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YOUTH FITNESS STUDY
in
FAIRFIELD, CONNECTICUT

AN ABSTRACT
PRESENTED TO THE GRADUATE FACULTY
OF DANBURY STATE COLLEGE

IN PARTIAL FULFILLMENT
OF THE REQUIREMENTS FOR THE DEGREE
MASTER OF SCIENCE

by
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The American Association of Health, Physical Education and Recreation Youth Fitness Test was conducted in the town of Fairfield, during October, 1961. This study reports, discusses, and interprets information concerning this test.

Interest in the status of the Fairfield youth physical fitness was aroused as President Kennedy instigated a country-wide campaign for more physically fit Americans. Before the Physical Education staff of Fairfield could make our students better fit, it was necessary to recognize the areas in which the students needed improvement. This, plus a desire to gain greater public support for our physical education program led to the decision to administer the youth fitness test.

The AAHPER Youth Fitness Test cost little to administer and required little equipment, thus making it a test to be considered. Since there were already accepted national norms established to be used as a basis for evaluation, and since the test measured several aspects of physical fitness, this test was adopted for administration.

Each item on the AAHPER Youth Fitness Test is explained and illustrated and any variation in approach indicated. This includes Pull Ups, Sit Ups, Shuttle Run, Standing Broad Jump, 50 Yard Run, Softball Throw, and the 600 Yard Run-Walk.

For the purpose of illustration, Roger Ludlowe High School is used as a sample school. Testees were called from their study halls to take the test. Previous arrangements with the headmaster included the use of student assistants for the

whole day as well as nurse coverage during the entire testing period. The testing stations were clearly marked and the testees moved from one area to the next with a slight interval between each item. Roger Ludlowe High School tested girls on one day and boys on the next. Interesting data concerning this are included.

When the testing was over the achievement scores were examined and studied. Statistical information is included for each item as interpreted in comparison to the national norms as standardized by Neilson-Cozen. Each item is cited by number and percentage for each class using the scores of the girls from Roger Ludlowe for this report. Charts are to be found under individual and group reports.

Proposals for informing the students, parents, and Physical Education instructors are discussed. Recommendations and conclusions regarding the testing program are stated and discussed. Extra Physical Education classes, assignment by classification based on testing results are recommendations considered. All statistics are set up in chart form in the Appendix for each item at each group level.