

# REFERENCES

- Abernethy, B., J. Summers, and S. Ford. 1998. Issues in the measurement of attention. In *Advances in sport and exercise psychology measurement*, ed. J. Duda. Morgantown, WV: Fitness Information Technology.
- Ainsworth, B., W. Haskell, A. Leon, D. Jacobs, H. Montoye, J. Sallis, and R. Paffenbarger. 1993. Compendium of physical activities: Classification of energy costs of human physical activities. *Medicine and Science in Sports and Exercise* 25:71-80.
- Ainsworth, B.E., W.L. Haskell, M.C. Whitt, M.L. Irwin, A.M. Swartz, S.J. Strath, W.L. O'Brien, D.R. Bassett Jr., K.H. Schmitz, P.O. Emplainscourt, D.R. Jacobs Jr., and A.S. Leon. 2000. Compendium of physical activities: An update of activity codes and MET intensities. *Medicine and Science in Sports and Exercise* 32(Suppl.):498-504.
- Ainsworth, B.E., and C.E. Matthews. 2001. Descriptive research in physical activity epidemiology. In *Research methods in physical activity*, 4th ed., ed. J.R. Thomas and J.K. Nelson, 291-308. Champaign: Human Kinetics.
- American Alliance for Health, Physical Education, Recreation and Dance. 1980. *Health-related physical fitness test manual*. Reston, VA: AAHPERD.
- . 1985. *Norms for college students: Health-related physical fitness test*. Reston, VA: AAHPERD.
- . 1988. *Physical best*. Reston, VA: AAHPERD.
- American College of Sports Medicine (ACSM). 2010a. *ACSM's guidelines for exercise testing and prescription*. 8th ed. Philadelphia: Lea & Febiger.
- . 2010b. *ACSM's health-related physical fitness assessment manual*. 3rd ed. Philadelphia: Lippincott, Williams & Wilkins.
- . 2010c. *ACSM's resource manual for guidelines for exercise testing and prescription*. 6th ed. Philadelphia: Lea & Febiger.
- American Heart Association. 1994. *Heart and stroke facts*. Dallas: American Heart Association.
- American Psychological Association. 1999. *Standards for educational and psychological testing*. Washington, DC: American Psychological Association.
- American Red Cross. 2009. *American Red Cross water safety instructor's manual*. St. Louis: Mosby Lifeline.
- Anderson, L.W., and D.R. Krathwohl, eds. 2001. *A taxonomy for learning, teaching and assessing: A revision of Bloom's taxonomy of educational objectives: Complete edition*. New York: Longman.
- Anshel, M. 1987. Psychological inventories used in sport psychology research. *Sport Psychologist* 1:331-349.
- Åstrand, P., and I. Rhyming. 1954. A nomogram for calculation of aerobic capacity (physical fitness) for pulse rate during submaximal work. *Journal of Applied Physiology* 7:218-221.
- Barlow, D.A. 1970. Relation between power and selected variables in the vertical jump. In *Selected topics on biomechanics*, ed. J.M. Cooper, 233-241. Chicago: Athletic Institute.
- Barrow, H.M. 1954. Test of motor ability for college men. *Research Quarterly* 25:253-260.
- Bartlett, J., L. Smith, K. Davis, and J. Peel. 1991. Development of a valid volleyball skills test battery. *Journal of Physical Education and Dance* 62(2):19-21.
- Bass, B.M. 1962. *The orientation inventory*. Palo Alto, CA: Consulting Psychologists Press.
- Bass, R.I. 1939. An analysis of the components of tests of semicircular canal function and static and dynamic balance. *Research Quarterly* 2:33-52.
- Battinelli, T. 1984. From motor ability to motor learning, the generality-specificity connection. *Physical Educator* 41(3):108-113.
- Baumgartner, T.A., A.S. Jackson, M.T. Mahar, and D.A. Rowe. 2006. *Measurement for evaluation in physical education and exercise science*. 8th ed. Dubuque, IA: McGraw-Hill.
- Berger, R.A. 1966. Relationship of chinning strength to total dynamic strength. *Research Quarterly* 37:431-432.
- Blair, S. 1992. Are American children and youth fit? The need for better data. *Research Quarterly for Exercise and Sport* 63:120-123.
- Blair, S., W. Kannel, H. Kohl, and N. Goodyear. 1989. Surrogate measures of physical activity and physical fitness: Evidence for sedentary traits of resting tachycardia, obesity, and low vital capacity. *American Journal of Epidemiology* 129:1145-1156.
- Blair, S., H. Kohl, R. Paffenbarger, D. Clark, K. Cooper, and L. Gibbons. 1989. Physical fitness and all-cause mortality: A prospective study of healthy men and women. *Journal of the American Medical Association* 262:2395-2401.
- Blair, S.N., J.B. Kampert, H.W. Kohl, III, C.E. Barlow, C.A. Macera, R.S. Paffenbarger Jr., and L.W. Gibbons. 1996. Influence of cardiorespiratory fitness and other precursors on cardiovascular disease and all-cause mortality in men and women. *Journal of the American Medical Association* 276:205-210.
- Bloom, B.S., ed. 1956. *Taxonomy of educational objectives: Cognitive domain*. New York: McKay.
- Bloom, G., D. Stevens, and T. Wickwire. 2003. Expert coaches' perceptions of team building. *Journal of Applied Sport Psychology* 15:129-143.
- Bond, J., and G. Sargent. 1995. Concentration skills in sport: An applied perspective. In *Sport psychology: Theory, applications and issues*, ed. T. Morris and J. Summers, 386-419. Brisbane: Wiley.
- Booth, M.L., A. Okely, T. Chey, and A. Bauman. 2002. The reliability and validity of the Adolescent Physical Activity Recall Questionnaire. *Medicine and Science in Sports and Exercise* 34:1986-1995.
- Borg, G. 1962. *Physical performance and perceived exertion*. Lund, Sweden: Gleerup.
- . 1998. *Borg's perceived exertion and pain scales*. Champaign, IL: Human Kinetics.
- Brace, D.K. 1927. *Measuring motor ability*. New York: Barnes.
- Brawley, L.R., A.V. Carron, and W.N. Widmeyer. 1987. Assessing the cohesion of teams: Validity of the Group Environment Questionnaire. *Journal of Sport Psychology* 9:275-294.
- Briere, N., R. Vallerand, M. Blais, M., and L. Pelletier. 1995. Development and validation of the French form of the Sport Motivation Scale. *International Journal of Sport Psychology* 26:465-489.
- Brown, L.E., ed. 2000. *Isokinetics in human performance*. Champaign, IL: Human Kinetics.
- Bungum, T.J., D.L. Peaslee, A.W. Jackson, and M.A. Perez. 2000. Exercise during pregnancy and type of delivery in nulliparae. *Journal of Obstetric, Gynecologic, and Neonatal Nursing* 29:258-264.
- Burton, D. 1988. Do anxious swimmers swim slower? Reexamining the elusive anxiety-performance relationship. *Journal of Sport and Exercise Psychology* 10:45-61.



