to challenge stereotypes about girls' participation in physical activity and sport. There is a lack of information and research about how race, ethnicity, and socioeconomic status might affect girls' sport and fitness involvement.

I greatly appreciate the support of the Members of the President's Council for this endeavor, which stemmed from the Council's Task Force on Girls and Minorities. Their enthusiasm and unflinching support for expanding the reach of the PCPFS into important areas such as this have been critical to the successful completion of this important project.

Council Member Deborah Slaner Larkin deserves special recognition for her vision and commitment to this report and for her many years of leadership in promoting opportunities in physical activity and sports for girls and women.

I would like to thank the Center for Research on Girls & Women in Sport, under

the able leadership of Dr. Mary Jo Kane, and the Center for Mental Health Services, our partners in this endeavor.

It is my hope that this report will serve as a catalyst for parents, coaches, educators, researchers, and community leaders to encourage and create opportunities for girls and young women to become—and remain—more physically active throughout their lives.

Sandra Perlmutter  
*Executive Director*

# Message from the Project Directors

Dear reader:

On behalf of the President's Council on Physical Fitness and Sports, we are honored to present this research report. All of us who have been involved with the project have a great respect for the power that sport and physical activity can wield. Such involvement has helped shape our lives. In fact, it is a major reason why many of us have chosen this area as our life's work.

*Physical Activity and Sport in the Lives of Girls: Physical and Mental Health Dimensions an Interdisciplinary Approach* was created to highlight the multiplicity of ways in which physical activity and sport have become an integral part of girls' lives. It examines the benefits girls derive from participation in physical activity and sport; the barriers that prevent them from reaching their full potential; and the kinds of environments in which girls learn how to develop and foster the best parts of themselves both on and off the playing fields. The report was also created to develop future research paths and policy recommendations as a guide for planning and programming.

This is a groundbreaking report because it marks the first time an interdisciplinary approach has been used in a government document that examines the impact of sport and physical activity in the lives of girls. We have chosen authors who are experts in the physiological, sociological, psychological and mental health fields to each write a section discussing significant issues in their respective academic areas. The interdisciplinary approach is particularly important because it enables us to talk about the "complete girl"—her social, physical, emotional and cultural environment—rather than just one aspect of a girl's experience. It should be noted that, on occasion within the report, the authors present differing points of view with respect to certain research findings. For example, scientific studies in the mental health field may suggest a particular relationship between self-esteem and physical activity that has not been identified in the area of sport sociology. This should not be interpreted as problematic or contradictory; instead, it can be viewed as an opportunity for further discussion and for reinforcement of the need for future interdisciplinary research. Finally, one strength of this report is a reference list that includes numerous citations from a variety of academic disciplines. Such a list can be an invaluable resource for academics, educators and practitioners.

Related to the issue of interdisciplinarity, you will find when reading the report that different authors use different terminology when talking about girls. As a general rule, however, the word "girl" is used when authors are referring to girls 18 and under. Other terminology is used to further delineate age. For example, "adolescent female" typically refers to girls between the ages of 13-18, while "young girl" generally signifies 11 and under.

While the amount of research covered in this report is thorough and in-depth, because of space limitations, we could not include every aspect of what is known about the many ways in which sport and physical activity influence girls. We also addressed many issues related to diversity such as cultural or racial heritage and different physical abilities. However, what is clear from the authors' findings is that we have a great deal more to learn about the particular ways in which involvement in sport and physical activity affects minority groups of girls. We urge others to use this document as a way to pursue future areas of research; many potential directions are outlined in detail in the authors' research sections.

It is important that the information presented in this document reaches a variety of audiences from parents, teachers and coaches to administrators and policy makers in educational institutions and government agencies. Everyone involved in the lives of our children needs to know what factors contribute to girls' development. Our hope is that those most able to effect change will use this information as a vehicle for pursuing future areas of research and developing and implementing programs that will make a difference in one of this country's most important assets—girls.

Finally, this report is dedicated to all of the parents, physical education teachers, coaches and athletic administrators who recognize the importance of sport and physical activity for all girls. These hard-working individuals spend their days on the ball fields and playgrounds teaching skills and developing a young girl's character. They are on the phone at night organizing the next game, event or season. Their weekends are often spent at meetings and conferences. They fight for Title IX compliance, coverage of a game or a walkathon in the local paper, new uniforms, adequate facilities and safe fields. Without their commitment and dedication to bettering the lives of girls throughout this country, this report would not have been possible. We are all in their debt!

Mary Jo Kane  
*Project Director*

Deborah Slaner Larkin  
*Project Director*

# Acknowledgments

THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS (PCPFS) serves as a catalyst to promote, encourage and motivate the development of physical activity, fitness and sports participation for all Americans of all ages. Established by Executive Order in 1956, the PCPFS is made up of twenty members appointed by the President. Assisted by elements of the United States Office of Public Health and Science, the PCPFS provides guidance to the President and the Secretary of Health and Human Services on how to get more Americans physically active.

THE CENTER FOR RESEARCH ON GIRLS & WOMEN IN SPORT (CRGWS) is dedicated to examining how sport and physical activity impact the lives of young girls and women. The first of its kind in the country, the CRGWS is an interdisciplinary research center leading a pioneering effort on significant social and educational issues. The CRGWS is equally committed to teaching and mentoring students and to community outreach and public service.

THE CENTER FOR MENTAL HEALTH SERVICES, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services, provides national leadership for improving the quality and availability of treatment and prevention services for mental illness, particularly with respect to adults with serious mental illness and children with serious emotional disturbances.

This comprehensive report is funded by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services. The Project Directors are grateful to the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration~ U.S. Department of Health and Human Services, for their support in making this study possible. It will enable us to provide information to educators and decision makers who are in a position to make a difference in the lives of girls across the country.

## ***Special Thanks***

Appreciation is extended to the following individuals, all of whom have made a significant contribution to the preparation of this report: Leslie Fisher, Ph.D. (University of Virginia); Darlene Kluka (Oklahoma State University); Judy Mahle Lutter, President (Melpomene Institute, St. Paul MN); Gloria Solomon, Ph.D., (Texas Christian University); Diane Wakat, President (Intelligent Nutrition Systems, Charlottesville VA); Art Weltman, Ph.D. (University of Virginia); Jennifer Fiedelholz, M.P.P., Acting Associate Administrator (Office

of Women's Services—Substance Abuse and Mental Health Services Administration); Nance Longley, Publications Designer/Production Assistant (College of Education and Human Development, University of Minnesota); Debra Haessly, Executive Assistant (School of Kinesiology and Leisure Studies, University of Minnesota); Shelly Shaffer, Ph.D. (Center for Research on Girls & Women in Sport, University of Minnesota); LeeAnn Kriegh, M.A. (Center for Research on Girls & Women in Sport, University of Minnesota); Jonathan Sweet, Executive Assistant (Center for Research on Girls Women in Sport, University of Minnesota); Janet Spector, Associate Professor (Departments of Anthropology and Women's Studies, University of Minnesota); Bernard S. Arons, M.D., Director (Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services); Layne Owens, Special Assistant to the Executive Director (President's Council on Physical Fitness and Sports).



# Executive Summary

THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS (PCPFS) serves as a catalyst to promote, encourage and motivate the development of physical activity, fitness and sport participation for all Americans. This report expresses the PCPFS's mission to inform the general public of the importance of developing and maintaining physical activity and fitness in our daily lives, and to heighten awareness of the links that exist between regular physical activity and good health. In the past, involvement in sport and physical activity has been primarily associated with males. Over the past two decades, however, girls' and women's involvement in such activity has increased dramatically. This is in large part due to the impact of Title IX, federal legislation passed in 1972 designed to prohibit sex discrimination in educational settings. For example, prior to Title IX, 300,000 young women participated in interscholastic athletics nationwide; today, that figure has leaped to approximately 2.25 million participants. In the wake of this participation explosion, scholars and educators have begun to explore its impact on girls and women.

*Physical Activity and Sport in the Lives of Girls: Physical and Mental Health Dimensions from an Interdisciplinary Approach* was created in order to highlight relevant research and draw on expert opinion regarding girls' involvement in physical activity and sport. This is the first report that brings together research findings—and practical suggestions for implementing these findings—from three interdisciplinary bodies of knowledge: physiological, psychological and sociological. An additional section explores the relationships among physical activity, sport and the mental health of girls. The primary goal was to identify and discuss the beneficial ways that physical activity and sport influence girls' physical health, psychological well-being and overall social and educational development. An additional goal was to identify the problematic aspects of girls' involvement. These include, but are not limited to, eating disorders, gender stereotyping and institutional barriers such as lack of opportunity and access to various resources. Although this report examines some of the most current and cutting-edge issues, because of space limitations, the authors do not claim to include all relevant research and concerns surrounding girls' involvement with sport and physical activity. The report focuses on girls and not boys (other than for comparison where appropriate) for several reasons. First, with respect to sport and physical activity, girls have been neglected by researchers in the biomedical sciences, education, physical education and the social sciences. Second, though girls and boys share common experiences, girls also exhibit unique physiological, emotional and social outcomes that

merit special investigation. Next, scholars need to keep pace with the aforementioned explosion and diversification of girls' involvement with sport and physical activity in the wake of Title IX. And finally, researchers increasingly recognize that the social world of physical activity and sport is not a one-dimensional universe, but a highly complex set of institutions populated by two genders with diverse racial and ethnic backgrounds, cultural values, physical abilities and sexual orientations.

Public apathy about physical education, and the glitzy distractions of commercialized sports in mass media, sometimes hide the basic fact that physical activity is a public health resource for millions of American girls as well as their families and communities. In order to advance knowledge regarding the real and potential contributions of physical activity and sport in the lives of millions of girls, several areas for future research are highlighted by the authors at the end of each section. Finally, a set of policy recommendations is also included in order to encourage responsible action on the part of parents, coaches, educators, sport leaders and elected officials. With such a "teamwork" approach, we *can* make a difference in the lives of girls.

## KEY RESEARCH FINDINGS

Some of the most important research findings documented and highlighted in this report suggest that:

- ▶ More girls are participating in a wider array of physical activities and sports than ever before in American history. (Introduction)
- ▶ Regular physical activity in adolescence can reduce girls' risk for obesity and hyperlipidemia (i.e., high levels of fat in the blood) which, in turn, have been known to be associated with lower adult onset of coronary heart disease and certain cancers. Regular physical activity can also help girls build greater peak bone mass, thereby reducing adult risk for osteoporosis. (Research Report, Section 1)
- ▶ Exercise and sport participation can be used as a therapeutic and preventative intervention for enhancing the physical and mental health of adolescent females. (Research Report, Section IV)
- ▶ Exercise and sport participation can enhance mental health by offering adolescent girls positive feelings about body image, improved self-esteem, tangible experiences of competency and success and increased self-confidence. (Research Report, Sections 11 and IV)
- ▶ Research suggests that physical activity is an effective tool for reducing the symptoms of stress and depression among girls. (Research Report, Sections 11 and IV)
- ▶ Sports are an educational asset in girls' lives. Research findings show that many high-school female athletes report higher grades and standardized test scores and lower

dropout rates, and are more likely to go on to college than their nonathletic counterparts. (Research Report, Section 111)

- Recognition of physical activity and sport as an effective and money-saving public health asset is growing among researchers and policy makers. (Introduction; Research Report, Sections 1,11 and IV)
- Poverty substantially limits many girls' access to physical activity and sport, especially girls of color who are overrepresented in lower socioeconomic groups. (Introduction; Research Report, Section 111)
- Excessive exercise and certain forms of athletic participation have been found to be associated with a higher prevalence of eating disorders. (Research Report, Sections 1, 11,111 and IV)
- The potential for some girls to derive positive experiences from physical activity and sport is marred by lack of opportunity, gender stereotypes and homophobia. (Research Report, Sections III and IV)

## **CONCLUSIONS AND RECOMMENDATIONS**

A summary of some of the most important conclusions and practical recommendations discussed in this report suggest that:

- Girls should be encouraged to get involved in sport and physical activity at an early age because such involvement reduces the likelihood of developing a number of deleterious health-related conditions. For example, active girls' high caloric expenditure decreases their risk of becoming obese. (Introduction; Research Report, Section I)
- Specific mechanisms which enhance girls' opportunities to be physically active must be developed and supported. Recreational, school-based physical education and sport programs are ideal ways to facilitate both health-related fitness and the acquisition of fundamental motor skills for a lifetime of activity. (Research Report, Section I)
- Involvement in sport and physical activity has tremendous potential to enhance a girl's sense of competence and control. Therefore, leaders should incorporate cooperative as well as competitive opportunities to learn physical skills in a nonthreatening environment. (Research Report, Sections II and III)
- Parents, coaches and teachers must be aware of girls' motives for participating in sport and physical activity. Girls participate not only for competitive reasons, but to get in shape, socialize, improve skills and have fun. All motives, not just those related to highly competitive activity, must be respected and validated. (Research Report, Sections 11 and 111)
- Physical educators, exercise leaders and coaches are in a primary position to recognize disordered eating patterns among girls. These individuals must be

knowledgeable about the physical and psychological signs and be able to make referrals to specialists as necessary. (Research Report, Section II)

- Girls and boys need to work and play together, starting from an early age. It is often easier for both sexes to play together and learn in small, relaxed groups where children know each other well and have the prerequisite skills. (Research Report, Section III)
- Coaches and physical educators should give girls equal access and attention. Girls as well as boys should play the important and interesting positions in a game and receive feedback to help improve their physical skills. (Research Report, Section III)
- Professionals must actively intervene in the face of discrimination. When adults observe inequities or gender stereotyping on the playing field or in the physical education classroom, it is often best to openly confront issues of prejudice such as sexism. (Research Report, Section III)
- Involvement in physical activity, exercise and sport promotes psychological well-being; the therapeutic use of physical activity and exercise for improving the mental health of adolescent girls goes beyond traditional treatment and mental health programs. (Research Report, Section IV)
- Physical activity and exercise have been shown to be a mood enhancer and an anxiety reducer, thereby acting as a natural, cost-effective intervention for the mental health of adolescent girls. (Introduction; Research Report, Sections II and IV)

## DIRECTIONS FOR FUTURE RESEARCH

Because of the importance of sport and physical activity in the lives of girls, it is incumbent for us to continue to expand our scientific knowledge base regarding the physiological, psychological, sociological and mental health consequences of participation in these activities. A summary of some of the most important directions and agendas for future research suggests that:

- **Research studies must be conducted** to develop and implement motivational strategies encouraging physical activity during childhood and into adulthood. (Research Report, Section I)
- **Research should establish guidelines** for appropriate training levels. When establishing these guidelines, scholars should consider areas that are particularly critical for girls, such as the prevalence of overuse injuries and issues related to body composition. For example, specific guidelines for appropriate activity levels can prevent injuries due to excessive training and/or early specialization in one sport. Knowledge regarding appropriate levels of training can also minimize an

undue focus on body composition (e.g., body image) that can lead to exercise addiction. (Research Report, Sections I and II)

