

5<sup>th</sup> Training Science Congress, Hacettepe University,  
Beytepe Campus, Ankara Turkey

# The Presidential Youth Fitness Program

Physical Activity for Lifelong Health

Presented By:

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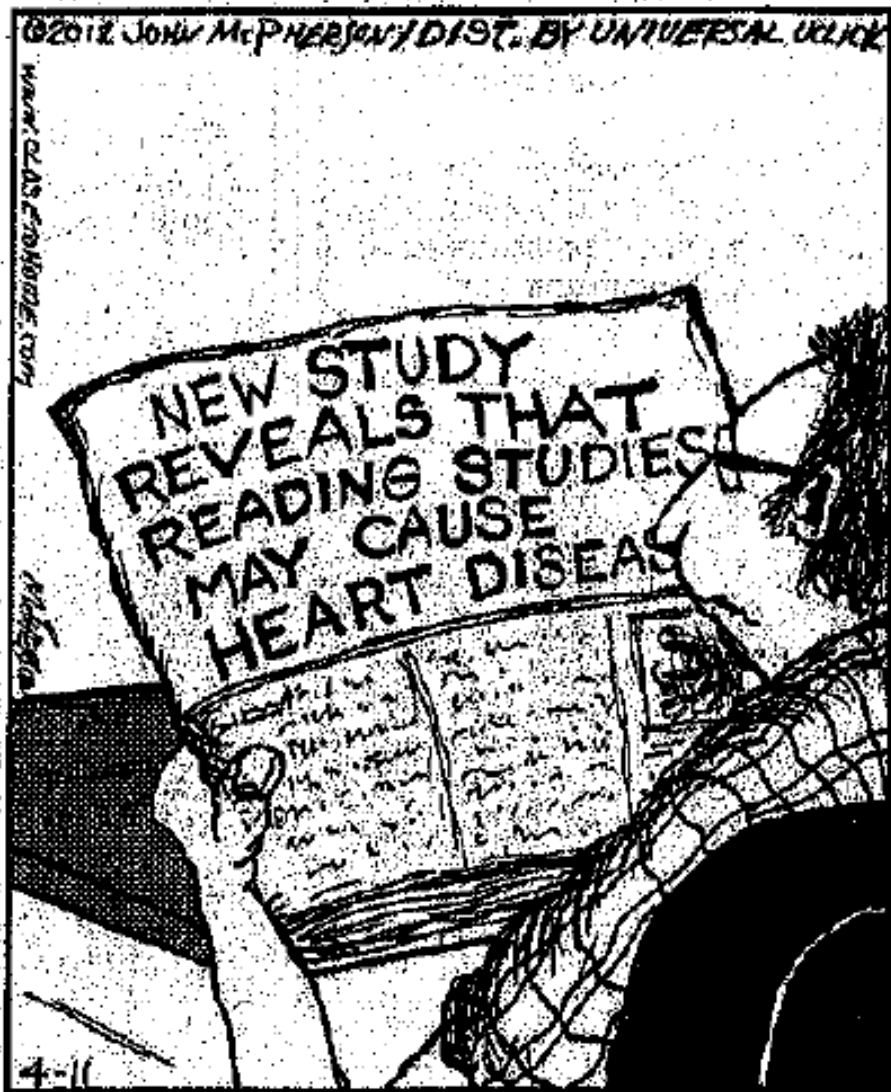
# Problem

Physical inactivity in combination with other factors are problematic and aiding in the expanding obesity epidemic and the associated negative health outcomes.

## **U.S. Studies Indicate:**

- Only one in three children are physically active every day (NASPE, 2012)
- Children spend more than 7.5 hours a day in front of a screen (e.g., TV, Videogames, computer) (Rideout, 2010)
- Over 78 million U.S. adults are obese (35.7 %) (Ogden, 2012)
- About 12.5 million U.S. children and adolescents are obese (17 %) (Ogden, 2012)
- Overweight adolescents have a 70% chance of becoming overweight or obese adults (Hedley, 2004)
- The estimated costs for obesity related medical conditions range from \$147 billion to nearly \$210 billion per year (Robert Wood Johnson Foundation, 2010)

**CLOSE TO HOME** by John McPherson



# Possible Solutions

- Provide adaptable and appropriate physical activity and fitness programming to Americans of all ages.
- Provide individuals with tools, resources, and incentives to motivate and encourage regular participation in physical activity and to adopt physically active lifestyles.
- Update the President's Challenge to ensure consistency with the Physical Activity Guidelines for Americans and to ensure ease of use and implementation by schools.



