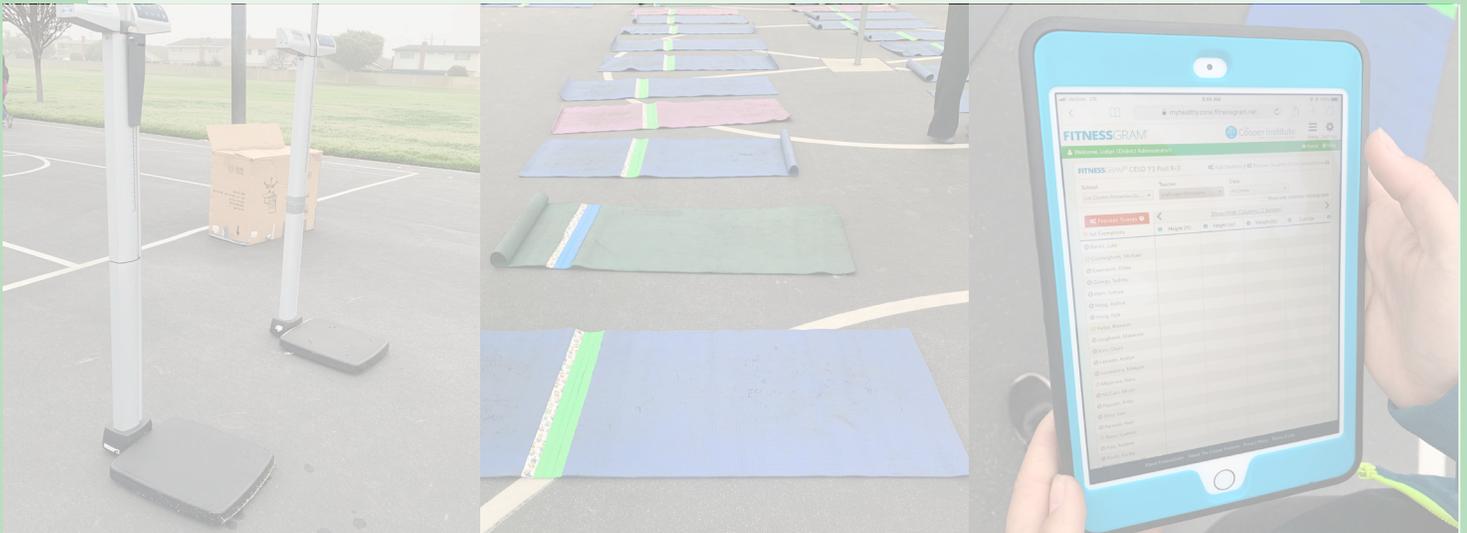


F i t n e s s T e s t i n g

Physical Education



Celina Gines
Desn 280



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Meet Liora

Age: 23
Gender: Female
Location: Irvine, Ca
Education: Current student at Cal State Fullerton
Major: Kinesiology; Physical Education
Occupation: Physical Education Teacher
Marital Status: Single



Persona Board

Artifact Board

Traits

- 1. Hard working
- 2. Headstrong
- 3. Smart
- 4. Loving
- 5. Kind
- 6. Compassionate

Values

- 1. Quality
- 2. Appearance
- 3. Comfortable
- 4. Functional
- 5. Durability

Goals

- Stay Fit
- Live a Healthy life style
- Provide children with access to information on living a healthy life.

Brands



Products



Trendy



Sporty



Chic



Fitness Testing

As a Physical Education teacher, Liora is required to carry out fitness tests towards the end of every quarter of the school year. The tests include; sit and reach, pushups, and a weight assesment. The results found from these tests are sent to the district and depending on the average fitness level score, the district determines whether they need more funding for physcial education.

01 Prep.



The children were required to wear odometers during the fitness test in order to gage the ammount of steps taken during the test. The first thing Liora did was *sort the odometers* to their corresponding name tags.

Tools: Odometers & Name Tags

Pain:
Having to manually sort over 200 odometers to the name tags.

Pleasure:
The odometers counted the steps of the children, instead of Liora having to count their steps.

02 Equipment Setup: Yoga Mats.



Liora had to *setup the equipment* for the fitness tests, starting with the *yoga mats*. Each mat was rolled up in a garbage bag, and she had to unroll and place the twenty yoga mats on the blackop.

