

PHYSICAL EDUCATION

Subject	:	PHYSICAL EDUCATION
Year	:	4 th Semester
Paper No. & Title	:	CC-401 Measurement and Evaluation in Physical Education
Topic Title	:	FYT Health Related Physical Fitness Test
Lecture No. & Title	:	03 FYT Health Related Physical Fitness Test

SUMMARY

FYT (Fit Youth Today) programme was initiated by American Health and Fitness Foundation Inc. in the year 1986 with the purpose to educate and condition students for a lifetime of healthy living, assess the level of health related physical fitness of youth, evaluate each student's personal level of fitness by comparing scores to a desirable level of health fitness.

FYT includes a planned curriculum, an extensive health fitness question and answer section, an exercise program, a three-level integrated awards program, and a four-item health-related physical fitness test battery. Test battery consist of steady state jog to measure cardiovascular endurance, bent knee curl-up to measure abdominal and hip flexor muscle strength, sit and reach test to measure flexibility and body composition to measure nutritional status. Battery is valid for 9 to 18 years youth.