



Measurement by the Physical Educator: Why and How, 8th edition

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Chapter Changes

Chapter 5

- Updated research, statistics, and references

Chapter 7

- Updated research, statistics, and references
- New learning objective: State purpose of and describe teacher self-assessment.
- New information on The Society of Health and Physical Educators (SHAPE America) and their National Standards for K-12 Physical Education.
- New discussion on teacher self-assessment

Chapter 8

- Updated research, references, and statistics
- New Chapter Review Question

Chapter 9

- Updated research, statistics, and references

Chapter 11

- Updated research, statistics, and references
- Revised FIGURE 11.1 The Physical Activity Readiness Questionnaire (PAR-Q+)
- Revised Table 11.3 Norms for 12-Minute Run (Yards) and 1.5 Mile Run (Minutes and Seconds) for Ages Twenty through Seventy-Nine

Chapter 12

- Updated research, references, and statistics
- New directions for administration and assessment of the V-sit Reach Test
- New Table 12.3 Percentile Norms for the V-sit Reach Test for Ages Six through Seventeen

Chapter 13

- Updated research, references, and statistics
- Revised Table 13.1 Norms for 1-Repetition Maximum (RM) Bench Press Test
- Revised Table 13.2 Norms for 1-Repetition Maximum (RM) Leg Press Test
- New directions for administration and assessment of push-ups in rhythm
- New Table 13.13. Percentile Norms for Push-ups in Rhythm for Ages Six through Seventeen

Chapter 14

- Updated research, references, and statistics
- Revised Table 14.9 Percent Body Fat Standards

Chapter 15

- Updated research, references, and statistics
- Expanded discussion on The FitnessGram, a comprehensive fitness-health battery for children and youth with software that generates reports for each individual's performance on all test components.
- Revised Table 15.1 The FITNESSGRAM--Lower End(Good) Standards of the Healthy Fitness Zone
- New information on the American College of Sports Medicine's Health-Related Physical Fitness Assessment
- New Table 15.4 Standards for the ACSM Push-up and Partial Curl-up Tests
- Revised Table 15.6 Oxygen Cost and Stepping Cadence for Stages of the Modified Canadian Aerobic Fitness Test
- Revised Table 15.7 Health Benefit Zones for Aerobic Fitness Scores, CSEP-Physical Activity for Health (CSEP-PATH)
- Revised Table 15.7 Health Benefit Zones for Aerobic Fitness Scores, CSEP-Physical Activity for Health (CSEP-PATH)
- New information on the one-leg stance (balance) test
- Revised Figure TABLE 15.8 "Good" Health Benefit Zones for Musculoskeletal Fitness, CSEP-Physical Activity Training for Health (CSEP-PATH)
- Revised Review Problems

Chapter 16

- Updated research, references, and statistics

Chapter 17

- Updated research, references, and statistics
- Updated information on the Test of Gross Motor Development- 2 (TGMD-2)

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