

# 2018-19 SC FitnessGram Project PYFP Online Training

The SC FitnessGram project requires that all PE teachers complete the FitnessGram 101 course as well as additional Presidential Youth Fitness Program (PYFP) online modules with a minimum score of 80. The FitnessGram 101 course and all other PYFP online modules, are accessed through the PYFP.org site. The instructions for accessing the courses are below after the course descriptions. Save a screen shot of your score and send to your District PE contact and to Lynn Hammond, FitnessGram Coordinator SC DHEC at [hammonld@dhec.sc.gov](mailto:hammonld@dhec.sc.gov).

**FitnessGram® 101** (provided by The Cooper Institute®, the developers of FitnessGram®)

*Available now!* An introductory course for those new to FitnessGram® or needing a refresher. Objectives include:

- Understand the FitnessGram® philosophy and mission
- Distinguish between appropriate and inappropriate uses of FitnessGram®
- Describe the purpose, validity, and reliability of criterion-referenced standards
- Recognize the components of FitnessGram®
- Correctly identify and administer the FitnessGram test items

Time to complete: 2 hours

## **New PYFP Online Module Descriptions:**

### **Module 1 - Getting started with the Presidential Youth Fitness Program**

Provides participants with an overview of the program, to include history, purpose, mission, and partners.

Learning Objectives: Participants will gain an understanding of the Presidential Youth Fitness Program (PYFP) and health related fitness; how PYFP fits into a quality physical education program; and become familiar with research and links between health related fitness and academic achievement. (1 hour)

### **Module 2 - PYFP and the Whole School, Whole Community, Whole Child Approach to Health**

Connects fitness education and assessment (i.e., PYFP) with school health and wellness efforts.

Learning Objectives: Participants will gain knowledge of the many components of school health/wellness and how fitness education and assessment connects to the Whole School, Whole Community, Whole Child Approach. (1 hour)

### **Module 3 - Physical Education and Fitness Assessment: A Primer for Administrators and Teachers**

Provides an overview of ESSA, needs assessments and the role of the Presidential Youth Fitness Program (PYFP) in these.

Learning Objectives: Participants will gain knowledge of the ESSA legislation and how they can begin looking at their school or district needs. Participants will value PYFP and how participation can strengthen their physical education program. (1 hour)

### **Module 4 - Implementing the Presidential Youth Fitness Program: Strategies for Every Physical Educator**

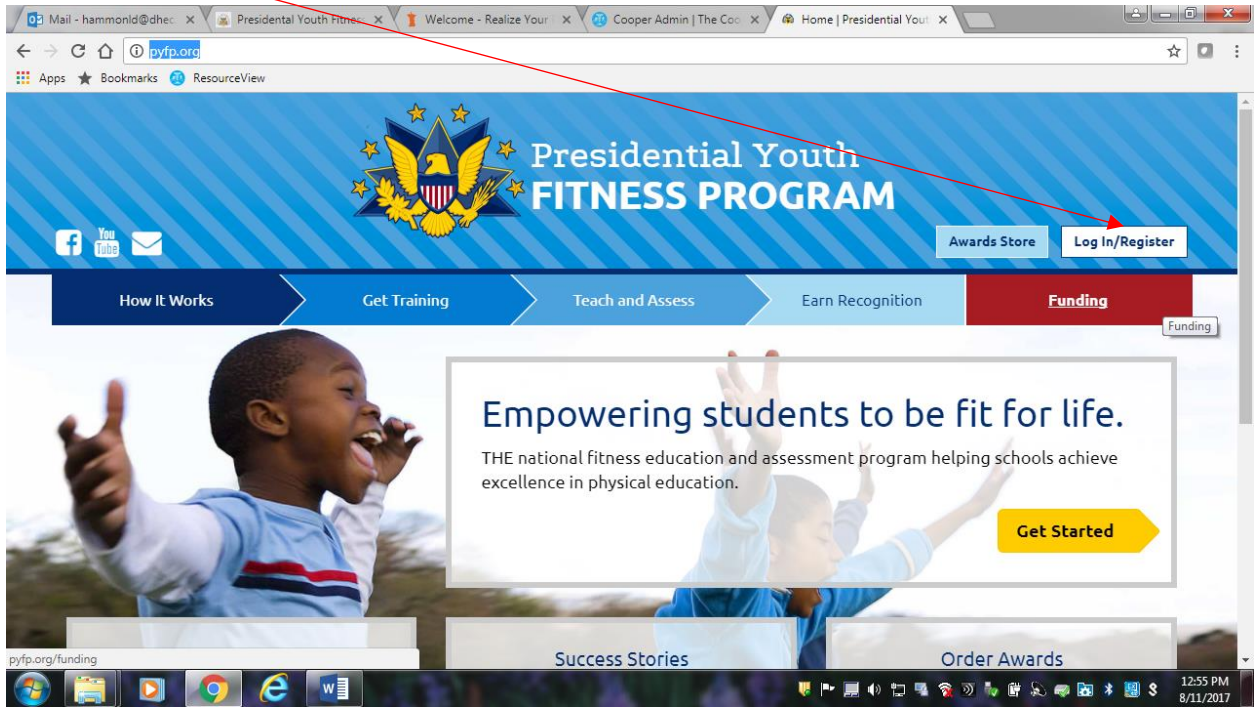
Implementation strategies for the Presidential Youth Fitness Program and best practices for conducting fitness assessments.

