

# 8-STEP FITNESS EDUCATION PROCESS

What do students need to learn to be able to stay active for a lifetime?



## Step 1: Fitness Concepts

Know the Fitness Components:

What is health-related fitness?

What are the components of health-related fitness?

Why is health-related fitness important to good health?

What are the principles of training (Frequency, Intensity, Type and Time -FITT) for each component?

What are activities to develop each part of fitness?

### IHT Offers:

\*The ability to create measures and assessments for any of the health-related principles of training components. IHT houses all of the components and any activities within the Spirit System.



## Step 2: Student Preparation

Teach Preconditioning Activity for Safety:

Why is conditioning important?

Which activities develop which parts of fitness?

Why is it important that you warm up and cool down?

What activities can students do by themselves at home or in the community?

### IHT Offers:

\*The ability for the teacher to adjust student goals and activity logs for student preparation based on MVPA (moderate to vigorous physical activity).



## Step 3: Practice Procedures

Allow for Practice:

What are FitnessGram® test protocols and how much practice is needed before assessment?

Why are fitness-related tests important for good health?

What practices and strategies can be used for student success?

What are the K-3 student protocols?

### IHT Offers:

\*Measures that can be designed to assess student's ability to provide correct feedback on assessments.

\*K-3 student protocols can be provided as practice assessments. Knowledge can be assessed through why the test is important and what the test measures.



## Step 4: Assessment

Help Students Meet Health-Related Fitness Standards:

Do your students know if they have adequate fitness levels to meet their personal needs?

How do you create a safe environment for testing to encourage students to meet personal goals?

What are the different types of testing (i.e., self-assessment, peer assessment, institutionalized testing, physical best testing)?

Why is self-assessment important?

### IHT Offers:

\*Automated PACER/mile assessment along with all FG health-related fitness assessments.

\*The ability to upload important documents such as the pre-assessment checklist into the system.

\*The ability for teachers to use group results to design future instruction; data drives instruction!

\*Health-related fitness reports for the students for all FG assessments.

✓ **Custom reports** allow teachers to correlate FG results to other measures such as academic achievement, math and reading scores, tips to the nurse and affective behavior.

✓ **FG reports** give a summary of each component, numeric score and line-graph of the test results.

✓ **FG statistical summary** gives the number of students tested, including the number of boys and girls with the percentage that achieve the healthy fitness zone for each health-related fitness test.

✓ **Assessment detailed summary** gives the number of students tested, including the number of boys and girls with the percentage that achieve the healthy fitness zone for each health-related fitness test, and includes HFZ percentages and custom categories achieved for all assessments.

✓ **Assessment detailed report** is for students to review all assessments completed, includes the date of the assessment and the level that they achieved, including pre- and post-fitness assessment, both the actual score and the graph that reflect low-end HFZ, HFZ, high-end HFZ and above HFZ.

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# 8-STEP FITNESS EDUCATION PROCESS (CONTINUED)



## Step 5: Program Planning and Goal Setting

Empower your Students:

How can you help students learn to interpret results of their assessments in order to take responsibility?

How do you use program planning and goal setting for students to develop:

- ✓ Individual learning plans?
- ✓ Use for personal student growth?
- ✓ Analyze/Interpret personal scores?
- ✓ Determine if student is in the HFZ (healthy fitness zone)?
- ✓ How do you teach the goal-setting process (SMART goals)?
- ✓ How to create a personal fitness-plan which include the principles of training:
  - frequency
  - intensity
  - time
  - type
  - specificity
  - progression
  - overload

### IHT Offers:

\*The ability to assess fitness plans and goal-setting, which can include the principles of training.

\*The ability to create IHT reports for both teachers and students which can be used in the development of fitness plans and goal-setting.



## Step 6: Promoting and Tracking Physical Activity

Allow Students to Take Responsibility of their Personal Health through Self-Monitoring:

How do you record or log physical activity tied to each student's personal fitness plan?

How can you provide time during PE, recess, and out of school time to participate in fun activities to achieve personal plan/goals?

How can you measure personal and social responsibility in order to promote students to work independently?

### IHT Offers:

\*The ability to conduct assessments to measure personal activity logs, and personal and social responsibility to work independently.



## Step 7: Reassessment

Allow Students to Show Individual Progress by Reassessing:

How do students reassess a fitness assessment periodically so students can see progress?

What will help students recognize successes, improvements and achievements of personal goals?

How do teachers show group progress?

### IHT Offers:

\*Allows students to collect all FG assessments multiple times throughout the year. Reassess any FG assessments effortlessly throughout the year.

\*Design reports that will allow you to recognize successes, improvements, and achievements of personal goals.



## Step 8: Revise/Refine Goals

Engage Students to Continue to Revise and Refine Goals:

How do students use reassessments to revise/refine goals and continue the fitness education process?

How do teachers inform students of progress and improvements?

### IHT Offers:

\*The ability to adjust goals for students to take charge of their future assessments, goals, and plans to improve physical activity behavior.

\*Allows teachers to assist students in monitoring their goals and activities plans. IHT empowers students to manage their own health and fitness successfully.

