

## THE BROCKPORT HEALTH-RELATED PHYSICAL FITNESS TEST

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In response to the movement to assess the health-related physical fitness of school-aged youngsters, the authors developed a criterion-referenced health-related fitness test of physical fitness for use with youngsters with disabilities as a part of a study funded by the United States Department of Education. A key element of the project was to develop standards that would provide targets for the attainment of health-related physical fitness of youngsters with mental retardation, spinal cord injury, cerebral palsy, blindness, congenital anomalies, and amputations.

A total of 1,542 youngsters with and without disabilities were tested and data from several projects including thousands of youngsters were analyzed for a variety of purposes as a part of test construction. As a result of the methods and procedures employed in the study, a personalized health-related physical fitness test entitled the Brockport Physical Fitness Test (BPFT) was developed. In addition a training manual designed to enhance health-related fitness, a videotape providing a background on health-related and description of the test items, and a computer software program to select test items, and print out results, goals, and fitness needs for individuals and groups of students was developed. The computer software package also includes a technical manual which provides the scientific basis for the test.

This presentation is designed to present an overview of the BPFT and demonstrate materials associated with it.