- ▶ **Research studies need to be designed** that better distinguish between sport-specific or sport-general dropouts—versus sport transfers—to ascertain if girls are leaving organized sport entirely or simply sampling a variety of sporting activities. These investigations should collect and analyze participation statistics and conduct exit interviews with children who drop out in order to identify negative reasons for cessation and address them in future programs. (Research Report, Section II)
- ▶ **We need to increase our research agenda** to be more inclusive. For example, future research must be expanded beyond an analysis of highly competitive sport to include a broader range of activities (e.g., personal fitness) and settings (e.g., physical education classrooms). Additionally, studies should include participants from racially, ethnically, economically and ability-diverse backgrounds because gender interacts with these diversities in complex ways (Gill, 1993). (Research Report, Sections II, III and IV)
- ▶ **Research studies must utilize** an interdisciplinary perspective. For example, we need to adopt a biopsychosocial perspective that takes into account physical, psychological and social context variables simultaneously. We also need to develop “research teams” that enhance partnerships between scholars and practitioners. (Research Report, Sections II and IV)
- ▶ **Future research should be guided** by the principle that strategies for improving participation rates must also address the quality of the sport and physical activity experience for girls. (Research Report, Section III)
- ▶ **Scientific studies should identify** which factors influence exercise as treatment interventions. When using exercise as a treatment intervention to restore mental health for adolescent girls, we need to examine the impact of peer (same-sex and cross-sex) influences and individual versus group approaches. (Research Report, Section IV)

# ***Member of the President's Council on Physical Fitness and Sports***

## **Executive Director**

Sandra Perlmutter

Florence Griffith Joyner  
*Rancho Santa Margarita, California*

Tom McMillen  
*Crofton, Maryland*

Elizabeth Arendt, M.D.  
*St. Paul, Minnesota*

Jeff Blatnick  
*Halfmoon, New York*

Ralph Boston  
*Knoxville, Tennessee*

Don Casey  
*Boston, Massachusetts*

Timothy Finchem  
*Ponte Vedra Beach, Florida*

Rockne Freitas, Ph.D.  
*Honolulu, Hawaii*

Zina Garrison-Jackson  
*Houston, Texas*

Veronica Goldberg  
*Westfield, New Jersey*

Jimmie Heuga  
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*Buffalo, New York*

Judith Pinero Kieffer  
*Los Angeles, California*

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Ira Leesfield  
*Coral Gables, Florida*

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THE PRESIDENT'S COUNCIL  
ON PHYSICAL FITNESS  
AND SPORTS

200 Independence Ave., SW, Room 738H  
Washington, DC 20201

# 1999-2000 The President's Challenge Physical Fitness Program Packet

*Featured* in this packet are the following  
1999-2000 President's Challenge Materials:

- ★ Letter from President Bill Clinton
- ★ Message from the President's Council on Physical Fitness and Sports
- ★ Test Manual (Includes options)
- ★ Awards Listing and Order Form
- ★ State Champion Entry Form
- ★ Physical Fitness Scorecard
- ★ Health Fitness Scorecard
- ★ Additional Physical Activity and Fitness Resources
- ★ Revised Apparel/Merchandise Program
- ★ New T-Shirt, featuring poster, now available

*Also enclosed* in the packet is a new President's Challenge poster.

This brochure is now available in Spanish.



If you would like additional copies of the poster shown here, please use the enclosed order form on page 13.

For award orders and program information, contact:

THE PRESIDENT'S  
CHALLENGE

400 East 7th Street, Bloomington, IN 47405-3085  
Phone 1-800-258-8146, Web Site [www.indiana.edu/~preschal](http://www.indiana.edu/~preschal)





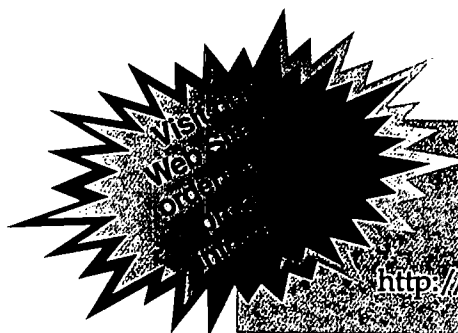
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Printed on Recycled Paper.



E-mail Address  
preschal@indiana.edu

Web Site Address  
<http://www.indiana.edu/~preschal>

# Program Overview

The landmark Surgeon General's Report on Physical Activity and Health, released in July 1996, is a call to action for all Americans to get moving. The success of The President's Challenge program depends on the enthusiasm, knowledge, and role modeling of physical educators and other youth leaders. This is a unique opportunity for young people, ages 6-17, to receive one of four awards as part of The President's Challenge:

**The Presidential Physical Fitness Award (PPFA)**, recognizing an outstanding level of physical fitness.



The PPFA consists of an embroidered Presidential emblem and a certificate signed by the President of the United States. Boys and girls who score at or above the 85th percentile on all five items of The President's Challenge (curl-ups [Option: partial curl-ups], shuttle run, one mile run/walk [Option: 1/4 mile—6-7 year old, 1/2 mile—8-9 year old], pull-ups [Option: right angle push-ups], V-sit reach [Option: sit and reach]) are eligible to receive the award. **Emblems are numbered to correspond with the total number of times the award is earned.** An emblem without a numeral also is available.

**The National Physical Fitness Award (NPFA)**, for achieving a basic, yet challenging level of physical fitness.



The NPFA recognizes a basic yet challenging level of physical fitness. Boys and girls scoring at or above the 50th percentile on all five items on The President's Challenge are eligible to receive this award. The award consists of an embroidered emblem, similar to the PPFA but without the number indicating how often the award is earned. A National certificate of achievement is offered as an alternative to the emblem. (NOTE: students who cannot do one pull-up must meet the standard set for the flexed-arm hang in order to earn the NPFA. At the 50th percentile level for pull-ups, the 1985 School Population Survey shows 0 scores for 6-year old boys and for girls all age levels. The one pull-up standard has been substituted for these zeros to encourage the development of arm and shoulder girdle strength and endurance in boys and girls.)

**The Participant Physical Fitness Award (PA)**, for students whose scores fall below the 50th percentile on one or more of the test items.



The Participant Award recognizes boys and girls who attempt all five test items on The President's Challenge but whose scores fall below the 50th percentile on one or more of them. Students are eligible to receive an embroidered Participant emblem or Participant certificate. The Participant Award emblem is white with gold trim and slightly smaller than the National Award emblem.

**The Health Fitness Award (HFA)**, for students who reach a healthy level of fitness.



The Health Fitness Award (HFA) recognizes students who achieve a healthy level of fitness. As with the physical fitness awards, the Health Fitness Award is given based on the results of a

five item assessment (partial curl-ups, one mile run/walk [Option: 1/4 mile 6-7 year old, 1/2 mile 8-9 year old], V-sit [Option: sit and reach], right angle push-ups [Option: pull-ups] and a measurement of body mass index). Body Mass Index is an easy way, based on height and weight, to estimate body composition without actually measuring body fat. Students are eligible to receive an embroidered emblem and/or certificate.

These four individual awards, along with the long-standing State Champion Award for schools that qualify the highest percentage of students for the PPFA, are awards of the President's Council on Physical Fitness and Sports (PCPFS) and bear the signature of the President of the United States.

The President's Challenge test battery (see page 3) is based primarily on data from the 1985 PCPFS National School Population Fitness Survey conducted for the PCPFS by the University of Michigan Institute for Social Research. Standards for some of the test item options are derived from other sources, including the Amateur Athletic Union Physical Fitness Program and the Canada Fitness Award Program, Health Canada, Government of Canada with permission.

The National Physical Fitness Award (NPFA), now in its tenth year, is designed to motivate all youngsters to achieve a basic but challenging level of fitness.

The Participant Award, now in its eighth year, was added to the awards program to help motivate youngsters to strive for a higher level of fitness. The Presidential, National, and Participant Awards are available to boys and girls with disabilities based on criteria outlined on page 7 of this booklet.

The Health Fitness Award, now in its fourth year, recognizes those students who maintain a healthy level of fitness.

The PCPFS recommends that the assessment battery be used as a part of a fitness education program. Additional tests of health and fitness, such as blood pressure, posture checks, and height/weight can be used to supplement the President's Challenge Physical Fitness Awards Program. Quality physical education programs utilize a variety of assessments and incorporate the results into meaningful and motivational lesson plans. These tests should be administered at the end of a fitness unit in which students learn the reason for the tests and are prepared to take the test items. Teachers may want to evaluate students at the beginning of the year to provide a baseline for them. **It is important that students be given preparation for taking the tests whenever they are given.** Before conducting the President's Challenge, or any youth fitness test, each child's medical status should be reviewed to identify medical, orthopedic or other health problems that should be considered prior to participation in physical activities, including testing.

Schools are encouraged to administer the tests to students at every grade level. If that is not possible, the PCPFS recommends that school systems decide on specific grade levels (e.g., grades 4, 7, and 10) at which all students in the system will be carefully tested.

Teachers and youth leaders are encouraged to try the option using health/fitness items and standards.

**For research information please write the PCPFS:**

PCPFS, 200 Independence Avenue, S.W., Room 738H,  
Washington, DC 20201. General PCPFS line: 202-690-9000.  
Fax: 202-690-5211.

**For program information and inquiries:**

E-mail address: [preschal@indiana.edu](mailto:preschal@indiana.edu)

Web site address: <http://www.indiana.edu/~preschal>

# Instructions for the President's Challenge Test Items

For use when qualifying students for the Presidential, National and Participant Awards

## Directions:

Before performing the following tests, all students should be taught the correct techniques for all tests, including proper pacing and running style. There is no limit to the number of tries students may have on each test item. Physical fitness testing is most effective when it is part of a comprehensive physical education program that supports testing with educational and motivational information. Please use the age of the student at the start of testing when determining award levels.

## 1. Curl-ups

**Objective:** To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.

**Testing:** Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest.



Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."

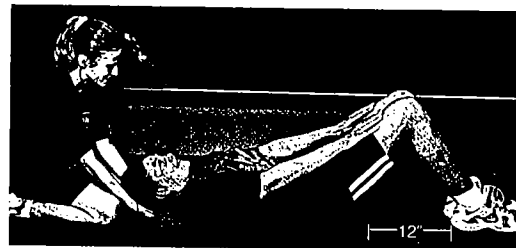


**Scoring:** "Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly. See page 8 for qualifying standards.

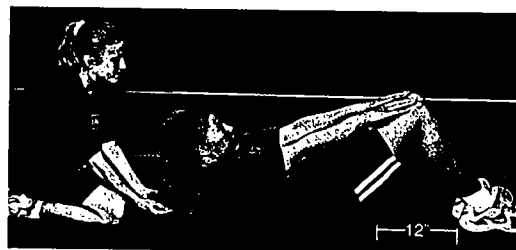
## Partial Curl-ups (Option to Curl-ups)

**Objective:** To measure abdominal strength/endurance by maximum number of curl-ups.

**Testing:** Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. The feet are **not** held or anchored. Arms are extended forward with fingers resting on the legs and pointing toward the knees. The student's partner is behind the head with hands cupped under the student's head. The student



being tested curls up slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the partner's hands. The curl-ups are done to a metronome (or audio tape, clapping, drums) with one complete curl-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.



**Scoring:** Record only those curl-ups done with proper form and in rhythm. See page 8 for qualifying standards.

**Rationale:** The partial (abdominal) curl-ups, done slowly with knees bent and feet not held, replace the timed curl-ups because they are a better indicator of the strength and endurance of the abdominal muscles.

(continued on next page)

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## 2. Shuttle Run

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**Objective:** To perform shuttle run as fast as possible.

**Testing:** Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2"x2"x4") behind one of the lines. Students start behind opposite



line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line.



**Scoring:** Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second. See page 8 for qualifying standards.

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## 3. One Mile Run/Walk

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**Objective:** To measure heart/lung endurance by fastest time to cover a one-mile distance.

**Testing:** On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.



**Scoring:** Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

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**Option for 6-7 years old ...  $\frac{1}{4}$  mile**

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**Option for 8-9 years old ...  $\frac{1}{2}$  mile**

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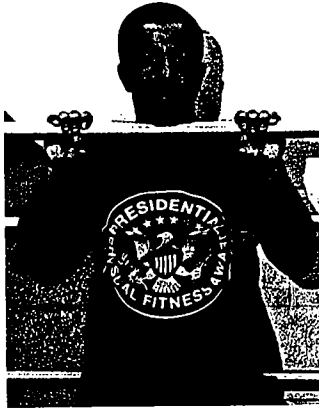
Alternative distances for younger children are  $\frac{1}{4}$  mile for 6-7 years old, and  $\frac{1}{2}$  mile for 8-9 years old. The same objective and testing procedures are used as with the mile run. See page 8 for qualifying standards.

**Rationale:** Shorter distance runs are included as options for younger children. Younger children can be prepared to run the mile run; however some teachers find it easier to administer a shorter run which does provide good information on cardiorespiratory endurance of young children.

## 4. Pull-ups

**Objective:** To measure upper body strength/endurance by maximum number of pull-ups completed.

**Testing:** Student hangs from a horizontal bar with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.



**Scoring:** Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement. See page 8 for qualifying standards.

### Right Angle Push-ups (Option to Pull-ups)

**Objective:** To measure upper body strength/endurance by maximum number of push-ups completed.

**Testing:** The student lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The student straightens the arms, keeping the back and knees straight, then lowers the body until there is



a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds her/his hand at the point of the 90-degree angle so that the student being tested goes down only until her/his shoulder touches the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.

**Scoring:** Record only those push-ups done with proper form and in rhythm. See page 8 for qualifying standards.

**Rationale:** The right angle push-ups are recommended for upper body strength/endurance testing because the student's body weight has less effect than it does on pull-ups. Right angle push-ups provide a better indicator of the range of strength/endurance found in children and youth, whereas many are unable to do any pull-ups. Pull-ups remain an option for those students at higher levels of strength/endurance.

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## Flexed-Arm Hang

Alternative to pull-ups or right angle push-ups for National and Participant Physical Fitness Awards.

Students who cannot do one pull-up may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups or right angle push-ups.

**Objective:** To maintain flexed-arm hang position as long as possible.

**Testing:** Using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body), student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

**Scoring:** Chest should be held close to bar with legs hanging straight. Timing is stopped when student's chin touches or falls below the bar. See page 8 for qualifying standards.

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## 5. V-Sit Reach

**Objective:** To measure flexibility of lower back and hamstrings by reaching forward in the V position.

**Testing:** A straight line two feet long is marked on the floor as the baseline. A measuring line is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12 inches apart. Student clasps thumbs so that hands



are together, palms down and places them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

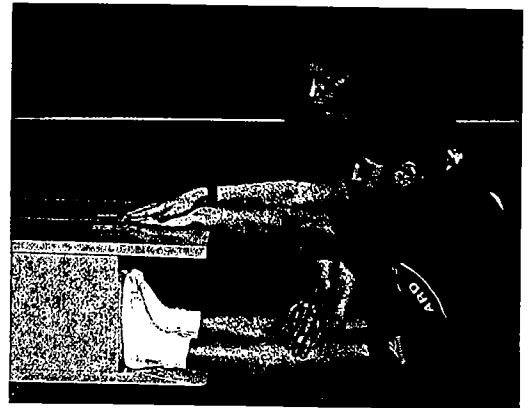
**Scoring:** Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline. See page 8 for qualifying standards.

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## Sit and Reach (Option to V-Sit Reach)

**Objective:** Farthest distance reached.

**Testing:** A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are available on the web site or by contacting our office.) Student



removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

**Scoring:** Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter. See page 8 for qualifying standards.

## Accommodating Students with Disabilities

Students with disabilities have the right to an individualized physical fitness program. Thus, the PCPFS includes suggested guidelines for accommodating these students in its President's Challenge Physical Fitness Awards Program. These students can be motivated to develop lifetime habits of appropriate physical activity through recognition of achievement in physical fitness. The suggestions for accommodation have been pre-



pared to permit boys and girls with disabilities, ages 6-17, not only to be acknowledged for their achievement, but to qualify for the Presidential, National, the Participant Physical Fitness, or the Health Fitness Awards in the President's Challenge Physical Fitness Awards Program.

