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FITNESSGRAM Standards For Healthy Fitness Zone FITNESSGRAM ...

61 TABLE 9.1 FITNESSGRAM Standards For Healthy Fitness Zone BOYS Age VO 2 Max (ml · Kg -1 · Min-1) 20-meter PACER (Enter # Laps In Software) 15-meter PACER (Use Conversion Chart; Enter In Software)† One-mile Run 2th, 2024

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Conversion Chart; Enter In Software)† One-mile Run (min:sec) Walk Test (VO 2 Max) Percent Fat Body Mass Index 5 Participation In Run. Lap Count Standards Not Recommended. Completion Of Distance. Time Stan-dards Not Re-commended. 25 10 20 14.7 6 25 10 20 14.7 7 25 10 20 14.9 8 25 10 20 15.1 ... FITNESSGRAM Standards For Healthy Fitness Zone ... 3th, 2024

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“Educating Georgia’s Future” Gadoe.org FitnessGram 2016

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FITNESSGRAM Standards For Healthy Fitness Zone TABLE 9

TABLE 9.2 FITNESSGRAM Standards For Healthy Fitness Zone GIRLS IS-meter PACER 20-meter (Use V02max PACER Conversion (mi' Kg-l. (Enter # Laps Chart; Enter One-mile Run Walk Test Body Mass Age Min-l) Insoftware) Software)t (min:sec) (V°2max) Percent Fat Index 5 Participation In Run. Completion 32 17 21 16.2 6 Lap Count Standards Not 1th, 2024

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Fitnessgram® Healthy Fitness Zone Standards Frequently Asked Questions Redefined Fitnessgram Criterion-referenced Standards (the Healthy Fitness Zone Standards) For Body Composition And Aerobic Capacity General Information About Criterion-referenced Standards Why Have New Standards Been Developed For Fitnessgram? 1th, 2024

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Table 9.2 FITNeSSGRaM Standards For Healthy Fitness Zone

Table 9.2 FITNeSSGRaM Standards For Healthy Fitness Zone Girls Age VO 2 Max (ml · Kg-1 · Min-1) 20-meter PACEr (Enter # Laps In Software) 15-meter PACEr (Use Conversion Chart; Enter In Software)† One-mile Run (min:sec) Walk Test (VO 2 Max) Percent Fat Body Mass Index 5 Participation In Run. Lap Count Standards Not Recommended ... 2th, 2024

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