

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