Teachers, or fitness leaders, may decide that other students, without identified disabilities, also need accommodations in one or more of the test categories or awards. Making accommodations is consistent with the goal of providing motivation for life-long physical activity through physical fitness achievement.

Qualified instructors who verify they have followed the criteria presented, may qualify students who do not reach PCPFS standards on one or more of the test items in the awards program. For questions or information concerning these guidelines, please call our Toll Free Number: 1-800-258-8146.

## These Modifications Apply to All Awards

### Guidelines for Qualifying Students with Disabilities for the Presidential, National, Participant Physical Fitness, or the Health Fitness Award

1. The instructor has reviewed the individual's records to identify medical, orthopedic, or other health problems which should be considered prior to participation in physical activities including physical fitness testing.
2. The individual has a disability or other problem that adversely affects performance on one or more test items.
3. The individual has been participating in an appropriate physical fitness program that develops and maintains cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
4. The instructor has administered all five test items making needed modifications or substituting alternative test items for the individual.
5. The instructor judges that the individual has been tested on all five test items and/or in each of the five fitness categories and has performed at a level equivalent to a Presidential, National, Participant Physical Fitness, or the Health Fitness Award.



*Special thanks to Nick Judy, photographer, and students and faculty at Bloomington High School South and Grandview Elementary School in Bloomington, IN.*

# Qualifying Standards

Also available  
as a Wall Chart  
See Order Form  
on page 13

Please Note: Award standards were most recently validated in 1998 by means of comparison with a large nationwide sample collected in 1994.

## The Presidential Physical Fitness Award



|       | AGE | CURL-UPS<br>(# one<br>minute) | PARTIAL*<br>CURL-UPS<br>(#) | SHUTTLE<br>RUN<br>(seconds) | V-SIT<br>REACH<br>(inches) | SIT AND<br>REACH<br>(centimeters) | ONE-MILE<br>RUN<br>(min:sec) | DISTANCE OPTION**<br>(min:sec)<br>1/4 mile (min:sec)<br>1/2 mile | PULL-UPS<br>(#) | RT. ANGLE*<br>PUSH-UPS<br>(#) |
|-------|-----|-------------------------------|-----------------------------|-----------------------------|----------------------------|-----------------------------------|------------------------------|------------------------------------------------------------------|-----------------|-------------------------------|
| BOYS  | 6   | 33                            | 22                          | 12.1                        | +3.5                       | 31                                | 10:15                        | 1:55                                                             | 2               | 9                             |
|       | 7   | 36                            | 24                          | 11.5                        | +3.5                       | 30                                | 9:22                         | 1:48                                                             | 4               | 14                            |
|       | 8   | 40                            | 30                          | 11.1                        | +3.0                       | 31                                | 8:48                         |                                                                  | 5               | 17                            |
|       | 9   | 41                            | 37                          | 10.9                        | +3.0                       | 31                                | 8:31                         |                                                                  | 5               | 18                            |
|       | 10  | 45                            | 35                          | 10.3                        | +4.0                       | 30                                | 7:57                         |                                                                  | 6               | 22                            |
|       | 11  | 47                            | 43                          | 10.0                        | +4.0                       | 31                                | 7:32                         |                                                                  | 6               | 27                            |
|       | 12  | 50                            | 64                          | 9.8                         | +4.0                       | 31                                | 7:11                         |                                                                  | 7               | 31                            |
|       | 13  | 53                            | 59                          | 9.5                         | +3.5                       | 33                                | 6:50                         |                                                                  | 7               | 39                            |
|       | 14  | 56                            | 62                          | 9.1                         | +4.5                       | 36                                | 6:26                         |                                                                  | 10              | 40                            |
|       | 15  | 57                            | 75                          | 9.0                         | +5.0                       | 37                                | 6:20                         |                                                                  | 11              | 42                            |
|       | 16  | 56                            | 73                          | 8.7                         | +6.0                       | 38                                | 6:08                         |                                                                  | 11              | 44                            |
|       | 17  | 55                            | 66                          | 8.7                         | +7.0                       | 41                                | 6:06                         |                                                                  | 13              | 53                            |
| GIRLS | 6   | 32                            | 22                          | 12.4                        | +5.5                       | 32                                | 11:20                        | 2:00                                                             | 2               | 9                             |
|       | 7   | 34                            | 24                          | 12.1                        | +5.0                       | 32                                | 10:36                        | 1:55                                                             | 2               | 14                            |
|       | 8   | 38                            | 30                          | 11.8                        | +4.5                       | 33                                | 10:02                        |                                                                  | 2               | 17                            |
|       | 9   | 39                            | 37                          | 11.1                        | +5.5                       | 33                                | 9:30                         |                                                                  | 2               | 18                            |
|       | 10  | 40                            | 33                          | 10.8                        | +6.0                       | 33                                | 9:19                         |                                                                  | 3               | 20                            |
|       | 11  | 42                            | 43                          | 10.5                        | +6.5                       | 34                                | 9:02                         |                                                                  | 3               | 19                            |
|       | 12  | 45                            | 50                          | 10.4                        | +7.0                       | 36                                | 8:23                         |                                                                  | 2               | 20                            |
|       | 13  | 46                            | 59                          | 10.2                        | +7.0                       | 38                                | 8:13                         |                                                                  | 2               | 21                            |
|       | 14  | 47                            | 48                          | 10.1                        | +8.0                       | 40                                | 7:59                         |                                                                  | 2               | 20                            |
|       | 15  | 48                            | 38                          | 10.0                        | +8.0                       | 43                                | 8:08                         |                                                                  | 2               | 20                            |
|       | 16  | 45                            | 49                          | 10.1                        | +9.0                       | 42                                | 8:23                         |                                                                  | 1               | 24                            |
|       | 17  | 44                            | 58                          | 10.0                        | +8.0                       | 42                                | 8:15                         |                                                                  | 1               | 25                            |

## The National Physical Fitness Award



|       | AGE | CURL-UPS<br>(# one<br>minute) | PARTIAL*<br>CURL-UPS<br>(#) | SHUTTLE<br>RUN<br>(seconds) | V-SIT<br>REACH<br>(inches) | SIT AND<br>REACH<br>(centimeters) | ONE-MILE<br>RUN<br>(min:sec) | DISTANCE OPTION**<br>(min:sec)<br>1/4 mile (min:sec)<br>1/2 mile | PULL-UPS<br>(#) | RT. ANGLE*<br>PUSH-UPS<br>(#) | FLEXED-ARM<br>HANG<br>(sec) |
|-------|-----|-------------------------------|-----------------------------|-----------------------------|----------------------------|-----------------------------------|------------------------------|------------------------------------------------------------------|-----------------|-------------------------------|-----------------------------|
| BOYS  | 6   | 22                            | 10                          | 13.3                        | +1.0                       | 26                                | 12:36                        | 2:21                                                             | 1               | 7                             | 6                           |
|       | 7   | 28                            | 13                          | 12.8                        | +1.0                       | 25                                | 11:40                        | 2:10                                                             | 1               | 8                             | 8                           |
|       | 8   | 31                            | 17                          | 12.2                        | +0.5                       | 25                                | 11:05                        |                                                                  | 1               | 9                             | 10                          |
|       | 9   | 32                            | 20                          | 11.9                        | +1.0                       | 25                                | 10:30                        |                                                                  | 2               | 12                            | 10                          |
|       | 10  | 35                            | 24                          | 11.5                        | +1.0                       | 25                                | 9:48                         |                                                                  | 2               | 14                            | 12                          |
|       | 11  | 37                            | 26                          | 11.1                        | +1.0                       | 25                                | 9:20                         |                                                                  | 2               | 15                            | 11                          |
|       | 12  | 40                            | 32                          | 10.6                        | +1.0                       | 26                                | 8:40                         |                                                                  | 2               | 18                            | 12                          |
|       | 13  | 42                            | 39                          | 10.2                        | +0.5                       | 26                                | 8:06                         |                                                                  | 3               | 24                            | 14                          |
|       | 14  | 45                            | 40                          | 9.9                         | +1.0                       | 28                                | 7:44                         |                                                                  | 5               | 24                            | 20                          |
|       | 15  | 45                            | 45                          | 9.7                         | +2.0                       | 30                                | 7:30                         |                                                                  | 6               | 30                            | 30                          |
|       | 16  | 45                            | 37                          | 9.4                         | +3.0                       | 30                                | 7:10                         |                                                                  | 7               | 30                            | 28                          |
|       | 17  | 44                            | 42                          | 9.4                         | +3.0                       | 34                                | 7:04                         |                                                                  | 8               | 37                            | 30                          |
| GIRLS | 6   | 23                            | 10                          | 13.8                        | +2.5                       | 27                                | 13:12                        | 2:26                                                             | 1               | 6                             | 5                           |
|       | 7   | 25                            | 13                          | 13.2                        | +2.0                       | 27                                | 12:56                        | 2:21                                                             | 1               | 8                             | 6                           |
|       | 8   | 29                            | 17                          | 12.9                        | +2.0                       | 28                                | 12:30                        |                                                                  | 1               | 9                             | 8                           |
|       | 9   | 30                            | 20                          | 12.5                        | +2.0                       | 28                                | 11:52                        |                                                                  | 1               | 12                            | 8                           |
|       | 10  | 30                            | 24                          | 12.1                        | +3.0                       | 28                                | 11:22                        |                                                                  | 1               | 13                            | 8                           |
|       | 11  | 32                            | 27                          | 11.5                        | +3.0                       | 29                                | 11:17                        |                                                                  | 1               | 11                            | 7                           |
|       | 12  | 35                            | 30                          | 11.3                        | +3.5                       | 30                                | 11:05                        |                                                                  | 1               | 10                            | 7                           |
|       | 13  | 37                            | 40                          | 11.1                        | +3.5                       | 31                                | 10:23                        |                                                                  | 1               | 11                            | 8                           |
|       | 14  | 37                            | 30                          | 11.2                        | +4.5                       | 33                                | 10:06                        |                                                                  | 1               | 10                            | 9                           |
|       | 15  | 36                            | 26                          | 11.0                        | +5.0                       | 36                                | 9:58                         |                                                                  | 1               | 15                            | 7                           |
|       | 16  | 35                            | 26                          | 10.9                        | +5.5                       | 34                                | 10:31                        |                                                                  | 1               | 12                            | 7                           |
|       | 17  | 34                            | 40                          | 11.0                        | +4.5                       | 35                                | 10:22                        |                                                                  | 1               | 16                            | 7                           |

## The Participant Physical Fitness Award



Boys and girls who attempt all five items, but whose scores fall below the 50th percentile on one or more of them are eligible to receive the Participant Award.

\*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission.

\*\*1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.



# Health Fitness Award (HFA)

For the third year in a row the President's Challenge is providing interested teachers and youth leaders with a health criterion-referenced award as an alternative to the traditional Physical Fitness Awards. This Health Fitness Award (HFA) can be earned by youngsters whose test scores meet or exceed the specified health criteria on each of the five items comprising the President's Challenge Health Fitness Test listed below. Award standards are based upon health-related criteria adapted from several sources as indicated in the table below.

While teachers may choose to administer both the President's Challenge Physical Fitness Test and the President's Challenge Health Fitness Test to their students, it is not intended that students should receive awards from both tests. Although if a teacher so chooses, both awards can be ordered.

## Health Fitness Test Items:

For use when qualifying students for the Health Fitness Award.

Use criterion referenced standards listed on this page.

1. Partial Curl-ups  
See page 3
2. One Mile Run/Walk with distance option  
See page 4
3. V-Sit Reach or Sit and Reach option  
See page 6

4. Right Angle Push-ups or Pull-ups option  
See page 5

5. Body Mass Index (BMI)

**Objective:** To estimate body composition

**Testing:** Determine total body weight (kilograms) and height (meters). Use Table to convert to BMI (page 10), or use formula:

$$\text{Wt (kg)} / \text{Ht (m)}^2$$

$$\text{Wt [2.2 lbs = 1 kg]} \quad \text{Ht [1 inch = 0.0254 m]}$$

**Example:** A 16 year old boy weighing 154 pounds (70 kg), and 68 inches tall (1.727 meters) has a BMI of:

$$\frac{70 \text{ kg}}{(1.727\text{m})^2} = \frac{70}{2.98} \approx 23.5 \text{ kg/m}^2$$

Based on the BMI range for a 16 year old boy listed in the table below; a BMI index of 23.5 puts this boy in the desirable range. Use the BMI chart (next page) for quick calculation.

**Rationale:** Body composition is an important component of physical fitness. Body mass index is one method to estimate this fitness component.

