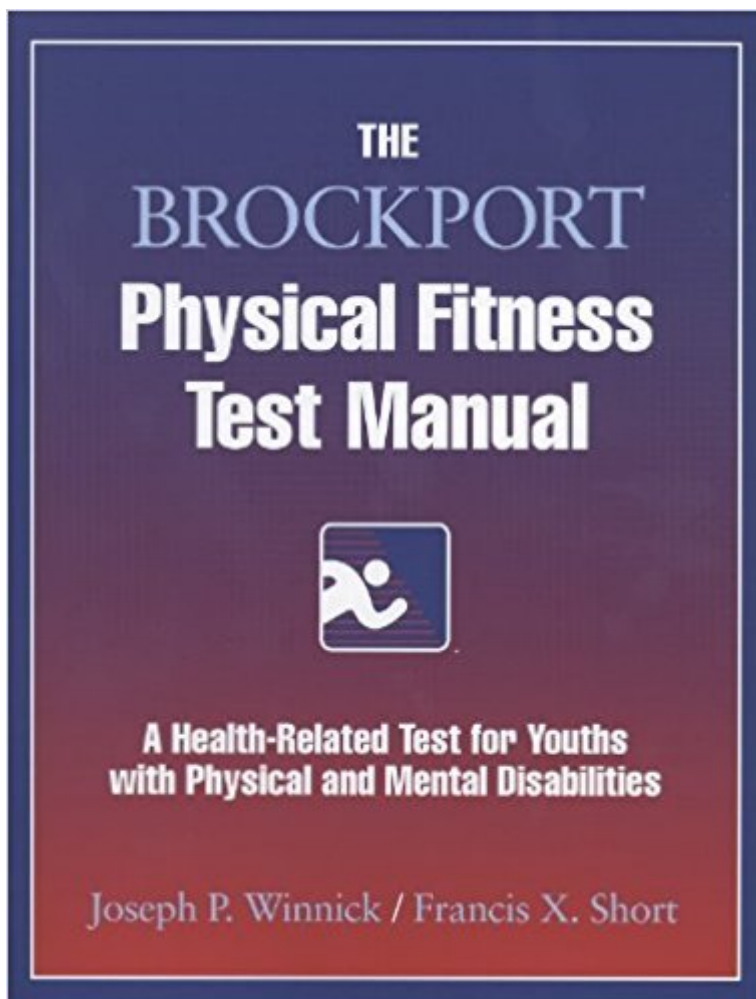


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# The Brockport Physical Fitness Test Manual



## Synopsis

Teachers no longer have to adapt standard physical fitness tests to accommodate students with special needs. The all-new Brockport Physical Fitness Test is specifically designed to test the fitness of youths from ages 10 through 17 that have various disabilities. This manual and related materials provide teachers with everything they need to know to easily administer the test. Years in preparation, the Brockport Test was developed through Project Target, a research study funded by the U.S. Department of Education and designed to develop a health-related, criterion-referenced physical fitness test. The manual presents all test items that comprise the Brockport Test, including-a written description of the test items,-how they are to be administered,-what equipment is needed,-ways of scoring the test,-number of trials required,-test modifications, and-recommendations for easy test administration. The manual's unique personalized approach allows the tester to -identify health-related concerns, -establish the components of physical fitness to be measured,-identify test items,-create unique physical fitness profiles, and-apply standards associated with desired levels of health-related physical fitness. The manual includes a special chapter that presents health-related, criterion-referenced test selection guides and standards for assessing physical fitness. Standards are presented in tabular form. In all, The Brockport Physical Fitness Test Manual is an easy-to-follow, thorough guide that makes it easier for teachers to assess the fitness levels of students with special needs. The Brockport Physical Fitness Test Manual is also available as part of a kit of coordinated resources that includes software, a training guide, measurement tools, and much more.

## Book Information

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## Customer Reviews

Joseph P. Winnick, EdD, is a professor of physical education and sport at the State University of New York, College at Brockport. He received master's and doctoral degrees from Temple University. Dr. Winnick developed and implemented America's first master's degree professional preparation program in adapted physical education at Brockport in 1968 and since that time has secured funds from the U.S. Department of Education to support the program. He has and continues to be involved in research related to the physical fitness of persons with disabilities. He is the editor of *Adapted Physical Education and Sport, Second Edition* (Human Kinetics 1995). Dr. Winnick has received the G. Lawrence Rarick Research Award and the Hollis Falt Scholarly Contribution Award. Francis X. Short, PED, is associate professor and chair of the Department of Physical Education and Sport at State University of New York, College at Brockport. Dr. Short has been involved with adapted physical education programs for the past 25 years. He has coauthored numerous journal articles related to physical fitness and youngsters with disabilities. He is coauthor of *Physical Fitness Testing of the Disabled* (Human Kinetics 1985) and author of "Physical Fitness," a chapter in *Adapted Physical Education and Sport*. He has served as project coordinator for three federally funded research projects pertaining to physical fitness and youngsters with disabilities. Dr. Short is a member of the American Alliance for Health, Physical Education, Recreation and Dance and the National Consortium on Physical Education and Recreation for Individuals with Disabilities.

Good test manual. Very useful. Loved it. This book is complementation of *Adapted Physical Education and Sport - 5th Edition*

Being one of the first students to analyze and experience the BPFT was quite amazing. Not only because it was a chance to be a part of something new but mostly because I could see that this test will revolutionize physical fitness testing. This is a collection of tests that can be used for able and disabled students with standards for both. The brilliancy of this work is that it fully allows you to customize a physical fitness test battery for nearly any student.

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