Annem ve Babam



# Recommendations

## **Fitness Tests for a National Survey**

- **To measure body composition,**
  - **body mass index (BMI)** (estimate of body weight in relation to height)
  - **skinfold thickness** (indicators of underlying fat) and
  - **waist circumference** (indicator of abdominal fat)
- **To measure cardiorespiratory endurance,**
  - the progressive shuttle run, such as the 20-meter shuttle run.
  - The cycle ergometer or treadmill tests, if physical space is limited
- **To measure musculoskeletal fitness,**
  - the handgrip strength test
  - the standing long jump test

# Recommendations

## Fitness Tests for Schools and Other Educational Settings

- **To measure body composition**, BMI
- **To measure cardiorespiratory endurance**, a progressive shuttle run
- **To measure musculoskeletal fitness**, schools should include the handgrip strength and the standing long jump tests

Additional tests that are valid, reliable, and feasible to be used as educational tools such as:

- distance or timed runs
- the modified pull-up and push-up
- curl-up
- sit-and-reach test also may be included

# The President's Challenge



- The President's Challenge Physical Activity, Fitness and Nutrition Program (President's Challenge)
- Our mission is to help people of all ages and abilities increase their physical activity and improve their fitness through research-based information, easy-to-use tools, and friendly motivation
- Administered by the Department of Kinesiology, Indiana University School of Public Health-Bloomington – Beginning 27<sup>th</sup> year of administration

A Program of the President's Council on Fitness, Sports and Nutrition



# History of Presidential Awards



- 1956 Creation of President's Council on Youth Fitness
- 1966 Presidential Physical Fitness Award created by Presidential mandate
- 1988 President's Challenge administered by IU – National Award added
- 1990 Participant Award added
- 1997 Health Fitness Award added
- 2001 Presidential Active Lifestyle Award (PALA) added
- 2003 Presidential Champions and website tracker
- 2005 Adult Fitness Test developed
- 2012 Presidential Youth Fitness Program (PYFP)



