

## 4-H State Achievement Days 2009 Physical Fitness Contest

**Contact Person:** Joyce Morrison, 610-690-2655; [jem28@psu.edu](mailto:jem28@psu.edu)

### **Purposes:**

1. To support county 4-H fitness and health programs
2. To challenge members' skills and knowledge of physical fitness, diet and health
3. To recognize members' demonstrated skills in physical fitness and dedication to an ongoing fitness and health program
4. To acquaint members with the facilities of the Pennsylvania State University

### **Objectives:**

The Pennsylvania 4-H Physical Fitness Contest:

1. Promotes attitudes for a lifetime of fitness and health
2. Demonstrates the physical ability of participants
3. Confirms the ongoing fitness programs of participants

### **Components:**

1. Proof of fitness activities and appropriate nutrition through participation in MyPyramid.gov
2. Written test on current topics in fitness and nutrition
3. Demonstration of fitness through events of the President's Challenge
  - a. Endurance run/walk (heart and lung endurance)
  - b. Curl ups (abdominal strength/endurance)
  - c. Shuttle Run (coordination)
  - d. Right angle push-ups (upper body strength/endurance)
  - e. V-sit and reach (flexibility)

### **Eligibility:**

1. Participants must be at least 13 years of age and must not have reached their 19<sup>th</sup> birthday as of January 1 of the contest year
2. A county may send any number of teams and/or individuals. Each team member must be registered as part of a team. Teams must consist of three or four participants, with representation of both male and female participants. For teams of four, the team score (and subsequent placing) will be based on the three highest scores out of the four.
3. All participants will compete for top male and female individual placing.
4. Clothing should be appropriate for athletic events and weather conditions. No cleats will be permitted.

### **Contest organization and content:**

Go to [http://www.presidentschallenge.org/educators/program\\_details/physical\\_fitness/events.aspx](http://www.presidentschallenge.org/educators/program_details/physical_fitness/events.aspx) for details on the five physical fitness events named above.

### **Scoring:**

1. Fitness event scores will be the percentile for the individual event according to the participant's gender and age as provided by the President's Challenge Physical Activity and Fitness Awards

program. You can find the percentile information at <http://www.presidentschallenge.org/misc/downloads.aspx> click on *President's Challenge Normative Data Spreadsheet* in the forms section of the page. (Total possible score = 500)

2. Evidence on ongoing attention to personal fitness and nutrition. Bring the printouts from <http://mypyramid.gov/index.html> listed below to the contest. Each printout is worth 25 points with a bonus of an additional 30 points each if the printout shows a date of April 1, 2009 or earlier. (Total possible score = 255)
  - a. Enter data on line and print your personalized *My Pyramid Plan*
  - b. Enter data on line and print your personal *My Pyramid Tracker*
  - c. Enter data on line and print your *personal Physical Activity Results*
3. Written test (total possible score = 80)

#### **Awards:**

1. The members of the first place team will be awarded plaques and they will take a traveling trophy back to their county
2. The high scoring male and female will be awarded plaques
3. The top teams and individuals will be announced at the Recognition Assembly during Pennsylvania State 4-H Achievement Days.
4. Team ribbons will be awarded to a maximum of five teams
5. Individual ribbons will be awarded to top ten places, male and female
6. Merit ribbons will be awarded to all individuals that complete the competition (33% each: blue, red, white)

#### **References:**

**NOTE:** Web references may change. If you find that any of these links do not work, please inform the contact person. Alternate sites will be identified and information distributed and/or posted before the contest.

1. Compute and know your BMI: [http://presidentschallenge.org/tools\\_to\\_help/BMI.aspx](http://presidentschallenge.org/tools_to_help/BMI.aspx)
2. Familiarize yourself with your personal pyramid and activity tracker at <http://mypyramid.gov/index.html> - bring printouts to the contest per the information on scoring above and study the section *Inside the pyramid* for the written test.
3. Be prepared to participate as appropriate for the events in the president's challenge [http://www.presidentschallenge.org/educators/program\\_details/physical\\_fitness/events.aspx](http://www.presidentschallenge.org/educators/program_details/physical_fitness/events.aspx)  
NOTE: Normative data will not be shared on the day of the contest. Be aware of the parameters for your age and gender to maximize your score.

#### **NOTE TO EDUCATORS:**

The contest preparation noted above assumes that individuals will be preparing themselves to for this contest. If you will be preparing as a group activity – use the 4-H Curriculum: *Up for the Challenge – Lifetime Fitness, Healthy Decisions*. Lesson plans are noted as appropriate for teens.

The activities in Chapter 1 will cover the material necessary for the written test, AND direct the participants to the mypyramid websites. Remind them to print out the appropriate records by April 1 to gain the available bonus points. Lesson plans are noted as appropriate for teens.