

## **Physical Education Medical Assignment**

The FitnessGram fitness test is administered in schools nation wide, including at B.A.V.P.A., on a yearly basis to determine the overall fitness level of youth in America.

In an essay of at least 1000 words, explain what the FitnessGram is and how it can be used to improve your health related fitness component levels. Be sure to include the following pieces of information.

1. Each assessment test and what they are testing you for.
2. The acronym used for the FitnessGram philosophy. What does each letter in the acronym stand for?
3. What the healthy fitness zones are for each assessment for your age and gender.

**Be sure your assignment typed in order to receive full credit**