

Physical



Fitness

Assessment



Principles, Practice and
Application

Edited by

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This collection of articles by internationally renowned experts covers a wide range of subjects related to physical fitness assessment. Specific topics include a comparison of various international proposals for the standardization of fitness testing, and a detailed consideration of genetic, psychological and environmental factors in human performance.

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Physical Fitness Assessment

PRINCIPLES, PRACTICE AND APPLICATION

Edited By

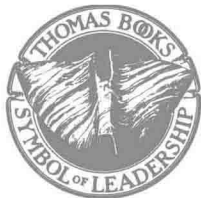
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PHYSICAL FITNESS ASSESSMENT

PRINCIPLES, PRACTICE AND APPLICATION

Prepared under the aegis of the
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FOREWORD

THE OCCASION OF THE Montreal Olympic Games brought to Canada a vast number of internationally known experts in the fields of physical activity and human performance. The International Committee for Physical Fitness Research (I.C.P.F.R.) decided to profit from this serendipitous gathering of intellect by organizing a conference on the principles, practice, and application of physical fitness assessment, and the edited proceedings of the meeting provided the basis for the present volume.

Some international conferences make poor reading. This is not due to a lack of expertise on the part of the contributors, but reflects rather the difficulty that many foreigners and even North Americans find in effective use of the English language. The present editors have taken considerable liberties with the texts of some manuscripts; they hope that in so doing they have conserved the authors' intentions, while making their ideas much more accessible to the reader.

The I.C.P.F.R. gathering was hosted and supported financially by the Health Sciences Department of the French-speaking University of Québec at Trois-Rivières, Canada. Happily for Anglophone readers, the hosts graciously consented to conduct the entire meeting in English. The papers covered a wide range of very practical topics for those concerned with fitness testing, assessment of athletic performance, improvement of school programs of physical education, and the promotion of community health. Specific topics included a comparison of various international proposals for the standardization of fitness testing; a detailed consideration of body build, inheritance, test repetition, and environment as factors modifying test results; application of test procedures to the evaluation of existing and experimental programs of physical education; use of fitness tests in the assessment of athletes at various levels of competition; and the place of fitness

testing in primary, secondary, and tertiary medical care. This varied material should have appeal to an equally diverse audience—physical educators, exercise physiologists, sports physicians, and many others concerned with schoolchildren, athletes, and the promotion of health within the community.

ROY J. SHEPHARD
HUGUES LAVALLÉE

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