# Programs offered by the President's Challenge

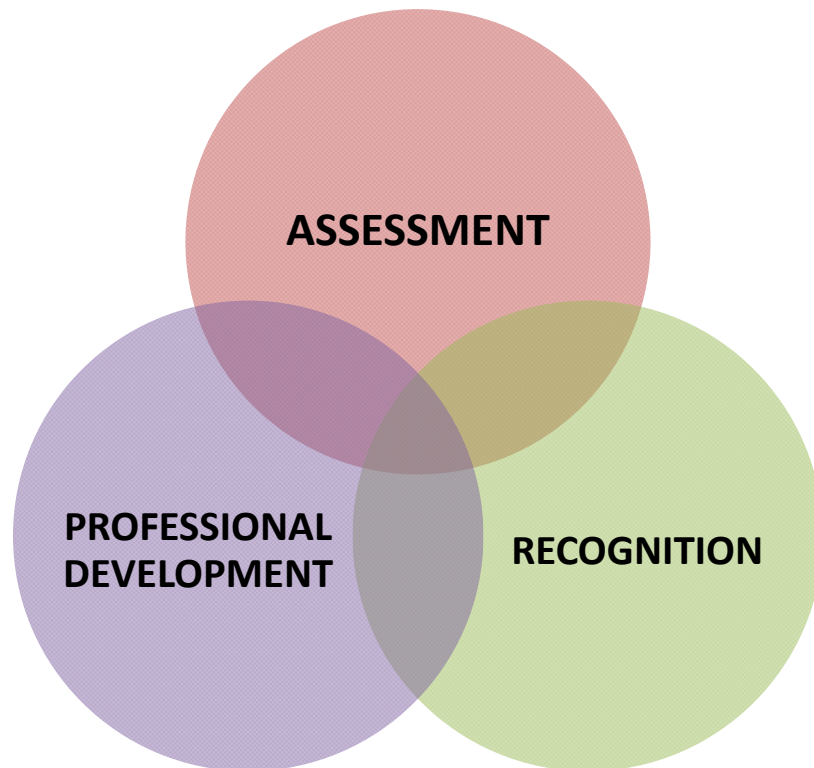


- Physical Fitness Test (not supported after 2012-13 school year)
- Presidential Active Lifestyle Award (PALA+)
- Presidential Champions
- Adult Fitness Test ([www.adultfitnesstest.org](http://www.adultfitnesstest.org))
- **New Presidential Youth Fitness Program**

# Presidential Youth Fitness Program



This is a voluntary program that includes a health-related assessment, as well as educational and motivational tools, to support educators and empower students to adopt an active lifestyle.



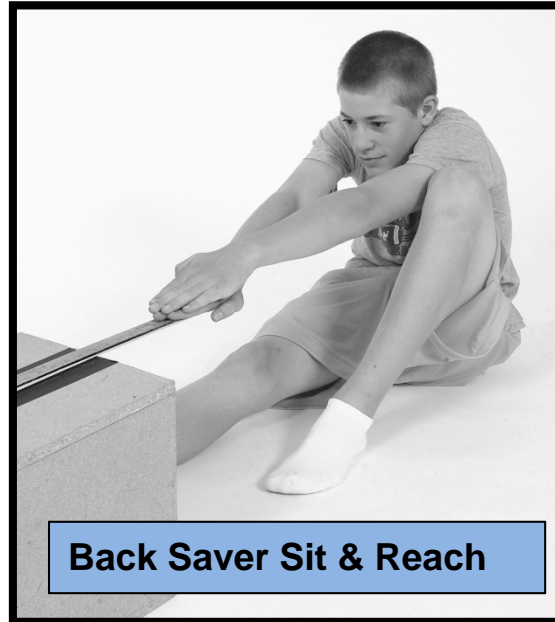
# Presidential Youth Fitness Program Components

Program Components	
<b>Assessment</b>	<ul style="list-style-type: none"><li>▪ Web-based access to elements of the FITNESSGRAM® test protocol and instructions</li><li>▪ Healthy Fitness Zone® standards for testing protocol</li><li>▪ Calculators for aerobic capacity and body composition</li><li>▪ Resources for promotion of physical activity</li></ul>
<b>Professional Development</b>	<ul style="list-style-type: none"><li>▪ Monthly webinars, online training and technical support for teachers and administrators</li><li>▪ Resources on appropriate use and implementation of fitness testing and quality physical education programming</li></ul>
<b>Recognition</b>	<ul style="list-style-type: none"><li>▪ School recognition program</li><li>▪ Promotion of PALA+, which provides recognition/awards for increased physical activity and improved nutrition</li></ul>

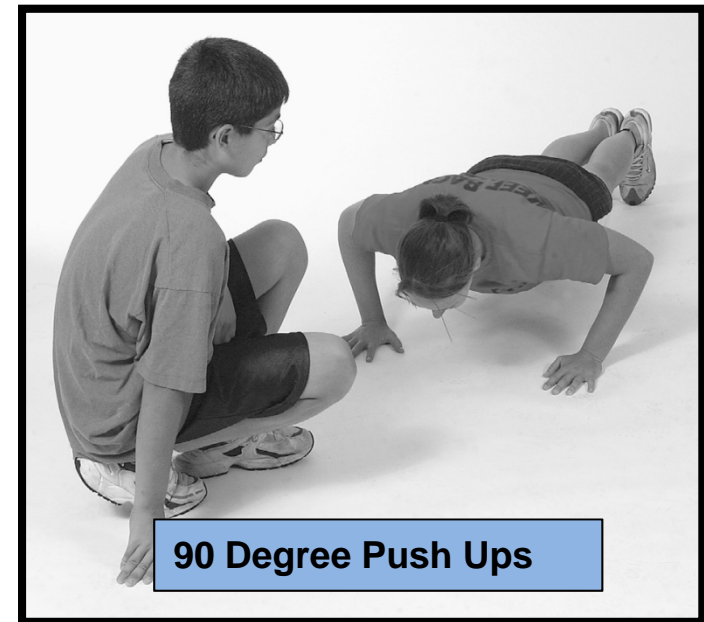
# FITNESSGRAM<sup>®</sup> Assessment Components



