COMMITTEE ON FITNESS MEASURES AND HEALTH OUTCOMES IN YOUTH

Meeting 2
November 15-16, 2011

The Keck Center
500 Fifth Street NW, Washington, DC 20001

AGENDA

Meeting Goals
- To gather information about the relationship between fitness measures and health outcomes
- To learn lessons from implementation of fitness batteries in the field in the US and other countries

Tuesday, November 15, 2011: Keck 201

OPEN SESSION

1:00 pm  Welcome and Introductions
RUSSELL PATE, Committee Chair
University of South Carolina

Session 1: Issues Associated with Measuring Fitness in Youth
Objective: To develop a shared understanding of specific issues and considerations related to fitness components and the interpretation of test performance results.

Moderator: Russell Pate

1:10  Strength and Flexibility
SHARON PLOWMAN, Northern Illinois University

1:40  Metabolic Health
LARS ANDERSON, University of Southern Denmark

2:10  Body Composition
TIM LOHMAN, University of Arizona

2:40  Setting Cut Points: Approaches and Issues
GREG WELK, Iowa State University

3:10  Discussion

3:40  Break
Session 2: Considerations for the Field-based Application of Fitness Measures

Objective: To achieve greater awareness of the issues and considerations associated with developing, implementing, and evaluating a fitness test battery based on the experiences of those working with test batteries that are currently being used around the world.

Moderator: Russell Pate

3:50-4:50 Presentations on Fitness Batteries Being Used Around the World

U.S. Fitnessgram
Greg Welk, Iowa State University

EUROFIT
Colin Boreham, University College Dublin

Mark Tremblay, University of Ottawa, Canada

4:50-5:30 Panel Discussion

5:30 Experiences in implementing fitness testing in urban school settings
LORI BENSON, YMCA of Greater New York

6:00 Open Session Adjourned

Wednesday, November 16, 2011: Keck 204

PM - OPEN SESSION

1:00 pm Welcome and Introductions
RUSS PATE, Ph.D., Committee Chair
University of South Carolina

Session 3: Fitness, Brain Function, and Academic Achievement

1:10 Fitness and Brain Function
Charles H. Hillman, University of Illinois at Urbana-Champaign

1:30 Fitness and Academic Achievement
Joseph Donnelly, University of Kansas

1:50 Questions and Answers

2:00 Adjourn Public Meeting