## The Health Fitness Award

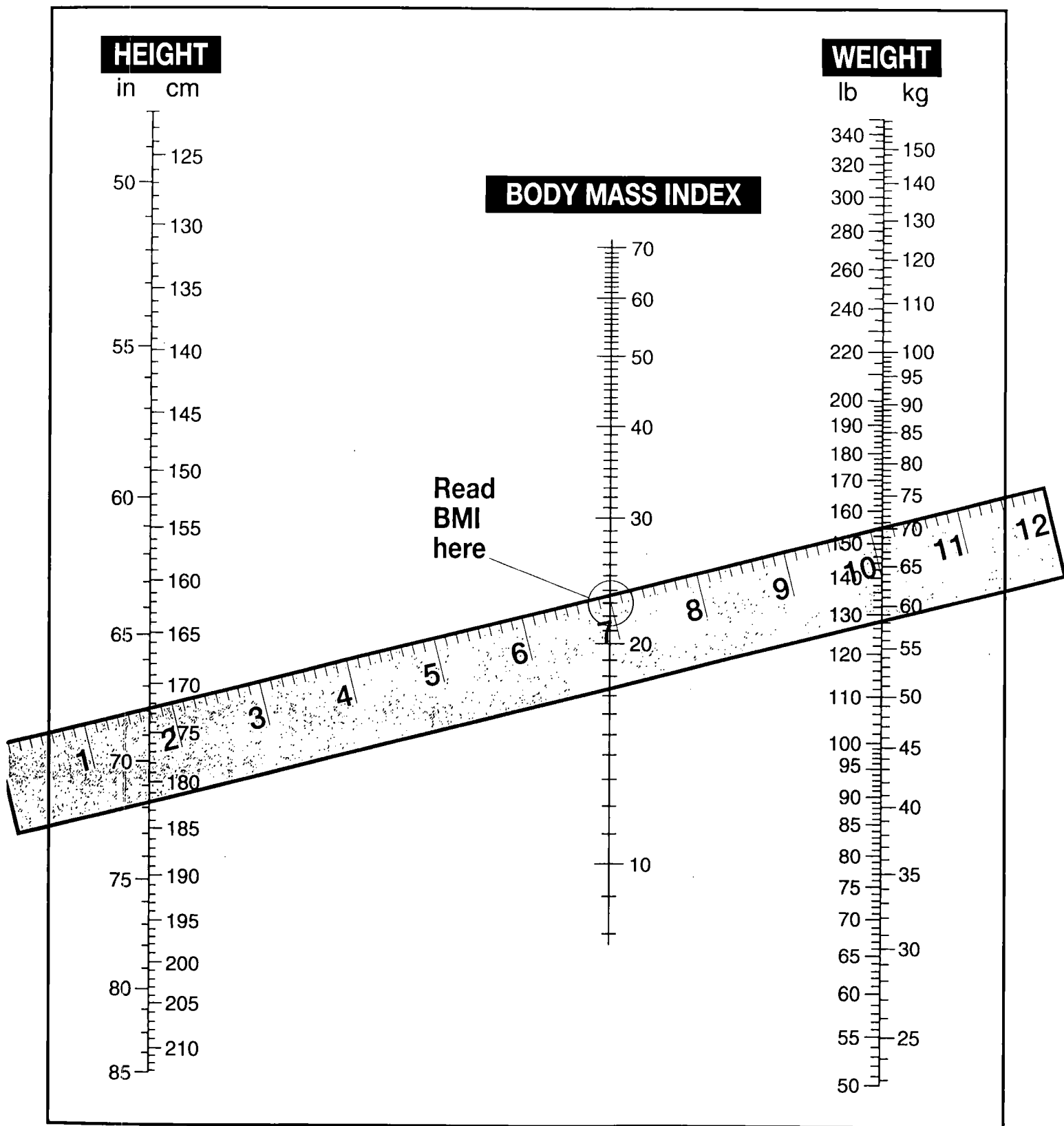


|       | AGE | PARTIAL<br>CURL-UPS<br>(#) | ONE-MILE<br>RUN<br>(min:sec) | OR | DISTANCE OPTION<br>(min:sec)<br>1/4 mile | (min:sec)<br>1/2 mile | V-SIT<br>REACH<br>(inches) | OR | SIT AND<br>REACH<br>(centimeters) | RT. ANGLE<br>PUSH-UPS<br>(#) | OR | PULL-UPS<br>(#) | BMI<br>(range) |
|-------|-----|----------------------------|------------------------------|----|------------------------------------------|-----------------------|----------------------------|----|-----------------------------------|------------------------------|----|-----------------|----------------|
| BOYS  | 6   | 12                         | 13:00                        |    | 2:30                                     |                       | 1                          |    | 21                                | 3                            |    | 1               | 13.3-19.5      |
|       | 7   | 12                         | 12:00                        |    | 2:20                                     |                       | 1                          |    | 21                                | 4                            |    | 1               | 13.3-19.5      |
|       | 8   | 15                         | 11:00                        |    |                                          | 4:45                  | 1                          |    | 21                                | 5                            |    | 1               | 13.4-20.5      |
|       | 9   | 15                         | 10:00                        |    |                                          | 4:35                  | 1                          |    | 21                                | 6                            |    | 1               | 13.7-21.4      |
|       | 10  | 20                         | 9:30                         |    |                                          |                       | 1                          |    | 21                                | 7                            |    | 1               | 14.0-22.5      |
|       | 11  | 20                         | 9:00                         |    |                                          |                       | 1                          |    | 21                                | 8                            |    | 2               | 14.0-23.7      |
|       | 12  | 20                         | 9:00                         |    |                                          |                       | 1                          |    | 21                                | 9                            |    | 2               | 14.8-24.1      |
|       | 13  | 25                         | 8:00                         |    |                                          |                       | 1                          |    | 21                                | 10                           |    | 2               | 15.4-24.7      |
|       | 14  | 25                         | 8:00                         |    |                                          |                       | 1                          |    | 21                                | 12                           |    | 3               | 16.1-25.4      |
|       | 15  | 30                         | 7:30                         |    |                                          |                       | 1                          |    | 21                                | 14                           |    | 4               | 16.6-26.4      |
|       | 16  | 30                         | 7:30                         |    |                                          |                       | 1                          |    | 21                                | 16                           |    | 5               | 17.2-26.8      |
|       | 17  | 30                         | 7:30                         |    |                                          |                       | 1                          |    | 21                                | 18                           |    | 6               | 17.7-27.5      |
| GIRLS | 6   | 12                         | 13:00                        |    | 2:50                                     |                       | 2                          |    | 23                                | 3                            |    | 1               | 13.1-19.6      |
|       | 7   | 12                         | 12:00                        |    | 2:40                                     |                       | 2                          |    | 23                                | 4                            |    | 1               | 13.1-19.6      |
|       | 8   | 15                         | 11:00                        |    |                                          | 5:35                  | 2                          |    | 23                                | 5                            |    | 1               | 13.2-20.7      |
|       | 9   | 15                         | 10:00                        |    |                                          | 5:25                  | 2                          |    | 23                                | 6                            |    | 1               | 13.5-21.4      |
|       | 10  | 20                         | 10:00                        |    |                                          |                       | 2                          |    | 23                                | 7                            |    | 1               | 13.8-22.5      |
|       | 11  | 20                         | 10:00                        |    |                                          |                       | 2                          |    | 23                                | 7                            |    | 1               | 14.1-23.2      |
|       | 12  | 20                         | 10:30                        |    |                                          |                       | 2                          |    | 23                                | 8                            |    | 1               | 14.7-24.2      |
|       | 13  | 25                         | 10:30                        |    |                                          |                       | 3                          |    | 25                                | 7                            |    | 1               | 15.5-25.3      |
|       | 14  | 25                         | 10:30                        |    |                                          |                       | 3                          |    | 25                                | 7                            |    | 1               | 16.2-25.3      |
|       | 15  | 30                         | 10:00                        |    |                                          |                       | 3                          |    | 25                                | 7                            |    | 1               | 16.6-26.5      |
|       | 16  | 30                         | 10:00                        |    |                                          |                       | 3                          |    | 25                                | 7                            |    | 1               | 16.8-26.5      |
|       | 17  | 30                         | 10:00                        |    |                                          |                       | 3                          |    | 25                                | 7                            |    | 1               | 17.1-26.9      |

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

# Body Mass Index

Directions: Use a ruler to connect the height column to the weight column and read the BMI number in the middle.



Example: Use same example as shown on page 9.

Modified with permission from David C. Nieman, *Fitness and Sports Medicine; A Health-Related Approach*, (3rd edition), Bull Publishing Co., Palo Alto, CA, 1995.

# Items Offered With the 1999-2000 President's Challenge Program

- Refrigerator Magnet for Presidential, National and Participant Award Winners (no numeral only).
- Presidential Physical Fitness Award—Emblem (1-12 or no numeral) and Certificate.
- National Physical Fitness Award—Emblem (no numeral only) and Certificate.
- Participant Physical Fitness Award—Emblem (no numeral only) and Certificate.
- Health Fitness Award—Emblem (no numeral only) and Certificate.
- Bumper Stickers for a proud parent of Presidential and National Award Winners.
- Physical Fitness Slide Chart for determining awards criteria for boys and girls of each age.
- Physical Fitness Scorecard and Health Fitness Scorecard for multiple test record keeping. FREE on pages 17 and 18. Just photocopy one for each student.
- The President's Challenge Instructor's Emblem: For those who administer The President's Challenge Program.
- Presidential Physical Fitness Award Decals: six decals per set!
- The Get Fit! Handbook for kids, ages 6-17
- The Awards Wall Chart



Presidential Physical Fitness Award Emblem + Magnet (Actual Size: About 3" diameter)



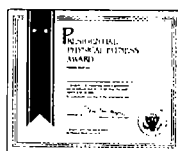
National Physical Fitness Award Emblem + Magnet (Actual Size: About 3" diameter)



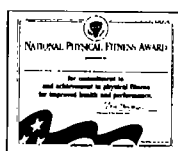
Participant Physical Fitness Award Emblem + Magnet (Actual Size: About 2 1/2" diameter)



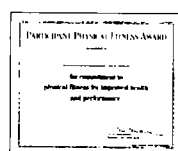
Health Fitness Award Emblem (Actual Size: About 3" diameter)



Presidential Physical Fitness Certificate (Actual Size: 8" x 10")



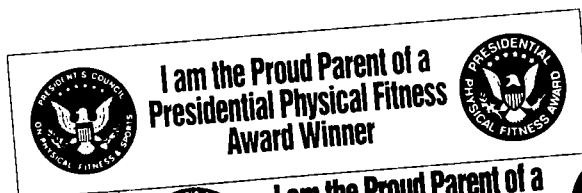
National Physical Fitness Certificate (Actual Size: 8" x 10")



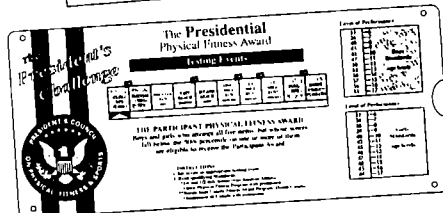
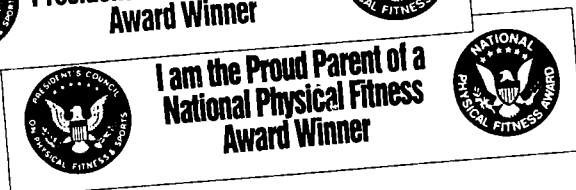
Participant Physical Fitness Certificate (Actual Size: 8" x 10")



Health Fitness Certificate (Actual Size: 8" x 10")



Bumper Stickers (Actual Size: 3" x 12")



Slide Chart (Actual Size: 4" x 9")



Instructor's Emblem (Actual Size: About 3 3/4" diameter)



Presidential Award Decals (Actual Size: About 3" diameter)



Get Fit! Handbook (Actual Size: 5 1/2" x 8 1/2")

Awards Wall Chart (Actual Size: 16 1/2" x 22 3/4")

### The President's Challenge AWARDS CHART

The Presidential Physical Fitness Award

| Age | Boys       |            |             | Girls      |            |             |
|-----|------------|------------|-------------|------------|------------|-------------|
|     | 1-Mile Run | 2-Mile Run | 1-Mile Walk | 1-Mile Run | 2-Mile Run | 1-Mile Walk |
| 6   | 12:00      | 24:00      | 15:00       | 12:00      | 24:00      | 15:00       |
| 7   | 11:00      | 22:00      | 14:00       | 11:00      | 22:00      | 14:00       |
| 8   | 10:00      | 20:00      | 13:00       | 10:00      | 20:00      | 13:00       |
| 9   | 9:00       | 18:00      | 12:00       | 9:00       | 18:00      | 12:00       |
| 10  | 8:00       | 16:00      | 11:00       | 8:00       | 16:00      | 11:00       |
| 11  | 7:00       | 14:00      | 10:00       | 7:00       | 14:00      | 10:00       |
| 12  | 6:00       | 12:00      | 9:00        | 6:00       | 12:00      | 9:00        |
| 13  | 5:00       | 10:00      | 8:00        | 5:00       | 10:00      | 8:00        |
| 14  | 4:00       | 8:00       | 7:00        | 4:00       | 8:00       | 7:00        |
| 15  | 3:00       | 6:00       | 6:00        | 3:00       | 6:00       | 6:00        |
| 16  | 2:00       | 4:00       | 5:00        | 2:00       | 4:00       | 5:00        |
| 17  | 1:00       | 2:00       | 4:00        | 1:00       | 2:00       | 4:00        |

The National Physical Fitness Award

| Age | Boys       |            |             | Girls      |            |             |
|-----|------------|------------|-------------|------------|------------|-------------|
|     | 1-Mile Run | 2-Mile Run | 1-Mile Walk | 1-Mile Run | 2-Mile Run | 1-Mile Walk |
| 6   | 13:00      | 26:00      | 16:00       | 13:00      | 26:00      | 16:00       |
| 7   | 12:00      | 24:00      | 15:00       | 12:00      | 24:00      | 15:00       |
| 8   | 11:00      | 22:00      | 14:00       | 11:00      | 22:00      | 14:00       |
| 9   | 10:00      | 20:00      | 13:00       | 10:00      | 20:00      | 13:00       |
| 10  | 9:00       | 18:00      | 12:00       | 9:00       | 18:00      | 12:00       |
| 11  | 8:00       | 16:00      | 11:00       | 8:00       | 16:00      | 11:00       |
| 12  | 7:00       | 14:00      | 10:00       | 7:00       | 14:00      | 10:00       |
| 13  | 6:00       | 12:00      | 9:00        | 6:00       | 12:00      | 9:00        |
| 14  | 5:00       | 10:00      | 8:00        | 5:00       | 10:00      | 8:00        |
| 15  | 4:00       | 8:00       | 7:00        | 4:00       | 8:00       | 7:00        |
| 16  | 3:00       | 6:00       | 6:00        | 3:00       | 6:00       | 6:00        |
| 17  | 2:00       | 4:00       | 5:00        | 2:00       | 4:00       | 5:00        |

The Participant Physical Fitness Award

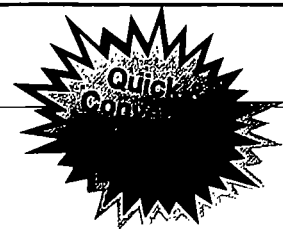
| Age | Boys       |            |             | Girls      |            |             |
|-----|------------|------------|-------------|------------|------------|-------------|
|     | 1-Mile Run | 2-Mile Run | 1-Mile Walk | 1-Mile Run | 2-Mile Run | 1-Mile Walk |
| 6   | 14:00      | 28:00      | 17:00       | 14:00      | 28:00      | 17:00       |
| 7   | 13:00      | 26:00      | 16:00       | 13:00      | 26:00      | 16:00       |
| 8   | 12:00      | 24:00      | 15:00       | 12:00      | 24:00      | 15:00       |
| 9   | 11:00      | 22:00      | 14:00       | 11:00      | 22:00      | 14:00       |
| 10  | 10:00      | 20:00      | 13:00       | 10:00      | 20:00      | 13:00       |
| 11  | 9:00       | 18:00      | 12:00       | 9:00       | 18:00      | 12:00       |
| 12  | 8:00       | 16:00      | 11:00       | 8:00       | 16:00      | 11:00       |
| 13  | 7:00       | 14:00      | 10:00       | 7:00       | 14:00      | 10:00       |
| 14  | 6:00       | 12:00      | 9:00        | 6:00       | 12:00      | 9:00        |
| 15  | 5:00       | 10:00      | 8:00        | 5:00       | 10:00      | 8:00        |
| 16  | 4:00       | 8:00       | 7:00        | 4:00       | 8:00       | 7:00        |
| 17  | 3:00       | 6:00       | 6:00        | 3:00       | 6:00       | 6:00        |

The Health Fitness Award

| Age | Boys       |            |             | Girls      |            |             |
|-----|------------|------------|-------------|------------|------------|-------------|
|     | 1-Mile Run | 2-Mile Run | 1-Mile Walk | 1-Mile Run | 2-Mile Run | 1-Mile Walk |
| 6   | 15:00      | 30:00      | 18:00       | 15:00      | 30:00      | 18:00       |
| 7   | 14:00      | 28:00      | 17:00       | 14:00      | 28:00      | 17:00       |
| 8   | 13:00      | 26:00      | 16:00       | 13:00      | 26:00      | 16:00       |
| 9   | 12:00      | 24:00      | 15:00       | 12:00      | 24:00      | 15:00       |
| 10  | 11:00      | 22:00      | 14:00       | 11:00      | 22:00      | 14:00       |
| 11  | 10:00      | 20:00      | 13:00       | 10:00      | 20:00      | 13:00       |
| 12  | 9:00       | 18:00      | 12:00       | 9:00       | 18:00      | 12:00       |
| 13  | 8:00       | 16:00      | 11:00       | 8:00       | 16:00      | 11:00       |
| 14  | 7:00       | 14:00      | 10:00       | 7:00       | 14:00      | 10:00       |
| 15  | 6:00       | 12:00      | 9:00        | 6:00       | 12:00      | 9:00        |
| 16  | 5:00       | 10:00      | 8:00        | 5:00       | 10:00      | 8:00        |
| 17  | 4:00       | 8:00       | 7:00        | 4:00       | 8:00       | 7:00        |

# How to Order

## Four Easy Ways To Order!



1



### Order by Mail:

- Orders accepted YEAR ROUND!  
The President's Challenge, Poplars Research Center, 400 E. 7th Street, Bloomington, IN 47405-3085
- Orders must be accompanied by payment or an official purchase order.
- Please do not send cash or postage stamps.
- Delivery Time: 18 days from receipt of order at our program office (please allow 5-7 days for U.S. mail delivery of your order to our program office!!)  
For Example: If we receive your order at our program office on April 1st, you will receive your order on or before April 19th.
- Orders within the 48 contiguous states sent RPS Ground ONLY.