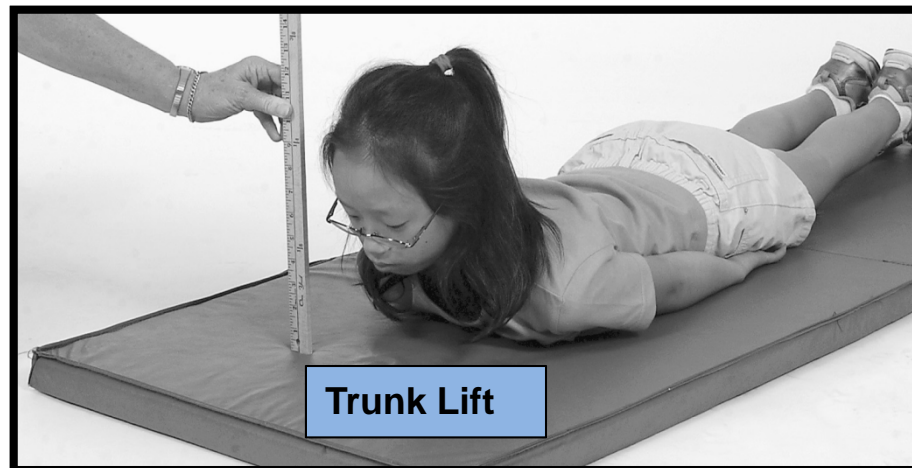
**The PACER**



**Back Saver Sit & Reach**



**90 Degree Push Ups**



**Trunk Lift**



**Curl Ups**

# PYFP Awards: Promoting Physical Activity

## Presidential Active Lifestyle Award (PALA)

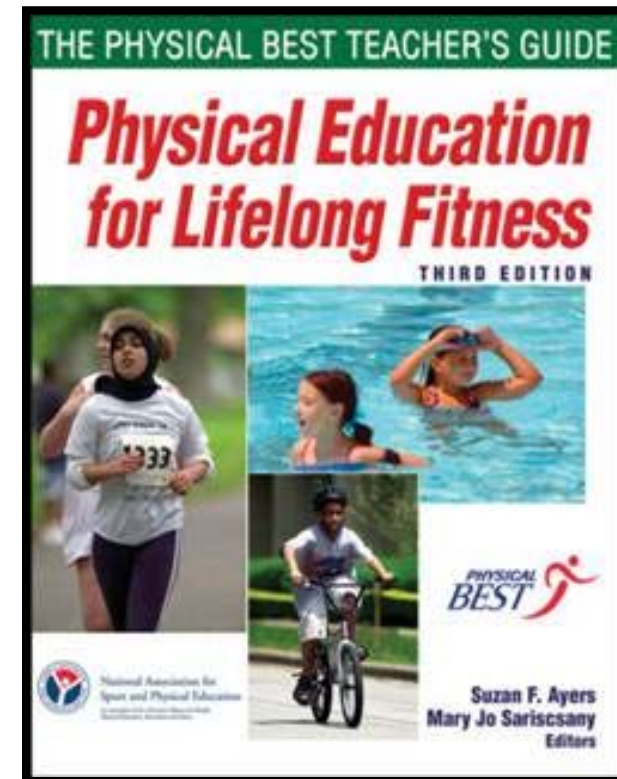
1. Be physically active each day – 60 minutes (30 minutes for adults) or take 12,000 steps (8,500 steps for adults)
2. Be active at least 5 days each week for six out of eight weeks
3. Commit to a new healthy eating goal each week