Learning Objectives: Participants will understand key program implementation strategies. They will recognize the importance of data, goal setting and recognition have on student outcomes. Participants will identify protocols and best practices for conducting fitness assessments in the classroom. (1 hour 30 minutes)

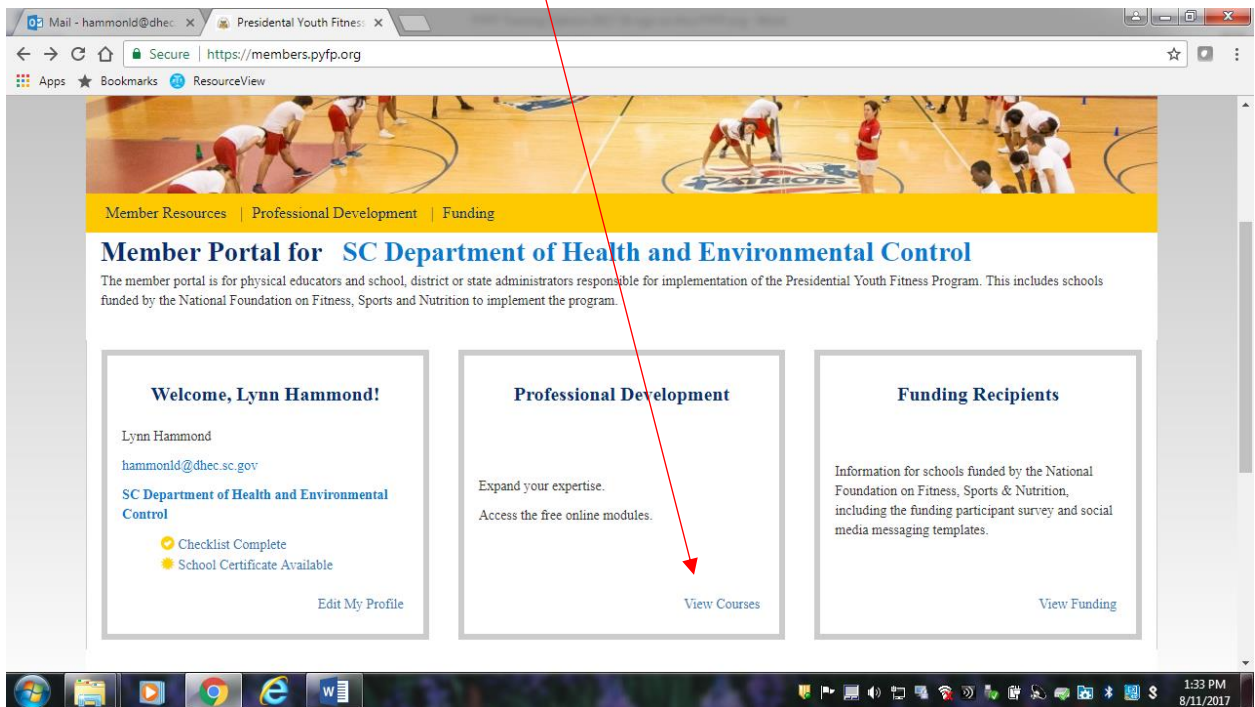
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## Directions for accessing NEW PYFP training modules and the FitnessGram 101 course:

1. Go to <http://pyfp.org/>
2. Register using your district/school email address if you are not already registered then log in.