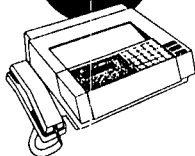
2



### Order by Phone (1-800-258-8146):

- Orders accepted YEAR ROUND!
- To place orders OR if you have questions or inquiries.
- Business Hours: 8 AM to 5 PM Monday through Friday.
- Institutional purchase order or charge (MasterCard or Visa) requested for phone orders.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent RPS Ground ONLY.
- If you order by phone please **do not** send a confirming order as a duplication may result.

3



### Order by Fax (1-812-855-8999):

- Orders accepted YEAR ROUND by FAX/24 hours a day. Orders must be completely filled out and a phone number included where you may be contacted.
- Institutional purchase order or charge (MasterCard or Visa) requested for all FAX orders.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent RPS Ground ONLY.
- If you order by fax please **do not** send a confirming order as a duplication may result.

4



### Order Online (<http://www.indiana.edu/~preschal>):

- Orders accepted YEAR ROUND via the Internet/24 hours a day.
- Delivery Time: 18 days from receipt of order.
- Orders within the 48 contiguous states sent RPS Ground ONLY.
- If you order online please **do not** send a confirming order as a duplication may result.

### Rush Orders: *Extra Charge*

- Delivery Time: Four business days from receipt of order at our program office.  
For Example: If we receive your order at our program office on a Monday, you will receive your order on or before Friday.
- Rush orders sent RPS Second Day Air Only!
- Cost: To place a RUSH order, just add in 25% of the subtotal or \$25.00 (**whichever is greater**) on the appropriate line of the order form.

Please order early!

### Policies

- International Orders Policy: All international orders shipped U.S. Postal Service.
- Incomplete Order Policy: Upon receipt of your order, please verify contents for accuracy. If your order is incomplete please contact the program office immediately.
- Refund Policy: Sorry, no refunds or exchanges for awards materials. Exception—Certificates will be exchanged in the event of a change in administration at no cost.

Rec. \_\_\_\_\_ Pd. \_\_\_\_\_ Ck # \_\_\_\_\_ Rush ☐

Customer # \_\_\_\_\_ INT \_\_\_\_\_

**Ship to:**

Name (Required) \_\_\_\_\_

School/Organization \_\_\_\_\_

Address \_\_\_\_\_  
(Sorry, no P.O. boxes)

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number ( \_\_\_\_\_ ) \_\_\_\_\_

**Bill to:**

Name (Required) \_\_\_\_\_

School/Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Mailing address for orders and inquiries:

**The President's Challenge**  
**Poplars Research Center**  
 400 E. 7th Street, Bloomington, IN 47405-3085

1-800-258-8146  
(Toll-Free Number)

☐ Check # \_\_\_\_\_☐ Money Order # \_\_\_\_\_☐ Card Number \_\_\_\_\_  
(Only MasterCard and Visa accepted)

Signature: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

☐ Bill us (institutional purchase orders only).

Purchase Order # \_\_\_\_\_

**Please fill out the section below**

(To help us expedite your order please fill out completely.)

1.) School: ☐ Elementary ☐ Middle ☐ Junior High ☐ Senior High  
☐ Homeschool2.) How is your school or agency classified? ☐ Public ☐ Private

3.) What is your school's approximate enrollment? \_\_\_\_\_

4.) How many students were tested? Males \_\_\_\_\_ Females \_\_\_\_\_

5.) How many qualified for each award?

|  |              |          |             |     |
|--|--------------|----------|-------------|-----|
|  | Presidential | National | Participant | HFA |
|--|--------------|----------|-------------|-----|

|      |       |       |       |       |
|------|-------|-------|-------|-------|
| Male | _____ | _____ | _____ | _____ |
|------|-------|-------|-------|-------|

|        |       |       |       |       |
|--------|-------|-------|-------|-------|
| Female | _____ | _____ | _____ | _____ |
|--------|-------|-------|-------|-------|

6.) How many students with disabilities were tested? \_\_\_\_\_

|                                                               |              |       |
|---------------------------------------------------------------|--------------|-------|
| How many students with disabilities qualified for each award? | Presidential | _____ |
|                                                               | National     | _____ |
|                                                               | Participant  | _____ |
|                                                               | HFA          | _____ |

7.) Does your School District require you to use  
The President's Challenge testing program? ☐ Yes ☐ No

8.) How did you learn about the program? (Please check ONE)

a) Direct Mail ☐ d) National Convention ☐b) Contact by Phone ☐ e) Fellow teacher ☐

c) Media: \_\_\_\_\_ or administrator

TV ☐ f) Professional association ☐Newspaper ☐ g) World Wide Web ☐Magazine ☐ h) Other \_\_\_\_\_ ☐9.) Are you a previous user? ☐ Yes ☐ No

If yes, how many years? \_\_\_\_\_

**The 1999-2000 President's Challenge Program Order Form****Presidential Award**—85th Percentile and above on all test items.**National Award**—50th through 84th Percentile on all test items.**Participant Award**—Below the 50th Percentile on one or more of the test items.

| Description                                           | Unit Price   | Quantity | Amount |
|-------------------------------------------------------|--------------|----------|--------|
| <b>Presidential Emblems:</b>                          |              |          |        |
| 1st Year Presidential Emblem                          | (001) \$1.25 |          |        |
| 2nd Year Presidential Emblem                          | (002) \$1.25 |          |        |
| 3rd Year Presidential Emblem                          | (003) \$1.25 |          |        |
| 4th Year Presidential Emblem                          | (004) \$1.25 |          |        |
| 5th Year Presidential Emblem                          | (005) \$1.25 |          |        |
| 6th Year Presidential Emblem                          | (006) \$1.25 |          |        |
| 7th Year Presidential Emblem                          | (007) \$1.25 |          |        |
| 8th Year Presidential Emblem                          | (008) \$1.25 |          |        |
| 9th Year Presidential Emblem                          | (009) \$1.25 |          |        |
| 10th Year Presidential Emblem                         | (010) \$1.25 |          |        |
| 11th Year Presidential Emblem                         | (011) \$1.25 |          |        |
| 12th Year Presidential Emblem                         | (012) \$1.25 |          |        |
| No Numeral Presidential Emblem                        | (013) \$1.25 |          |        |
| Presidential Award Certificate                        | (014) * *    |          |        |
| Presidential Award Certificate                        | (015) \$0.50 |          |        |
| National Emblem                                       | (020) \$1.00 |          |        |
| National Award Certificate                            | (021) \$0.20 |          |        |
| Participant Emblem                                    | (022) \$0.50 |          |        |
| Participant Certificate                               | (023) \$0.20 |          |        |
| Health Fitness Emblem                                 | (024) \$1.00 |          |        |
| Health Fitness Certificate                            | (025) \$0.20 |          |        |
| Presidential Physical Fitness Award Decals (set of 6) | (030) \$0.75 |          |        |
| Presidential Instructor Emblem                        | (040) \$1.50 |          |        |
| Presidential Magnet                                   | (041) \$0.75 |          |        |
| National Magnet                                       | (042) \$0.75 |          |        |
| Participant Magnet                                    | (046) \$0.50 |          |        |
| Presidential Bumper Sticker                           | (043) \$0.25 |          |        |
| National Bumper Sticker                               | (044) \$0.25 |          |        |
| Slide Chart                                           | (045) \$3.00 |          |        |
| 1999-2000 Poster (approx. 22" x 17")                  | (050) \$1.00 |          |        |
| Awards Wall Chart (16 1/2" x 22 3/4")                 | (051) \$1.00 |          |        |

| Shipping & Handling:                              |                  |
|---------------------------------------------------|------------------|
| (Foreign orders must be prepaid in U.S. currency) |                  |
| Less than \$10.00                                 | = \$3.50         |
| \$10.00-\$24.99                                   | = \$4.50         |
| \$25.00-\$49.99                                   | = \$5.50         |
| \$50.00-\$99.99                                   | = \$6.50         |
| \$100 or more                                     | = 8% of subtotal |

**Sub-Total**  
 (+)  
**Rush Charge**  
 (25% of Sub-Total or \$25.00  
 whichever is greater)

(+)  
**Shipping & Handling**

(+)  
**Get Fit! Handbook (060)**  
 Quantity of 1-99 @ \$.75 each.

Quantity ordered \_\_\_\_\_

(+)  
**Get Fit! Handbook (060)**  
 Quantity of 100+ @ \$.60 each.

Quantity ordered \_\_\_\_\_

(=)  
**GRAND TOTAL**

\*With each Presidential Emblem order, you receive a free Presidential Award Certificate. If you need additional Presidential Certificates without a Presidential Emblem, they are available for \$.50 each (see Item "Presidential Award Certificates"—Code 015).

**Please Note:** Please allow 18 days from receipt of your order at our program office for delivery of your awards.

This form may be photocopied.

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# The President's Challenge Program Awards Self-mailer

## Order Checklist:

- ☐ Did you include payment or an Official Purchase Order?
  - ☐ If you used MasterCard or Visa, did you include:
    - ☐ Card Number?
    - ☐ Expiration Date?
    - ☐ Signature?
  - ☐ Did you complete the "Ship To:" and "Bill To:" sections of your order form?
  - ☐ Did you complete the "Questionnaire" section of your order form?
  - ☐ Did you **allow 18 days from receipt of your order at our program office for delivery of your awards?**
- 
- 

To utilize this form as a self-mailer, please fold in thirds with panel below facing out, affix postage, and seal with tape.  
If payment is made with a money order or check, please enclose Order Form and payment in an envelope.

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**PLACE  
STAMP HERE**  
The Post Office  
will not  
deliver mail  
without proper  
postage.

**THE PRESIDENT'S CHALLENGE**  
Poplars Research Center  
400 E. 7th Street  
Bloomington, IN 47405-3085

# Entry Form

## 1999-2000 State Champion Physical Fitness Award

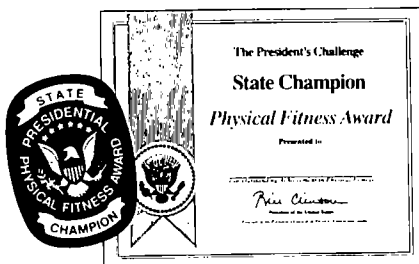
Complete the following information:

School name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Type of School ☐ Elementary ☐ Jr. High ☐ Public  
☐ Middle ☐ Sr. High ☐ Private



### Deadline:

Entries must be postmarked by July 1, 2000.

No entries will be processed after this deadline.

**A. Total Eligible Enrollment:**\* This figure must be the total number of pupils (male and female) ages 6 through 17 years enrolled in the school on May 9, 2000 or the last official day of school, if earlier.

*\*This includes any 6 year olds in kindergarten.*

**B. Total Number Qualifying for Presidential Award:**  
 Number of pupils qualifying for the Presidential Physical Fitness Award during the 1999-2000 school year.

**C. Percentage:** Divide Total Eligible Enrollment figure (A) into Total Number Qualifying (B)

$$\frac{B}{A} \times 100 = \%$$

### Category

Circle one

I II III

Boys Girls Total

|  |  |  |
|--|--|--|
|  |  |  |
|--|--|--|

Enter figures here

Boys Girls Total

|  |  |  |
|--|--|--|
|  |  |  |
|--|--|--|

Enter figures here

|  |
|--|
|  |
|--|

Enter total % here

### Official Certification Must be Completed to Enter the Competition

I certify that the pupils qualifying were tested in strict adherence to The President's Challenge test and did score at or above the 85th percentile on each of the test items. The boys' norms were used to qualify boys and the girls' norms to qualify girls.

I have attached the class composite record indicating the scores of those pupils who ranked at or above the 85th percentile on each test.

Name of Physical Education Teacher or Dept. Chairperson (Type or Print) \_\_\_\_\_

Signature \_\_\_\_\_

I hereby certify that the above enrollment figure and number of students qualifying is correct.

Name of Principal (Type or Print) \_\_\_\_\_

Signature \_\_\_\_\_

School Telephone Number (including area code) \_\_\_\_\_

This form may be photocopied

Mail this completed form along with your list of presidential winners to:

The President's Challenge  
 Poplars Research Center  
 400 E. 7th Street  
 Bloomington, IN 47405-3085

### CATEGORIES

The State Champion Award is annually presented to three schools in each state, those in the following categories, with the largest percentage of their students qualifying for the Presidential Physical Fitness Award (individual scores of the 85th percentile or higher on The President's Challenge):

**Category 1.** Schools with 50-200 student enrollment\*

**Category 2.** Schools with 201-500 student enrollment

**Category 3.** Schools with over 500 student enrollment

Only Schools will be considered for the State Champion Physical Fitness Award.

\*no schools less than 50 students.

### AWARDS

Winning schools, in each of the three categories, will receive a distinctive award certificate, plus statewide—even nationwide, recognition for their outstanding achievement. Every student who helps their school win by qualifying for the Presidential Physical Fitness Award will receive an attractive embroidered State Champion Physical Fitness Award Emblem and a Student Certificate. Your school's participation in the State Champion program is free and highly encouraged.

### NOTIFICATION

All schools entering the State Champion program will be notified on October 1, 2000. Winners will also be listed on the President's Challenge web site at [www.indiana.edu/~preschal](http://www.indiana.edu/~preschal).

### TO ENTER

#### State Champion Physical Fitness Award Guidelines:

- 1.) Complete your President's Challenge testing for the 1999-2000 school year.
- 2.) Complete the entry form for the 1999-2000 State Champion Physical Fitness Award (located on this page).
- 3.) Complete the Class Composite Record indicating the scores of all youth tested at 85% or better (located on page 16). Note: This form may be photocopied.
- 4.) Include the Full Name and Complete Test Scores of each student who scored at or above the 85th percentile on the Class Composite Record.
- 5.) Only entries on the Class Composite Record sheet will be considered for the State Champion Physical Fitness Award.
- 6.) Entries must be postmarked no later than July 1, 2000.

To protect the integrity of the program, the State Champion Award Guidelines listed above must all be followed.

# THE PRESIDENT'S CHALLENGE PHYSICAL FITNESS SCORECARD FOR THE ADMINISTRATOR

Name \_\_\_\_\_ School/Organization \_\_\_\_\_ Gender \_\_\_\_\_

**Instructions:** The Scorecard has been designed so that it may be copied onto heavy stock paper. If copied on both sides, this card will keep testing information for a student from age 6 through 17.

