



Quick Start Guide

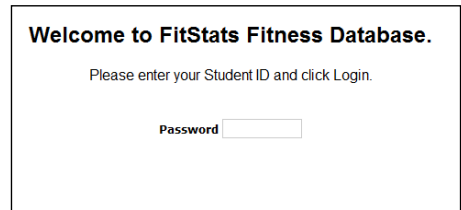
for Students / Parents

CONNECTING TO FITSTATS WEB	2
NAVIGATING FITSTATS WEB.....	2
PRINTING DOCUMENTS.....	2
LEGAL INFORMATION	6



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CONNECTING TO FITSTATS WEB

- To log into the web site proceed as follow:
- Point your Internet browser to <https://www.fitstatsweb.com/yourschoolfolder/index02.php>
- Insert the your password that has been sent to you by your teacher
- Press Enter

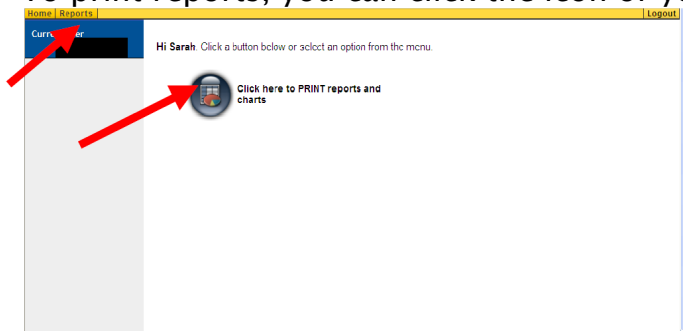


NAVIGATING FITSTATS WEB

To navigate FitStats Web, click on the buttons/menu options displayed. To go back to the previous page, you can click the  button of your web browser. To go to the next page, click the  button.

PRINTING DOCUMENTS

- To print reports, you can click the icon or you can click on the tab: REPORTS




Types of Reports

There are three different reports that can be run from this menu.

1. Fitness Profile:

This report provides an overview of the student's fitness level. There are four components of fitness that are measured during fitness testing. This report provides a raw score and a rubric score for each fitness test. A description of the student's performance is also included in the report.

Test	All tests
Document	Fitness Profile
Begin Date Range	1st term (08-09)
End Date Range	2nd term (08-09)
View Report	




FITNESS TEST SCORES					Fitness Standards To Determine Rubric Score					
Part of Fitness	Test	Term	Raw Score	Rubric Score	Description	Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
Cardiorespiratory Endurance	1-Mile run	08-09	3:24	3	Cardiorespiratory Endurance	1-Mile run	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00
	2-Mile run	08-09	7:40	3	Cardiorespiratory Endurance	2-Mile run	23:00-24:00	24:00-25:00	25:00-26:00	26:00-27:00
	3-Mile run	08-09	11:00	3	Cardiorespiratory Endurance	3-Mile run	35:00-36:00	36:00-37:00	37:00-38:00	38:00-39:00
	4-Mile run	08-09	14:20	3	Cardiorespiratory Endurance	4-Mile run	47:00-48:00	48:00-49:00	49:00-50:00	50:00-51:00
Muscular Strength	Push-ups	08-09	14	3	Muscular Strength	Push-ups	10 or less	11-12	13-14	15 or greater
	Plank	08-09	1:15	3	Muscular Strength	Plank	0:30 or less	0:45-0:59	1:00-1:14	1:15 or greater
	Handstand	08-09	1:00	3	Muscular Strength	Handstand	0:30 or less	0:45-0:59	1:00-1:14	1:15 or greater
	Side Plank	08-09	1:00	3	Muscular Strength	Side Plank	0:30 or less	0:45-0:59	1:00-1:14	1:15 or greater
Flexibility	Sit and Reach	08-09	27	3	Flexibility	Sit and Reach	18 or less	19-24	25-30	31 or greater
	Shoulder	08-09	110	3	Flexibility	Shoulder	90 or less	91-100	101-110	111 or greater
	Trunk	08-09	110	3	Flexibility	Trunk	90 or less	91-100	101-110	111 or greater
	Hamstring	08-09	110	3	Flexibility	Hamstring	90 or less	91-100	101-110	111 or greater

CRIS SCORES (Criterion Referenced Evaluation System)		
Written CRIS	Fitness CRIS	Summative CRIS
Summative written test (determined during Term 4)	Average of last three AWR scores in the four parts of fitness for the year	Average of written CRIS percentage & Fitness CRIS percentage
N/A	N/A	N/A

COMPONENTS (PARTS) OF FITNESS	
CARDIORESPIRATORY ENDURANCE: A measurement of aerobic fitness. For optimal fitness, you need to be active most days of the week for 30 minutes. To improve, aerobic activities help in walking, jogging, biking, swimming, other sports or aerobic activities that you enjoy. This is the most important area of fitness in terms of your overall health.	MUSCULAR ENDURANCE: A measurement of how long in muscle you can perform to achieve fitness. The CardDe test measures the endurance of the abdominal muscles, which is required for posture and stabilization of low back health. To improve, perform such activities as sit-ups, sit-ups with weights, and other abdominal exercises 3-5 days per week.
MUSCULAR STRENGTH: A measurement of how much force a muscle group can exert. The 12 or less push-ups test both muscle strength and endurance. To improve, perform push-ups that use proper body mechanics and breathing. You can also do standing push-ups, plank, sit-ups, and sit-ups with weights 3-5 days per week.	FLEXIBILITY: A measurement of the range of motion of the muscles and tissues surrounding a joint. Tight and heavy chest and shoulder muscles limit flexibility. To improve, perform such activities as sit-ups, sit-ups with weights, and sit-ups with weights 3-5 days per week.

