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FITNESS MEASURES AND HEALTH OUTCOMES IN YOUTH (PAPERBACK)



National Academies Press, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book. Physical fitness affects our ability to function and be active. At poor levels, it is associated with such health outcomes as diabetes and cardiovascular disease. Physical fitness testing in American youth was established on a large scale in the 1950s with an early focus on performance-related fitness that gradually gave way to an emphasis on health-related fitness. Using appropriately selected measures to collected fitness data...

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- Authored by Committee on Fitness Measures and Health Outcomes in Youth, Food and Nutrition Board, Institute of Medicine
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