# Professional Development



- Resources to support health-related fitness assessment and quality physical education instruction
- Professional development via instructional webinars



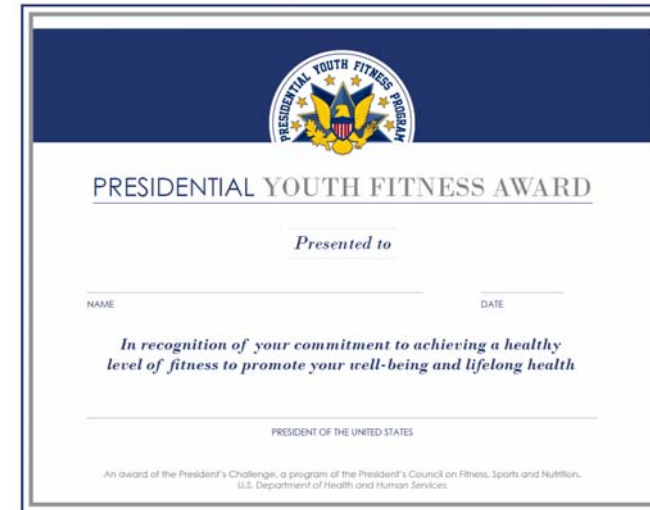
*American Alliance for  
Health, Physical Education,  
Recreation and Dance*

# Recognition



- Highlight schools that promote the Presidential Youth Fitness Program
- Recognize students for achievement based on Healthy Fitness Zone® Standards
- Recommend caution

**SPEED BUMP** by Dave Coverly





“I call upon the people of the United States to make daily physical activity, sports participation, and good nutrition a priority in their lives.” Barack Obama, President

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"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake. This isn't the kind of problem that can be solved overnight, but with everyone working together, it can be solved. So, let's move."  
–Let's Move launch announcement – Michelle Obama, First Lady



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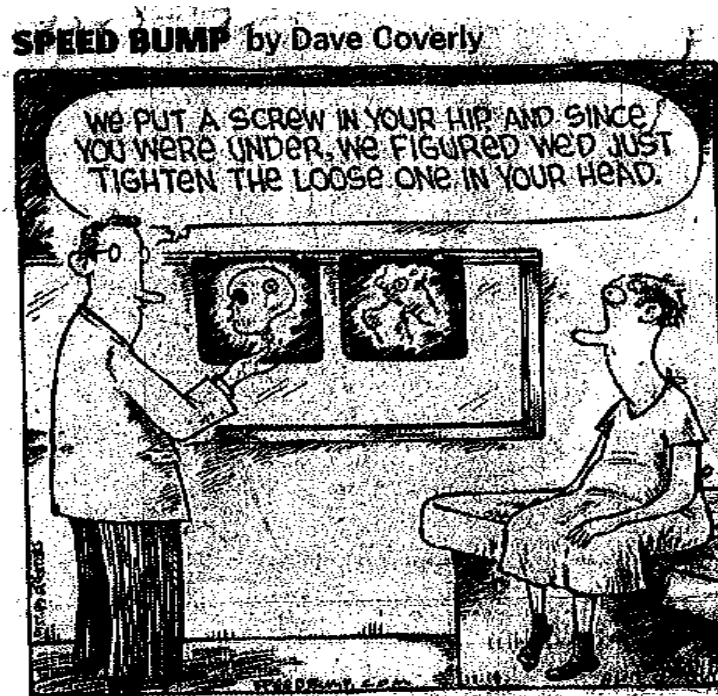
# We Wish the 5<sup>th</sup> Training Science Congress a Great Success!

## Teşekkürler!

\*Also - a special thank you to our esteemed colleague and friend –  
DR. CANER AÇIKADA



**Artificial hip owner since 2008:** Full artificial titanium construct - metal on metal Biomet hip.



**I informed my surgeon that I was going to continue competing in Olympic style weightlifting.**