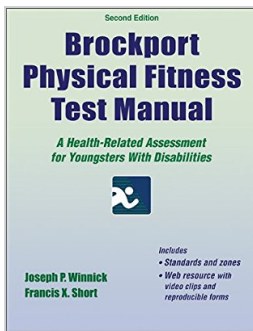


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Brockport Physical Fitness Test Manual-2nd Edition With Web Resource: A Health-Related Assessment for Youngsters With Disabilities

By Joseph Winnick, Francis Short

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The Brockport Physical Fitness Test revolutionized fitness testing for youngsters with disabilities when it first came out in 1999. This significantly updated edition takes up where the original left off, offering adapted physical education teachers the most complete health-related fitness testing program available for youngsters with physical and mental disabilities.

This new edition of *Brockport Physical Fitness Test Manual: A Health-Related Assessment for Youngsters With Disabilities* comes with an online web resource with reproducible charts and forms as well as video clips that demonstrate assessment protocol for the tests. The text helps teachers understand these aspects:

- The conceptual framework for testing
- How to administer tests to youngsters with various specific disabilities

The text also supplies a glossary and many appendixes, including a body mass index chart, guidelines on purchasing and constructing unique testing supplies, conversion charts for body composition and PACER, data forms, and frequently asked questions.

Brockport Physical Fitness Test Manual: A Health-Related Assessment for Youngsters With Disabilities is compatible with Fitnessgram 10. The text's updates include standards and language that help teachers use Brockport and Fitnessgram side by side in providing youngsters and parents or guardians with the best possible individualized education programs (IEPs).

Through *Brockport Physical Fitness Test Manual*, adapted physical education

teachers can do the following:

- Rely on research-based assessments and standards for people with disabilities.
- Provide youngsters with disabilities the same opportunities as other students to have their health-related fitness assessed.
- Apply a unified approach for all students based on the test's compatibility with Fitnessgram.
- Create appropriate IEPs for students with disabilities.

Brockport Physical Fitness Test Manual: A Health-Related Assessment for Youngsters With Disabilities has been adopted by the Presidential Youth Fitness Program as its assessment program for students with disabilities. Its online resources include reproducible forms and tables that help teachers administer the tests. Included in the online resources are video clips that demonstrate assessment protocol for the tests.

This text provides teachers with all the information and tools they need for assessing students with disabilities, evaluating their readiness for inclusion in nonadapted PE classes, and generating and assessing IEPs for students.

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Joseph P. Winnick, EdD, is a distinguished service professor of physical education and sport at the College at Brockport, State University of New York. He received master's and doctoral degrees from Temple University. Dr. Winnick developed and implemented America's first master's degree professional preparation program in adapted physical education at Brockport in 1968 and since that time has secured funds from the U.S. Department of Education to support the program. He continues to be involved in research related to the physical fitness of persons with disabilities. Dr. Winnick has received the G. Lawrence Rarick Research Award and the Hollis Fait Scholarly Contribution Award and is a three-time recipient of the Amazing Person Award from the New York Association for SHAPE America ? formerly known as the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). He has also received a Career Achievement Award from the College at Brockport and is a fellow in the Research Consortium of AAHPERD.

Francis X. Short, PED, is professor and dean of the School of Health and Human Performance at the College at Brockport, State University of New York. Dr. Short has been involved with adapted physical education programs for over 40 years. He has coauthored numerous journal articles related to physical fitness and youngsters with disabilities. He also has authored and coauthored books and chapters related to adapted physical education. Dr. Short has served as project coordinator for three federally funded research projects pertaining to physical fitness and youngsters with disabilities and is a recipient of the G. Lawrence Rarick Research Award. He is a member of SHAPE America — formerly known as the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)—and the National Consortium for Physical Education and Recreation for Individuals with Disabilities.

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