TEST \_\_\_\_ TEST \_\_\_\_ TEST \_\_\_\_ TEST \_\_\_\_ TEST \_\_\_\_ TEST \_\_\_\_

| <b>The President's<br/>Challenge<br/>Events</b>                                                             |              | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ |
|-------------------------------------------------------------------------------------------------------------|--------------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|
| <b>1. Curl-ups</b><br>(# of reps within 1 min.)<br>or <b>Partial Curl-ups</b> (#)                           | Raw score    |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                                             | Level        | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          |
| <b>2. Shuttle Run</b><br>(seconds: xx.x)                                                                    | Raw score    |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                                             | Level        | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          |
| <b>3. V-sit</b><br>(inches)<br>or<br><b>Sit &amp; Reach</b><br>(centimeters)                                | Raw score    |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                                             | Level        | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          |
| <b>4. One mile run/walk</b> or<br><b>1/4 mile</b> 6-7 yr. old;<br><b>1/2 mile</b> 8-9 yr. old<br>(min. sec) | Raw score    |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                                             | Level        | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          |
| <b>5. Pull-ups</b> or<br><b>Rt. Angle Push-ups</b> (#) or <b>Flexed-Arm Hang</b> (sec)                      | Raw score    |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                                             | Level        | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          | Pr N Pa                                                          |
| <b>AWARD EARNED</b><br>(Check one & instructor sign)                                                        | <b>PRES</b>  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                                             | <b>NAT'L</b> |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                                             | <b>PART</b>  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
| <b>COMMENTS</b>                                                                                             |              |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |

*Pr = Presidential    N = National    Pa = Participant*

This form may be photocopied.



# THE PRESIDENT'S CHALLENGE HEALTH FITNESS SCORECARD

FOR THE ADMINISTRATOR

Name \_\_\_\_\_ School/Organization \_\_\_\_\_ Gender \_\_\_\_\_

**Instructions:** The Scorecard has been designed so that it may be copied onto heavy stock paper. If copied on both sides, this card will keep testing information for a student from age 6 through 17.

TEST \_\_\_\_

TEST \_\_\_\_

TEST \_\_\_\_

TEST \_\_\_\_

TEST \_\_\_\_

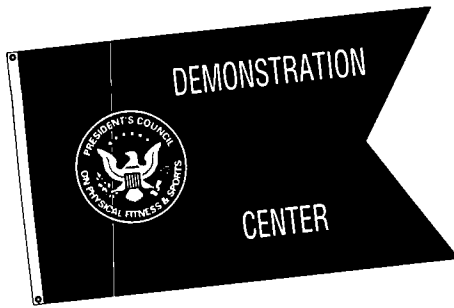
TEST \_\_\_\_

| The President's<br>Challenge<br>Health Fitness Events                                     |           | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ | Date _____<br>Age _____<br>Grade _____<br>Ht. _____<br>Wt. _____ |
|-------------------------------------------------------------------------------------------|-----------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|
| 1. Partial<br>Curl-ups<br>(number)                                                        | Raw score |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                           | Level     | HF                                                               | HF                                                               | HF                                                               | HF                                                               | HF                                                               | HF                                                               |
| 2. One mile run/<br>walk or 1/4 mile<br>6-7 yr. old; 1/2<br>mile 8-9 yr. old<br>(min:sec) | Raw score |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                           | Level     | HF                                                               | HF                                                               | HF                                                               | HF                                                               | HF                                                               | HF                                                               |
| 3. V-sit<br>(inches)<br>or<br>Sit & Reach<br>(centimeters)                                | Raw score |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                           | Level     | HF                                                               | HF                                                               | HF                                                               | HF                                                               | HF                                                               | HF                                                               |
| 4. Rt. angle<br>push-ups or<br>pull-ups<br>(number)                                       | Raw score |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                           | Level     | HF                                                               | HF                                                               | HF                                                               | HF                                                               | HF                                                               | HF                                                               |
| 5. BMI                                                                                    | Raw score |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
|                                                                                           | Level     | HF                                                               | HF                                                               | HF                                                               | HF                                                               | HF                                                               | HF                                                               |
| AWARD<br>EARNED<br>(Check one &<br>instructor sign)                                       | HF        |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |
| COMMENTS                                                                                  |           |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |                                                                  |

HF = Health Fitness

This form may be photocopied.

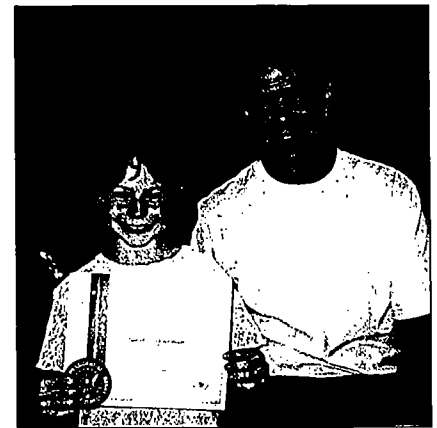
# Physical Fitness Demonstration Centers



The President's Council on Physical Fitness and Sports (PCPFS) invites all states to participate in the cooperative project. It aims to focus attention on individual schools, recognized by State Departments of Education, which have outstanding programs of physical education that contribute to students' physical fitness. For details about participation, or to be recognized, please visit our web site at <http://www.indiana.edu/~preschal>.

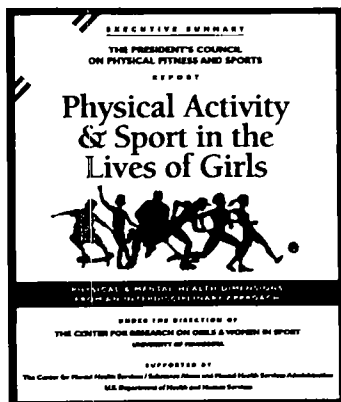
## Fitness Spotlight

Sarah Yourman is a student at Radburn Elementary in Fair Lawn, NJ. As a nine-year-old that suffers from cystic fibrosis, asthma and diabetes, she earned the Presidential Physical Fitness Award (PPFA). Despite the fact that she is physically and medically challenged, Sarah earned the PPFA with no modifications to the testing protocol. She stays active in competitive skiing, mogul runs, gymnastics and is touted as the best at pull-ups for her class. We congratulate her for these accomplishments! (Sarah is pictured with her P.E. Instructor, Glenn Freebody.)



## Additional Resources

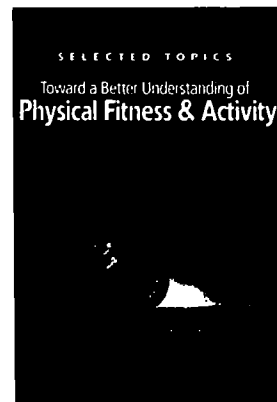
*Physical Activity & Sport in the Lives of Girls*, a report of the President's Council on Physical Fitness and Sports, examines the impact of sports on all aspects of a girl's health. A complete version of this report can be found on the Internet at <http://www.kls.coled.umn.edu/crgws/pcpfs/pcpfs.html> or by calling 612-625-7327.



*Get Fit! A Handbook for Youth Ages 6-17: How to get in shape to meet The President's Challenge* is a unique booklet designed for youth that teaches them about physical fitness, outlines all of the events, gives tips on improving and includes standards. Copies of this handbook can be obtained by using the order form provided on page 13 of this brochure.

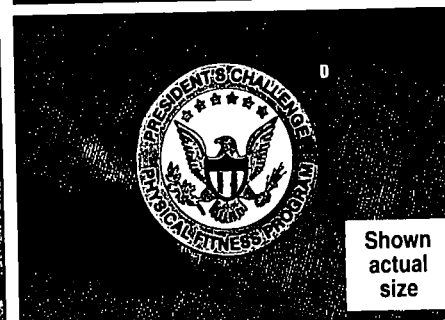
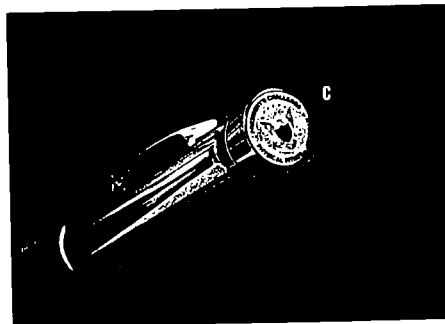
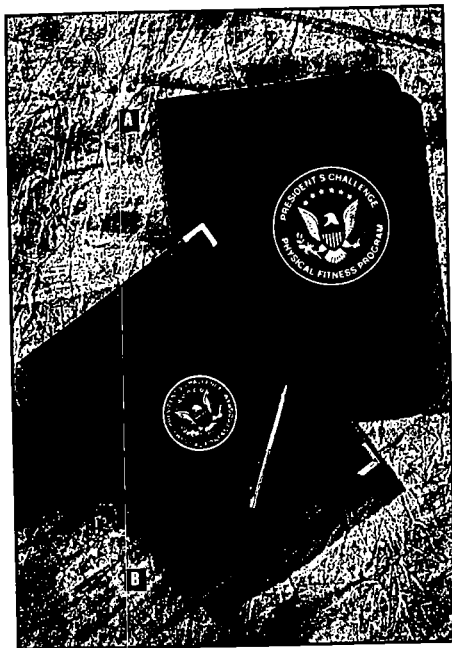


*Toward a Better Understanding of Physical Fitness & Activity* is an excellent source of information on all kinds of fitness topics. This publication is a compilation of papers previously published in the *President's Council on Physical Fitness and Sports Research Digest*. For more information, or to order a copy, please visit the Holcomb-Hathaway website at [www.hh-pub.com](http://www.hh-pub.com) or call 602-991-7881.



# President's Challenge Program

★ ★ ★ ★ Official Instructor's Collection ★ ★ ★ ★



Shown  
actual  
size

## NEW ITEM

**A ZIPPERED PAD HOLDER** – Sturdy nylon covered writing pad holder has secure zippered closure. Holds standard 8-1/2" x 11-3/4" writing pad (included). Features mesh ID holder, 8 card pockets. Elastic pen holder, and two large interior pockets. Royal blue with black trim. 3-color logo silkscreened on cover. **#5852800.** \$10.00 each.

**B HAZEL DESK FOLDER** – Stylish "Aulan" cast vinyl desk folder with metal corners and interior "Expand-a-Pocket" design. 9-1/2" x 12-1/4" size (closed). Handsome indigo color. **#5852790.** \$9.00 each.

**C GARLAND PEN** – Full-sized polished chrome twist action ballpoint pen with smart golden trim. Clear dome top with multi-colored logo. **#5852780.** \$7.00 each.

## NEW ITEM

**D LAPEL PIN** – Stunning cloisonne style hard-enamel lapel pin with military clutch. Multiple colors on golden metal. Perfect item to wear, collect, or trade. **#5852785.** \$3.50 each.

**E IMPERIAL SHIRT** – 100% combed cotton shirt with striking narrow herringbone pattern. 3-button placket and elongated tail. Contrasting jacquard design on collar and cuffs. Embroidered logo. Sizes: Medium - XX-Large. **#5852730.** \$32.00 each.

## NEW ITEM

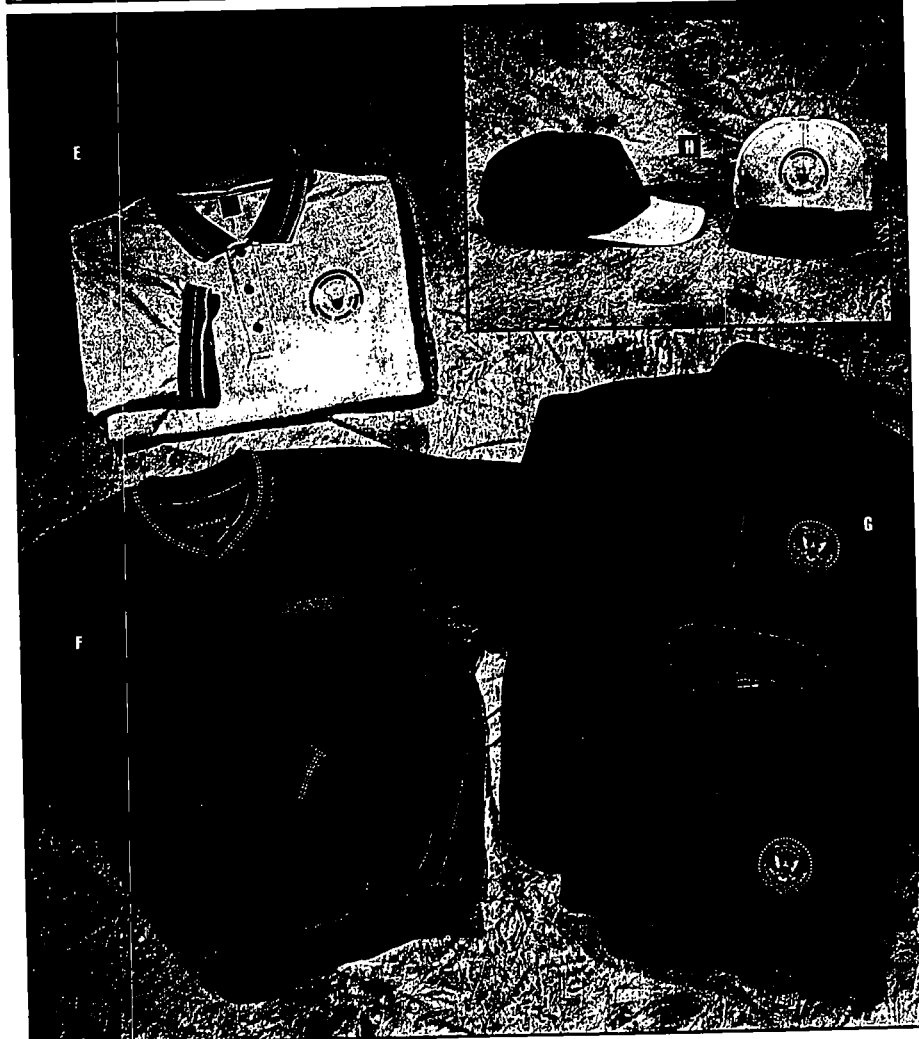
**F CALAWOOD WINDSHIRT** – Unlined soft taslan nylon windshirt is ideal for layering. Wind and water resistant. Jacquard trim on collar and cuffs. Oversized fit. Embroidered logo. Sizes: Medium - XX-Large. Taupe, Black & White **#5851820.** \$32.00 each.

## NEW ITEM

**G ALPINE PULLOVER** – Plush breathable genuine anti-pill Polarfleece® pullover is soft and warm. Zippered placket, hand warmer pockets and drawstring bottom. Stand-up/laydown collar. Embroidered logo. Sizes: Medium - XX-Large. Navy **#5851830** or Charcoal Grey **#5851840.** \$42.00 each.

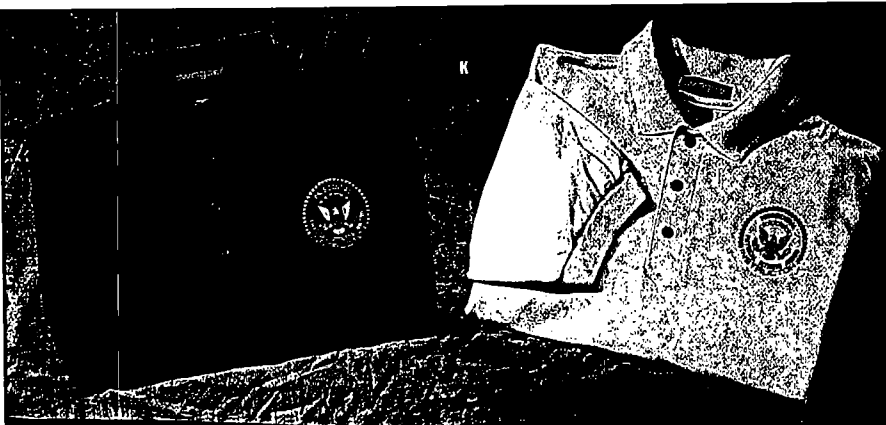
## NEW ITEM

**H SANDED TWILL CAP** – Great looking low profile 100% cotton sanded twill cap with contrasting visor, sewn eyelets and genuine leather adjustment band. Embroidered logo. One size fits all. Navy with Stone visor **#5851850.** Stone with Navy visor **#5851860.** \$8.50 each.