2. Fitness Profile with Explanations

This report provides a comprehensive overview of the student’s fitness level. It includes each component of fitness measured, as well as a raw score, rubric score and a description of each test. A description of the student’s performance is also included.



FITNESS PROFILE
SAMPLE MIDDLE SCHOOL

Student Name: **Aziza Sample** Grade: **Grade 06** Sex: **Female**
Physical education teacher: **Ryan Nimmerguth**

Hi Aziza,
Congratulations for taking part in the school fitness assessment program. Your results are below. You can become your healthy best by exercising every day, eating nutritious foods and feeling positive about your body and yourself. Your physical education teacher is here to help you with your healthy, active living goals! Do not hesitate to ask!

BODY COMPOSITION

Body height	Q1- PRE (09-10)	67 inches
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Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat — especially if a lot of it is at your waist — you’re at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. If you’re overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off.

MUSCULAR STRENGTH

Push-ups	Q1- PRE (09-10)	15 rep	Healthy and Fit (80)
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Muscular strength is an indication of how much force a muscle group can exert. The Push-Ups test measures upper body strength. To improve, perform sports that use upper body muscles like gymnastics and swimming. You can also do climbing activities, push-ups, and chin-ups 3-5 days per week.

MUSCULAR ENDURANCE

Curl-ups	Q1- PRE (09-10)	29 rep	Room for Development (33)
Wall-sits	Q1- PRE (09-10)	4 min	Outstanding (96)
Plank	Q1- PRE (09-10)	1 min	Room for Development (40)

This is an indication of how long a muscle group can perform to exhaustion. The Curl-Ups test measures the endurance of the abdominal muscles, which is important for posture and maintenance of low back health. To improve, perform out-ups, planks, yoga, weight training, and other abdominal exercises 3-5 days per week.

CARDIO-RESPIRATORY ENDURANCE

10 min. run/walk	Q1- PRE (09-10)	25.00 Laps	Outstanding (83)
Mile run time	Q1- PRE (09-10)	7:23 min	

This is a measurement of aerobic fitness, which is the most important area of fitness in terms of your overall health. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy.

FLEXIBILITY

Sit and reach	Q1- PRE (09-10)	34 cm	Outstanding (85)
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Flexibility is the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.

Participant Physical Fitness Award
Overall Fitness Level : Outstanding
Demonstrates outstanding fitness levels

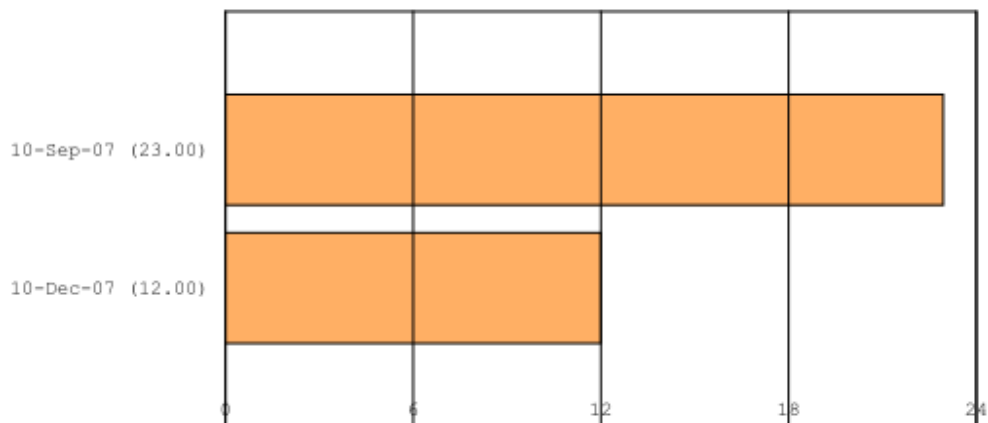
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3. Progress Chart

This report can only display 1 test at a time. It displays progress over a period of time. In order to get an accurate report, you would want to run the report from 1st term/test to another term/test.

Test	Mile run (min) 	← Choose 1 test
Document	Progress Chart 	
Begin Date Range	1st term (08-09) 	↗ Choose 1 st term and ↘ end with another term
End Date Range	2nd term (08-09) 	
View Report		

Pacer 20m (laps)



How to Run a Report

*You must have Adobe Acrobat Reader to access these reports.

**Fitness Scores are updated throughout the school year. It may take several weeks after testing is complete for teachers to update the fitness database. If you notice a discrepancy in your report, please contact your physical education teacher.

Click on “reports” then...

- Select the test for which you want to view **OR** select “all tests” to view all fitness scores. Please note that not all schools participate in each of the listed fitness tests. If you select a test that your child does not participate in, an “error” message will appear. (“No data found”)
- Select the document you wish to view. You have three choices. Refer to the tutorial on the “**Types of Reports**” if you are unsure which report to choose.
- Select the start and end date for which you would like to run a report. To

view your score for only one term at a time, select only one term. You can choose to view your child's current scores by selecting the appropriate term. The **BEGIN DATE RANGE** and the **END DATE RANGE** must be the same in order to get just the current scores.

or

- You can choose to view a report for multiple terms. This report will show progress over time. The **BEGIN DATE RANGE** and the **END DATE RANGE** must be sequential to view fitness scores for multiple terms.

Please continue to visit this page to monitor the progress your child is making.

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