Tools: Yoga mat

Pain:
Had to unroll every single yoga mat and place them on the floor.

Pleasure:
The yoga mat made it more comfortable to do pushups on the blacktop.

03 Equipment Setup: Sit and Reach.



Next, Liora had to *set up the sit and reach test* which was comprised of a yoga mat and a measuring tool whereas you place your foot under the tool (in the grey area) and reach as far as you can (in the blue area). The slider tool is then used to see how far you have reached on the blue part.

Pain:
The equipment was heavy and hard to handle when in trasnport.

Pleasure:
The measuring tool made it easier for her to test the flexibility of the children.

04 Equipment Setup: Scales.



Liora then had to setup the last test which was the *wieght assesment portion*. Regular stand up scales were used in this portion of the test.

Tools: Weight Scales

Pain:
The equipment was heavy and hard to handle when in transport.

Pleasure:
Was able to easily record weight of children with the digital technology.

05 Pushup testing.



The assignment of *carrying out the pushup testing* was given to Liora. She instructed the children to find a yoga mat of their own.

Tools: Yoga mat

Pain:
Some of the children didn't listen to Liora and misbehaved by sharing mats.

Pleasure:
The mats were good placeholders of where to sit.

06 Demonstrating a pushup.



Liora had to then *demonstrate how to properly do a pushup* in order to ensure that the children won't get hurt trying to do one.

1. Get into plank position with toes touching the ground, and palms flat on the ground shoulder width apart.
2. Push down on your hands keeping arms close to the body, putting your body parallel to the ground.
3. Push back up on your hands keeping your back flat and your butt down.

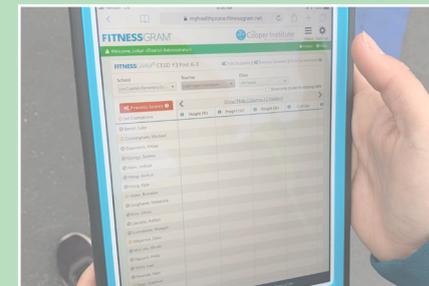
07 Counting Pushups.

Liora was then required to go up to each individual child and count *how many pushups each child can do* until they can't do anymore.

Pain:
Had to sit and count each pushup that every child did.

Pleasure:
The children listened to her and tried to perform the best they could.

08 Recording findings.



Liora then had to *record her findings on each child* on an app on her work ipad.

Tools: Ipad & App

Pain:
All the data had to be manually entered.

Pleasure:
The app and the ipad made it easy to send results.

Analysis of Needs

Functional

Tools that are Durable and can withstand the wear of children playing with the testing objects.

During physical education fitness testing it is important that the tools are used are easy to understand and have simple aspects to them due to the fact that younger children have a lower attention span and will lose interest if a product is too hard to use.

It is important for fitness testing tools to be able to demonstrate the physicality that is being tested for that specific portion of the fitness testing.

In a fitness test, you are testing the ability of the children and measuring them on a scale of how fit they truly are. Compared to an average, you can tell if a child is physically fit. When creating products for this specific use, it is important that the physical portion that is being tested is shown, and that specific tool demonstrates the child ability.

The specific buyer that would be interested in a tool like this would be a physical education teacher, coach, trainer, or physical therapist.

These tools would apply to consumers who are in the industry of health and wellness. More typically, someone who is interested in their health and is conscious of how they treat their body. You would find this tool at a sports, or nutrition store.

Physical

Marketing

Environmental

It is necessary that this tool be used in an outdoor or active setting.

Fitness typically takes place outdoors or in a gym. The tools used for fitness should be suitable for either of those locations and should have quality traits that can withstand outdoor activity in the case that the tool is taken outside.

In addition, fitness testing usually takes place in open settings where there is a lot of ventilation due to the sweat that a human can produce during fitness. The tool should be versatile and able to use in a humid setting.

The tools that are used in Fitness testing should push the user into performing in his/her highest ability in a safe manner.

Mental Psychological

In addition to allowing the child to perform at their highest ability, it is important that form follows function; that the tool is ergonomically correct. Due to the circumstance that Liora is fitness testing at a school, it is necessary that the tools account for children. For example, the tool should be smaller to account for their smaller extremities so they are not pushing themselves to work on a full grown adult tool, causing them to injure themselves.