MADE IN USA

# President's Challenge Program



## NEW ITEM

**CHINO CAP** – Stylish low profile 100% cotton chino twill with matching fabric adjustment strap. Unlined for relaxed fit. One size fits all. Navy #5851870 or Putty #5851880. \$8.00 each.

## NEW ITEM

**LADIES SCOOP NECK SHIRT** – Comfortable 6.7 oz. 100% ring-spun cotton interlock knit shirt with scoop neck. From Gabrielle Collection. Decorative over stitching on neck, sleeves, and hem. Embroidered logo. Sizes Misses, Small - X-Large. White #5851890. \$16.50 each

**INSIGNIA KNIT SHIRT** – Classic 100% combed cotton pique knit shirt with 3-button placket, rib knit collar and cuffs, and elongated tail. Relaxed golf fit. Embroidered logo. Sizes: Medium - XX-Large. Navy #5850500 or White #5850400. \$26.00 each.

**HEAVYWEIGHT SWEATSHIRT** – Jerseys 9 oz. preshrunk 50/50 cotton/poly sweatshirt with set-in sleeves and rib knit collar, cuffs, and waist. Silkscreened logo on chest and "Instructor" on left sleeve. Full athletic cut. Sizes Small - XX-Large. Ash #5851100 or Navy #5851200. \$16.00 each.

**MADE IN USA**

## NOTE:

Only those persons utilizing the President's Challenge Program are authorized to wear the Presidential Instructor's emblem.

**To order merchandise,  
Call**

**MAS, Inc.**

**1-800-648-1414**

**8:00 a.m. - 5:00 p.m. EST**

**Or fax orders to**

**1-330-659-0928**

**VISA, MasterCard, American Express,  
Personal checks, and authorized  
purchase orders accepted.**

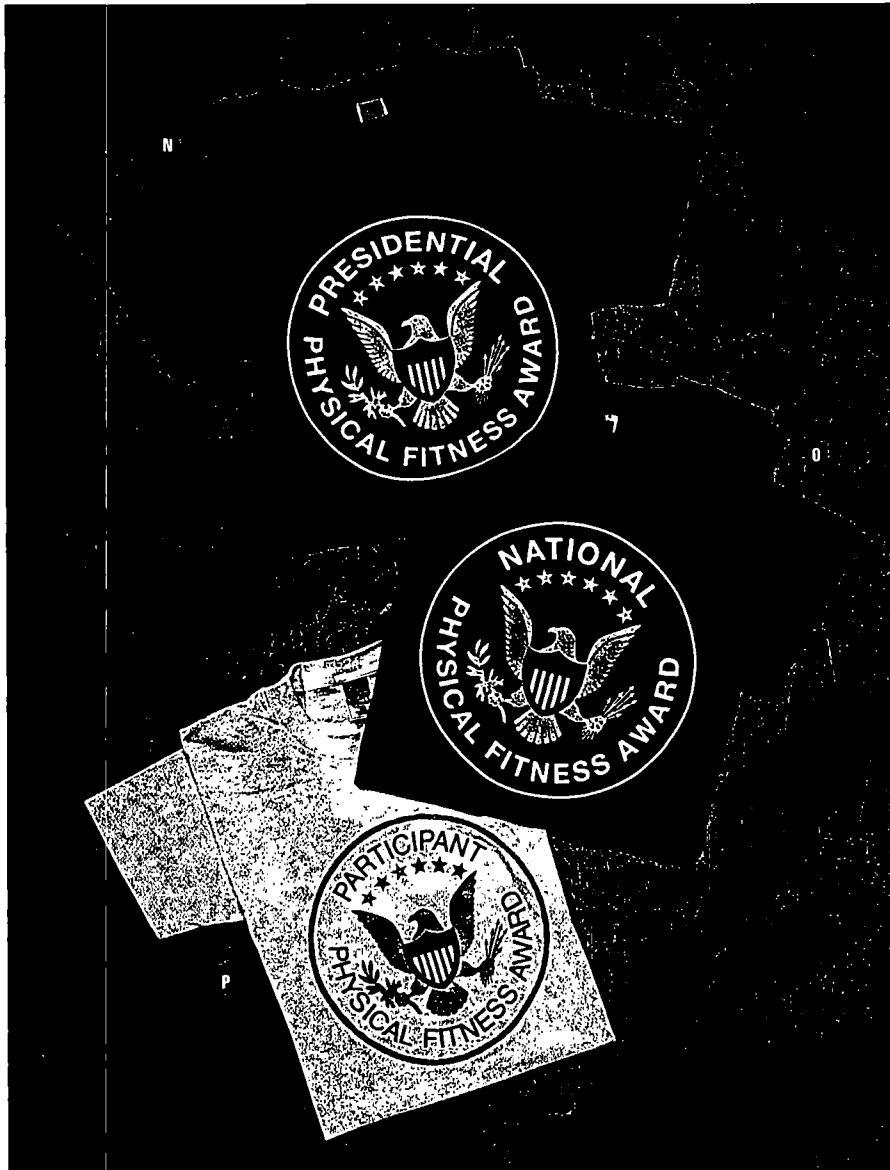
# President's Challenge Program



**M INSTRUCTOR T-SHIRT** – Fantastic Fruit of the Loom 7 oz. 100% preshrunk cotton "SuperCotton®" t-shirt with ribbed collar. Oversized fit. Silkscreened logo on chest with "Instructor" on left sleeve. Sizes Small - XX-Large. Navy **#5851300** or White **#5851400**. \$11.00 each.

**MADE IN USA**

## Official Student Award T-Shirts



**N PRESIDENTIAL PHYSICAL FITNESS AWARD T-SHIRT** – Royal blue with silkscreened logo on chest. Youth Medium - Large **#5851500** or Adult Small - XX-Large **#5851600**.

**O NATIONAL PHYSICAL FITNESS AWARD T-SHIRT** – Red with silkscreened logo on chest. Youth Medium - Large **#5851700** or Adult Small - XX-Large **#5851800**.

**NEW ITEM**

**P PARTICIPANT PHYSICAL FITNESS AWARD T-SHIRT** – White with silkscreened logo on chest. Youth Medium - Large **#5851710** or Adult Small - XX-Large **#5851810**.

**NOTE:** All student award t-shirts are Fruit of the Loom "Heavy Cotton" 5.6 oz. 100% preshrunk cotton with seamless collar, taped neck, and double needle stitching. See size and price charts below.

| PRICING     |      |       |        |      |
|-------------|------|-------|--------|------|
| Quantity    | 1-11 | 12-23 | 24-143 | 144+ |
| Youth M-L   | 7.35 | 6.60  | 6.10   | 5.75 |
| Adult S-2XL | 8.50 | 7.75  | 7.25   | 6.90 |

| Size Chart      | S     | M     | L     | XL    | XXL |
|-----------------|-------|-------|-------|-------|-----|
| Mens            | 34-36 | 38-40 | 42-44 | 46-48 | 50  |
| Womens (Bust)   | 34-36 | 38-40 | 42-44 | N/A   | N/A |
| Womens (Blouse) | 10-12 | 14-16 | 18-20 | N/A   | N/A |
| Youth           | N/A   | 10-12 | 14-16 | N/A   | N/A |

**To order merchandise,  
Call**

**MAS, Inc.**

**1-800-648-1414**

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# PRESIDENT'S CHALLENGE PROGRAM INSTRUCTOR'S APPAREL ORDER FORM

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**BILL TO:**

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Allow 2 - 3 weeks for delivery.

| Know 2-3 weeks for delivery. |                              |                    |                                 |                           |   |     |     |           |           |       |        |      |       |
|------------------------------|------------------------------|--------------------|---------------------------------|---------------------------|---|-----|-----|-----------|-----------|-------|--------|------|-------|
| Stock #                      | Description                  | Color              | S                               | Indicate Quantity by Size |   |     |     | 2XL       | Total Qty | Price | Total  |      |       |
| Instructor Apparel & Gifts   |                              |                    |                                 |                           |   |     |     |           |           |       |        |      |       |
| 5852780                      | Garland Pen                  | Chrome             | n/a                             |                           |   |     |     |           |           | 7.00  |        |      |       |
| 5852790                      | Hazel Desk Folder            | Indigo             |                                 |                           |   |     |     |           |           | 9.00  |        |      |       |
| 5852785                      | Lapel Pin                    | Gold               |                                 |                           |   |     |     |           |           | 3.50  |        |      |       |
| 5852800                      | Zippered Pad Holder          | Royal, Gold & Blk  |                                 |                           |   |     |     |           |           | 10.00 |        |      |       |
| 5852730                      | Imperial Golf Shirt          | Natural & Navy     |                                 |                           |   |     |     |           |           | 32.00 |        |      |       |
| 5850400                      | Insignia Golf Shirt          | White              | n/a                             |                           |   |     |     |           |           | 26.00 |        |      |       |
| 5850500                      | Insignia Golf Shirt          | Navy               | n/a                             |                           |   |     |     |           |           | 26.00 |        |      |       |
| 5851200                      | Heavyweight Sweatshirt       | Navy               |                                 |                           |   |     |     |           |           | 16.00 |        |      |       |
| 5851100                      | Heavyweight Sweatshirt       | Ash                |                                 |                           |   |     |     |           |           | 16.00 |        |      |       |
| 5851300                      | Supercotton Tee Shirt        | Navy               |                                 |                           |   |     |     |           |           | 11.00 |        |      |       |
| 5851400                      | Supercotton Tee Shirt        | White              |                                 |                           |   |     |     |           |           | 11.00 |        |      |       |
| 5851820                      | Calawood Windshirt           | Taupe, Blk & White | n/a                             |                           |   |     |     |           |           | 32.00 |        |      |       |
| 5851830                      | Alpine Polarfleece Pullover  | Navy               | n/a                             |                           |   |     |     |           |           | 42.00 |        |      |       |
| 5851840                      | Alpine Polarfleece Pullover  | Charcoal           | n/a                             |                           |   |     |     |           |           | 42.00 |        |      |       |
| 5851890                      | Ladies Scoop Neck Shirt      | White              |                                 |                           |   |     |     | n/a       |           | 16.50 |        |      |       |
| Instructor Caps              |                              |                    |                                 |                           |   |     |     |           |           |       |        |      |       |
| 5851850                      | Sanded Twill Cap             | Navy & Stone       | One Size Fits<br>6-7/8 to 7-5/8 |                           |   |     |     |           |           |       | 8.50   |      |       |
| 5851860                      | Sanded Twill Cap             | Stone & Navy       |                                 |                           |   |     |     |           |           |       | 8.50   |      |       |
| 5851870                      | Chino Cap                    | Navy               |                                 |                           |   |     |     |           |           |       | 8.00   |      |       |
| 5851880                      | Chino Cap                    | Putty              |                                 |                           |   |     |     |           |           |       | 8.00   |      |       |
| Student Award Shirts         |                              |                    | S                               | M                         | L | XL  | 2XL | Total Qty | 1-11      | 12-23 | 24-143 | 144+ | Total |
| 5851600                      | Adult Presidential Award Tee | Royal Blue         |                                 |                           |   |     |     |           | 8.50      | 7.75  | 7.25   | 6.90 |       |
| 5851500                      | Youth Presidential Award Tee | Royal Blue         | n/a                             |                           |   | n/a | n/a |           | 7.35      | 6.60  | 6.10   | 5.75 |       |
| 5851800                      | Adult National Award Tee     | Red                |                                 |                           |   |     |     |           | 8.50      | 7.75  | 7.25   | 6.90 |       |
| 5851700                      | Youth National Award Tee     | Red                | n/a                             |                           |   | n/a | n/a |           | 7.35      | 6.60  | 6.10   | 5.75 |       |
| 5851810                      | Adult Participant Award Tee  | White              |                                 |                           |   |     |     |           | 8.50      | 7.75  | 7.25   | 6.90 |       |
| 5851710                      | Youth Participant Award Tee  | White              | n/a                             |                           |   | n/a | n/a |           | 7.35      | 6.60  | 6.10   | 5.75 |       |

Price based on total qty

## Shipping & Handling Chart

**UPS Ground Shipments:**

Covers all handling and postage or delivery charges for all destinations in the continental USA.

| Order Total  | Charge | Order Total   | Charge |
|--------------|--------|---------------|--------|
| 0.00-10.00   | 5.50   | 100.01-150.00 | 10.00  |
| 10.01-20.00  | 6.50   | 150.01-200.00 | 12.00  |
| 20.01-30.00  | 7.00   | 200.01-300.00 | 14.00  |
| 30.01-40.00  | 7.50   | 300.01-400.00 | 16.00  |
| 40.01-50.00  | 8.00   | 400.01-500.00 | 20.00  |
| 50.01-75.00  | 8.50   | 500.01-600.00 | 25.00  |
| 75.01-100.00 | 9.00   | 600.01-700.00 | 29.00  |

For each \$100 or fraction thereof over \$700, add \$5.00 to the \$29.00.

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Freight will be billed as the ACTUAL UPS charge, plus \$4.00 handling.  
**\*Actual freight is NOT indicated on the Ground Chart. For estimate on exact freight, call customer service.**

To order apparel call toll free 800-648-1414 or fax to: 330-659-0928 or mail to:  
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Shipping \_\_\_\_\_

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☐ Check enclosed, payable to MAS, Inc.

Check # \_\_\_\_\_

☐ Visa, MasterCard, or American Express

Card # \_\_\_\_\_

Exp. Date: \_\_\_\_\_

Open billing available **ONLY** with signed purchase order accompanying order form.

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# Official President's Challenge Apparel Self-mailer

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To utilize this form as a self-mailer, please fold in thirds with panel below facing out, affix postage, and seal with tape.  
If payment is made with a money order or check, please enclose Order Form and payment in an envelope.

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**PLACE  
STAMP HERE**  
The Post Office  
will not  
deliver mail  
without  
proper postage.

**MAS, INC.**  
2718 Brecksville Road  
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## PRESIDENT'S CHALLENGE PROGRAM

[illegible]

*To utilize this form as a self-mailer, please fold in thirds with top mailing panel facing out, affix postage, and seal with tape.  
If payment is made with money order or check, please enclose order form and payment in an envelope.*





# Official "FITNESS IS FUN" T-Shirts

Three basic models of T-shirts are available:

- 1) full image on front of the shirt;
- 2) front heart patch image, or
- 3) full image on back of the shirt.

