

Sport Final Project Outline/Proposal

Project Topic: Presidential Fitness Test

Provide a brief description of your topic:

(Broad overview – this can be note form or paragraph. Feel free to use your notes.)

History of the Presidential Fitness Test & its connection to youth fitness and the national obesity epidemic

What do you find most interesting about this topic?

(Why should we care? What makes it a significant part of American sports culture/history?)

We all had to participate in the Presidential Fitness Test in elementary school but why? Who legislated that all kids should run a timed mile or do a sit-and-reach test to test their flexibility or climb a rope ladder as a test of fitness? Who actually got all of that data and how was it used to improve the overall fitness of our nation's youth? Did it actually help improve youth fitness?

What is your central/essential question or the angle you plan to take for your presentation?

(Like you do when you write a paper, you start with a big topic, move to formulating a more focused question about it, and then answer that question with your thesis.)

In what ways is the Presidential Fitness Test more a reflection of society's fears and less a tool by which to improve the health of our nation's youth?

What do you plan to teach about this topic? (either in your presentation)

(Please create a rough outline below, including mention of possible subtopics you plan to cover.)

History of the Presidential Fitness Test - when it started, why it started, who was responsible for creating it
What was happening in the US before it was adopted that made someone think this needed to be created?
Who gets the data from the test and what do they do with it?
Has the test made kids more fit? Made them like sports/gym more or less?
Why are kids still being asked to do this today