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Www.fitnessgram.net FAQ Documents For Teachers, Parents And Students Link To Cooper Institute Copy Of New Standards Overview Documents Powerpoint Lookup Tables ... Mar 25th, 2024FITNESSGRAM Standards For Healthy Fitness ZoneHealthy Fitness Zone - Physical Fitness Test (California Department Of Education) Author: Pft@cde.ca.gov Subject: FITNESSGRAM Standards For Healthy Fitness Zone. Keywords: Pft, One Mile Run, Cooper Institute, Walk Test, Skinfold Measuement, Body Mass Index, 20m Pacer, Curl Up Created Date: 2/27/2007 1:33:37 PM Mar 24th, 2024Table 9.2 FITNeSSGRaM Standards For Healthy Fitness ZoneTable 9.2 FITNeSSGRaM Standards For Healthy Fitness Zone Girls Age VO 2 Max (ml · Kq-1 · Min-1) 20-meter PACEr (Enter # Laps In Software) 15-meter PACEr (Use Conversion Chart; Enter In Software)† One-mile Run (min:sec) Walk Test (VO 2 Max) Percent Fat Body Mass Index 5 Participation In Run. Lap Count Standards Not Recommended ... Feb 2th, 2024. Table 9.1 FITNeSSGRaM Standards For Healthy Fitness ZoneTable 9.1 FITNeSSGRaM Standards For Healthy Fitness Zone Boys Age Vo 2 Max (ml · Kg-1 · Min-1) 20-meter PACER (Enter # Laps In Software) 15-meter PACER (Use Conversion Chart: Enter In Software)† One-

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