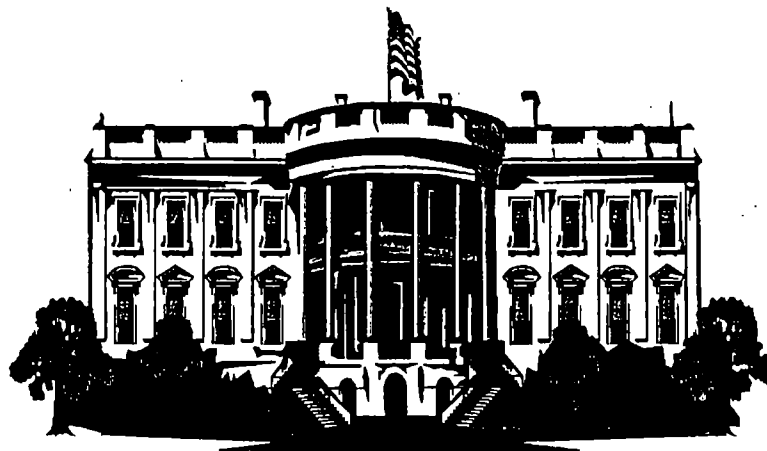
**All shirts have the President's Challenge logo on the sleeve.**

All shirts are white heavyweight poly/cotton, hemmed sleeve and taped high crewneck.

PRICING: \$11.95 per shirt, add \$1.00 for shirts XXL or XXXL.



**TO ORDER: See order form on other side of this page.**



# FAX COVER SHEET

KAREN A. TRAMONTANO  
ASSISTANT TO THE PRESIDENT AND  
COUNSELOR TO THE CHIEF OF STAFF

THE WHITE HOUSE  
FIRST FLOOR, WEST WING  
WASHINGTON, DC 20500

PHONE: 202/456-1987 • FAX: 202/456-2030

DATE:

June 15, 2000

PLEASE DELIVER TO:

Karin Kullman

FAX NUMBER:

456-7028

SENT BY:

X Karen Tramontano \_\_\_\_\_ Carolyn Wu

NUMBER OF PAGES:  
(including cover sheet)

8

\_\_\_\_ For your information

\_\_\_\_ Per our conversation

from Cara Civfani

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EXECUTIVE OFFICE OF THE PRESIDENT  
OFFICE OF MANAGEMENT AND BUDGET  
WASHINGTON, D.C. 20503

April 24, 2000

**MEMORANDUM FOR JOHN PODESTA**

Through: Sylvia Mathews

From: Sonny Garg

cc: Jack Lew, Maria Echaveste, Karen Tramontano, Bob Nash

Subject: A Foundation to Support the President's Council on Physical Fitness and Sport

Overview

The Department of Health and Human Services is seeking Administration support for legislation it hopes to have introduced in Congress (but not by the Administration) which would establish a not-for-profit foundation to promote, encourage and motivate participation in physical fitness and sports by people of all ages (particularly, children and youth). The Foundation would be established by Congress and structured to support the mission of the President's Council on Physical Fitness and Sport (PCPFS). Note that while the Foundation would work closely with the PCPFS, the Foundation would not be a government agency and funds would not be appropriated for the Foundation.

Background

The idea for the Foundation was originally conceived a few years ago, when there was concern at HHS and the PCPFS that PCPFS's budget would be eliminated completely. The Foundation idea was modeled after similar foundations established to support the CDC and NIH. In 1997, legislation was introduced in the House (by Ehrlich of Maryland) that would have established the Foundation. Although the legislation passed unanimously in the House, it was not brought for a vote in the Senate and the Administration did not take a position on it. A concern raised in the Senate was that the Foundation would compete for funds with the United States Olympic Committee (USOC). To address the USOC's concern, the new proposal caps the amount of money which can be raised by the Foundation at \$10 million. [Note, the PCPFS's annual budget is around \$1 million.] In addition, the proposal is to have nine members on the Foundation's board, with one being a representative from the USOC. The USOC now supports the establishment of the Foundation.

Next Steps

We have cleared the proposal (attached for your review) with OMB General Counsel, OMB Leg. Affairs, DPC, IGA, OPP, and WH Leg. Affairs.

HHS would like White House approval to move the legislation forward on the Hill, as soon as possible. Additionally, OPP is in the process of clearing new appointees to the PCPFS (late April/early May). This could provide an opportunity for the President to announce the new PCPFS members and highlight his support for the legislation (e.g., within the context of youth obesity in a radio address).

## Outline of Proposed Legislation:

### 1) General Establishment Clause

There is established in accordance with this section a nonprofit private corporation to be known as the **National Foundation for Health through Physical Activity**.

Include provision clarifying that the new entity is not an agency of the federal government and its employees and council members are not employees of the federal government.

### 2) Background and Purpose of Foundation

Executive Order 12345 assigned the Secretary of Health and Human Services, acting through the President's Council on Physical Fitness and Sport (PCPFS), the responsibility to serve as a catalyst to promote, encourage and motivate participation in physical fitness and sports by people of all ages. In response, the PCPFS has developed community partnerships with a variety of public and private entities to encourage school-based physical activity and to inform the public of the importance of regular physical activity and the link that exists between regular physical activity and good health. While these partnerships are valuable, the growing recognition of the importance of regular physical activity to public health underscores the limitations of the current PCPFS. The PCPFS's structure, diverse mission and modest funding prevent the type of community-based change contemplated by the Surgeon General in the 1996 Surgeon General's Report on Physical Activity.<sup>1</sup>

Over 10 percent of American children are obese and currently no State requires the type of daily physical activity in the schools that science suggests is necessary for long-term health. In fact, US children are the most sedentary generation in American history. The price for this inactivity will be paid in higher chronic disease rates of diabetes, cancer and heart disease. Indeed, lack of physical activity -- among children as well as adults -- represents one of the leading health risk factors facing the U.S. population.

The way to achieve this change is not by increasing the PCPFS's funding but promoting greater private sector investment through establishment of a not-for-profit foundation. The Foundation would be established by Congress and structured to support the mission of the Council in the same manner as existing, congressionally established private foundations support the mission of the Centers for Disease Control and Prevention and National Institutes of Health. While the PCPFS would work closely with the Foundation in providing technical and program advice, it would not receive financial, program support from the Foundation.

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<sup>1</sup>In FY2000, the PCPFS is funded at a level of \$1.097 million, an increase of \$92,000 over FY1999. 80 percent of the budget is allocated to fixed costs of salaries/benefits, rent, PSC charges and other overhead in support of PCPFS activities.

## 2) Background and Purpose of Foundation (continued)

Establishing a Foundation does not replace the current PCPFS nor alter the President's role and responsibility to appoint Council members, and would not obviate the need for a Presidentially appointed Council. The Foundation would undertake efforts to raise funds from nonFederal sources to support the PCPFS mission, and shall support and carry out activities to increase the level of physical activity engaged in by Americans. The Foundation shall promote public health by reducing the incidence of premature death and preventable illness associated with sedentary lifestyles.

## 3) Financing

There is no authorization of appropriations to the Foundation. It is expected that funding for direct operations will be provided from nonFederal sources. The new entity is authorized to enter into agreements with Federal and nonFederal agencies to pursue collaborative projects in furtherance of the mission. To minimize any potential conflict between Foundation development activities and those of other national organizations, the Foundation's annual budget is limited to \$10 million adjusted to match the annual growth of the Consumer Price Index.

## 4) Authorized Activities

- a) Work with the PCPFS to develop a long-term strategy for using the resources of the Foundation, public and private sector to raise the level of physical activity.
- b) Provide financial assistance to promote and facilitate physical activity across the lifespan with special priority on increasing levels of physical activity among children and adolescents. In carrying out this authority, the Foundation is to develop materials to assist coaches, teachers and others who work with children to better understand the positive role that participating in a positive sports experience can play in reducing health risk factors.
- c) Conduct meetings, conferences and training workshops which further the purposes of the foundation.
- d) Encourage and promote the participation by private organizations in furthering the purposes of the foundation and to solicit private gifts of money to support these activities.

## 5) Foundation Organization

- a) **Size of Board** - The Foundation shall be governed by nine Directors knowledgeable or experienced in one or more fields directly connected with physical fitness, sports or the relationship between health status and physical activity. The Board is responsible for appointing the Executive Director and establishing the general policies of the foundation including the establishment of by-laws.
- b) **Ex Officio Members** - The Board shall include Ex Officio, nonvoting members — The U.S. Surgeon General, the Executive Director and the Chair of the President's Council on Physical Fitness and Sports, the Director of the National Center for Chronic Disease Prevention and Health Promotion and the Director of the Centers for Disease Control and Prevention. The Board may appoint additional individuals to serve as Ex Officio members as necessary to assist the Foundation in its mission.
- c) **By-laws** - In establishing by-laws, the Board shall provide for: selection of officers, employees, agents, and contractors; ethical standards; for the acceptance and disposition of donations to the Foundation and disposition of assets of the Foundation; the conduct of general operations, and appropriate use of trademarks and other symbols.
- d) **Nonprofit Status** - The Board shall take such actions as are necessary to ensure the Foundation maintains status as a 501(c)(3) tax-exempt organization and is therefore exempt from taxation.

## 6) Foundation Board

- a) **Appointment** - Three members of the board shall be appointed by the Secretary of Health and Human Services and shall include a representative of the U.S. Olympic Committee. Two members of the board shall be appointed by the Majority Leader of the Senate, one shall be appointed by the Minority Leader of the Senate, two shall be appointed by the Speaker of the House of Representatives and one shall be appointed by the Minority Leader of the House of Representatives. In making appointment to the Foundation, special consideration should be given to the selection of private sector leaders with a strong interest and record of success in reducing sedentary lifestyles and increasing public understanding of the relationship between physical activity and health status.
- b) **Compensation** - Board Members may not receive compensation for service. They may receive reimbursement for travel, subsistence and other necessary expenses for carrying out the duties of the Board.
- c) **Term of Board Members** - Board members shall serve five-year terms except initial Board members will be appointed to staggered terms. Board members are eligible for reappointment. Except as Ex Officio members, Federal employees may not be appointed to the Board.
- d) **Chairperson** - A Chairperson shall be elected by the Board and serve a two-year term. The Chair shall not be limited in terms of service.
- e) **Filling Board Vacancies** - Vacancies should be filled no later than 180 days after vacancy occurs. Members with expired terms may continue to serve until successor is appointed or 180 days, which ever occurs first.
- f) **Executive Director** - The Foundation shall have an Executive Director who shall be appointed by and serve at the pleasure of the Board. The Executive Director shall be subject to the policies and bylaws established by the Board and shall be responsible for the daily operations of the Foundation.

## 7) Audits; Availability of Records

The Foundation is required to make records available to the Secretary of Health and Human Services and the Comptroller General of the United States for examination and audit.



**8) Reporting**

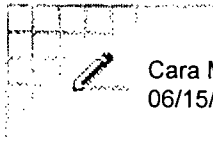
The Foundation shall publish an annual disclosure of activities and a comprehensive statement of operations, activities, financial condition and accomplishments. With respect to gifts, the Foundation shall report the source and description of all gifts. Reports will be available to the public upon request.

**9) Initial Setup**

The Secretary of Health and Human Services is authorized to take such actions as necessary to incorporate the Foundation and seek tax exempt status.

**10) Appointment of Grant Review Panel**

The Board shall establish a panel for the purpose of providing technical and programmatic advise regarding requests for financial assistance and to assist in developing a strategy for assuring that Foundation programs and activities are complementary of existing public and private programs. The Grant Review Panel shall have 12 members. To the extent practicable, the Grant Review Panel should include representation from diverse professional and community service organizations with a record of successfully promoting and sponsoring physical activity through programs of exercise, sports and similar activities.



Cara M. Ciuffani  
06/15/2000 04:02:27 PM

Record Type: Record

To: Karin Kullman/OPD/EOP@EOP

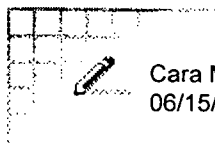
cc:

Subject:

Karin-

My name is Cara and I am Karen Tramontano's legal intern for the summer. She asked me to contact you concerning the Department of Health and Human Services request for Administrative support in establishing a non-for-profit foundation to promote participation in physical fitness and sports. Although they are looking to get the White House to support this legislation and push it forward, Karen was wondering if there was any way to get this foundation without legislation. She wanted to know if it can be done through an executive order. Thank you for your help and feel free to contact me at ext. 61977 (I do not have voice mail yet) or send a reply on e-mail.

Cara



Cara M. Ciuffani  
06/15/2000 04:18:59 PM

Record Type: Record

To: Karin Kullman/OPD/EOP@EOP

cc:

Subject: Re: HHS

HHS wants Administrative support on legislation which would establish a non-for-profit foundation called "The National Foundation for Health through Physical Activity". HHS is hoping the support of the White House will help move this legislation through congress. HHS was drawing parallels to the National Institute of Health and the Center for Disease Control and Prevention.

If you would like some more background information, attached is a summary of the information sent to us by the HHS.



President's Council on Physical Fitness and

## MEMORANDUM

To: Karen Tramontano  
From: Cara Ciuffani  
Date: June 12, 2000  
Re: President's Council on Physical Fitness and Sport

The Department of Health and Human Services is seeking Administrative support for legislation which would establish a not-for-profit foundation to promote, encourage, and motivate participation in physical fitness and sports by people of all ages. The Foundation would be established by Congress and it would be designed to support the mission of the PCPFS (the President's Council on Physical Fitness and Sport).

In 1997, legislation was introduced in the House concerning this idea and it passes unanimously. However, when it reached the Senate it was not brought to a vote and there was a concern that this foundation would compete for funds with the United States Olympic Committee (USOC). Therefore, the newest proposal caps the amount of money that can be raised by the Foundation to 10 million. Moreover, the Foundation's board, made up of nine members, will have one member from the USOC.

The proposal has been cleared with OMB General Counsel, OMB Leg. Affairs, DPC, IGA, OPP, and WH Leg. Affairs. HHS would like the White House approval to move the legislation forward on the hill as soon as possible. Additionally, they are hoping that the President could announce the new PCPFS members and highlight his support for the legislation during a radio address.

Following this letter, was the proposed outline of the legislation. This outline names the foundation as "The National Foundation for Health through Physical Activity" and states that the purpose for creating this foundation is to promote greater private sector investment which will bring about a community based change in encouraging physical activity. The outline also mentioned that the PCPFS, as it is today, could not successfully accomplish this change because of its structure and diverse mission. Parallels were drawn to the National Institute of Health and the Center for Disease Control and Prevention.

It is important to note that the PCPFS would not receive financial support for the program

from the Foundation but the Foundation would undertake efforts to raise funds from nonFederal sources to support the PCPFS mission. Additionally, as previously mentioned, the Foundation has a cap of 10 million dollars that it may collect in funds but, it is allowed to enter into agreements with Federal and nonFederal agencies to pursue collaborative projects to further the mission.

The outline also mentions a list of authorized activities including, but not limited to, conducting meetings and workshops, working with the PCPFS to develop an long-term strategy for Foundation resources, providing financial assistance to promote physical activity, and encouraging private organizations to participate in the Foundation.

There are several pages concerning the organization of the foundation that includes—

- discussion about the size of the board
- inclusion of ex officio members
- creation of by-laws, and status as a nonprofit Foundation
- an appointment process
- rules for members (ex. the members may not be compensated for service, they shall serve a term of five years and are eligible for reappointment, the board will elect a chairperson for a two-year term, and the Foundation will have an Executive Director who shall be appointed by the board)
- information about the annual disclosure of activities which must be published
- the fact that the Foundation is required to make records available to the HHS and Comptroller General for examination and audit
- the establishment of a Grant Review Panel of 12 people whose main focus will be to provide technical and programmatic advise regarding requests for financial assistance