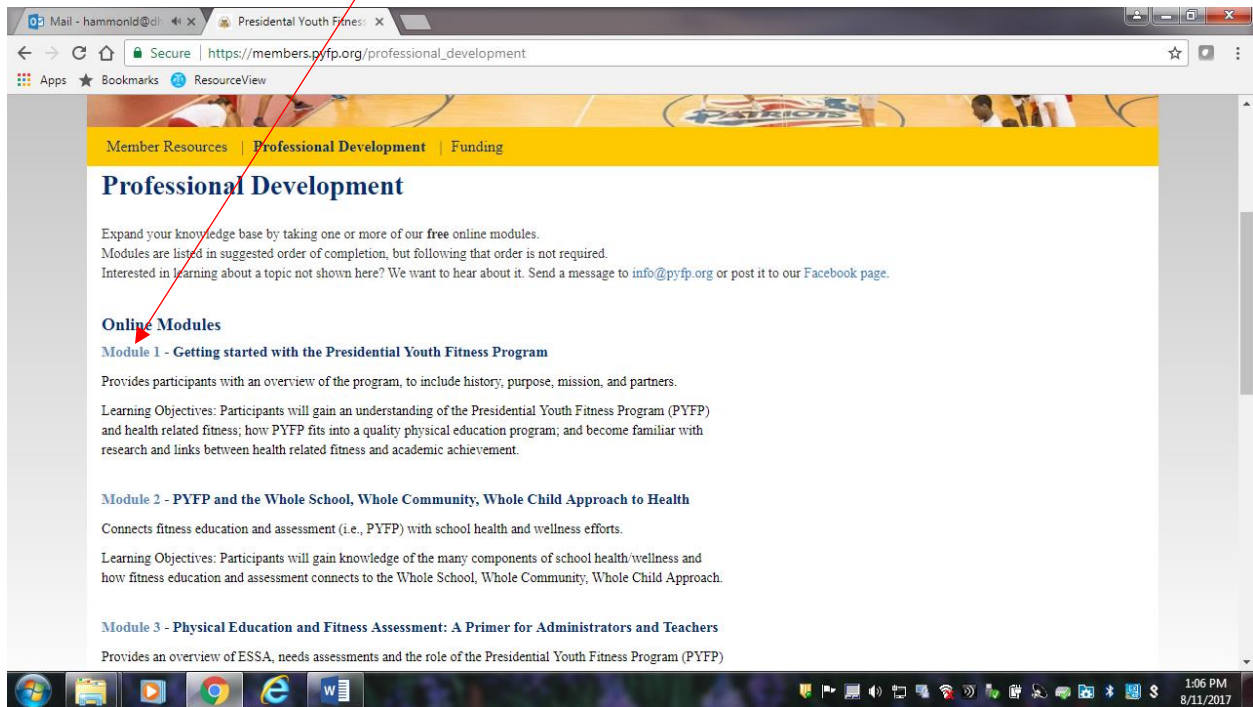


3. In the Professional Development box click View Courses.



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4. Click on the module number to access.

A screenshot of a web browser displaying the Professional Development page for the Presidential Youth Fitness Program (PYFP). The browser's address bar shows the URL https://members.pyfp.org/professional\_development. The page has a yellow header with navigation links for Member Resources, Professional Development, and Funding. The main content area is titled "Professional Development" and includes an introductory paragraph about free online modules. Below this, there is a section titled "Online Modules" with three numbered items. A red arrow points from the instruction above to the first module title. The Windows taskbar at the bottom shows the time as 1:06 PM on 8/11/2017.

Member Resources | Professional Development | Funding

## Professional Development

Expand your knowledge base by taking one or more of our free online modules. Modules are listed in suggested order of completion, but following that order is not required. Interested in learning about a topic not shown here? We want to hear about it. Send a message to [info@pyfp.org](mailto:info@pyfp.org) or post it to our Facebook page.

### Online Modules

**Module 1 - Getting started with the Presidential Youth Fitness Program**  
Provides participants with an overview of the program, to include history, purpose, mission, and partners.  
Learning Objectives: Participants will gain an understanding of the Presidential Youth Fitness Program (PYFP) and health related fitness; how PYFP fits into a quality physical education program; and become familiar with research and links between health related fitness and academic achievement.

**Module 2 - PYFP and the Whole School, Whole Community, Whole Child Approach to Health**  
Connects fitness education and assessment (i.e., PYFP) with school health and wellness efforts.  
Learning Objectives: Participants will gain knowledge of the many components of school health/wellness and how fitness education and assessment connects to the Whole School, Whole Community, Whole Child Approach.

**Module 3 - Physical Education and Fitness Assessment: A Primer for Administrators and Teachers**  
Provides an overview of ESSA, needs assessments and the role of the Presidential Youth Fitness Program (PYFP)

Please email your scores to your district PE contact or professional development coordinator and to Lynn Hammond, FitnessGram Coordinator with SC DHEC, at [hammonld@ed.sc.gov](mailto:hammonld@ed.sc.gov).