- Carron, A.V., L.R. Brawley, and W.N. Widmeyer. 1998. The measurement of cohesiveness in sport groups. In *Advances in sport and exercise psychology measurement*, ed. J. Duda, 213-226. Champaign, IL: Human Kinetics.
- Carron, A.V., W.N. Widmeyer, and L.R. Brawley. 1985. The development of an instrument to assess cohesion in sport teams: The Group Environment Questionnaire. *Journal of Sport Psychology* 7:244-266.
- Caspersen, C. 1989. Physical activity epidemiology: Concepts, methods, and applications to exercise science. In *Exercise and sport science reviews*, ed. K. Pandolph, 423-473. Baltimore: Williams & Wilkins.
- Clarke, H.H., and H.A. Bonesteel. 1935. Equalizing the ability of intramural teams at a small high school. *Research Quarterly Supplement* 6(March):193-196.
- Clarke, H.H., and R. Munroe. 1970. *Test manual: Oregon cable tension strength test batteries for boys and girls from fourth grade through college*. Eugene, OR: Microcard Publications in Health, Physical Education, and Recreation.
- Coleman, R., S. Wilkie, L. Viscio, S. O'Hanley, J. Porcari, G. Kline, B. Keller, S. Hsieh, P. Freedson, and J. Rippe. 1987. Validation of 1-mile walk test for estimating  $\dot{V}O_2$ max in 20-29 year olds [Abstract]. *Medicine and Science in Sports and Exercise* 19(Suppl. 2):S29.
- Collins, D.R., and P.B. Hodges. 2001. *A comprehensive guide to sports skills tests and measurement*. 2nd ed. Lanham, MD: Rowman & Littlefield.
- Considine, W.J. 1970. A validity analysis of selected leg power tests utilizing a force platform. In *Selected topics on biomechanics*, ed. J.M. Cooper, 243-250. Chicago: Athletic Institute.
- Cooper, K. 1968. A means for assessing maximal oxygen intake. *Journal of the American Medical Association* 203:201-204.
- Cooper Institute for Aerobics Research. 1987. *FITNESSGRAM*. Dallas, TX: Cooper Institute for Aerobics Research.
- . 1992. *FITNESSGRAM*. Dallas, TX: Cooper Institute for Aerobics Research.
- . 1999. *FITNESSGRAM test administration manual*. 2nd ed. Champaign, IL: Human Kinetics.
- . 2004. *FITNESSGRAM/ACTIVITYGRAM test administration manual*. 3rd ed. Champaign, IL: Human Kinetics.
- . 2007. *FITNESSGRAM/ACTIVITYGRAM test administration manual*. 4th ed. Champaign, IL: Human Kinetics.
- Corbin CB, Lindsey R. *Fitness for Life*. 5th ed. Champaign, IL: Human Kinetics; 2005.
- Cox, J. 1997. *Your opinion, please! How to build the best questionnaires in the field of education*. Thousand Oaks, CA: Sage.
- Craft, L., M. Magyar, B. Becker, and D. Feltz. 2003. The relationship between the Competitive State Anxiety Inventory-2 and sport performance: A meta-analysis. *Journal of Sport and Exercise Psychology* 25:44-65.
- Culver, D., W. Gilbert, and P. Trudel. 2003. A decade of qualitative research in sport psychology journals—1990-1999. *Sport Psychologist* 17:1-15.
- Cureton, K.J., and G.L. Warren. 1990. Criterion-referenced standards for youth health-related fitness tests: A tutorial. *Research Quarterly for Exercise and Sport* 61:7-19.
- Danielson, C. 1997. Designing successful performance tasks and rubrics. Audio cassette tape #297072. Recorded live at the 52nd Annual Conference ASCD, Baltimore, March 22-25, 1997. Alexandria, VA: Association for Supervision and Curriculum Development. Read by author.
- Dennison, B., J.H. Straus, D. Mellits, and E. Charney. 1988. Childhood physical fitness tests: Predictor of adult physical activity levels? *Pediatrics* 82:324-330.
- Dewey, D., L. Brawley, and F. Allard. 1989. Do the TAIS attentional style scales predict how visual information is processed? *Journal of Sport and Exercise Psychology* 11:171-186.
- Disch, C.F., and J.G. Disch. 1979. Predictive analysis of a battery of anthropometric and motor performance tests for classifications of male volleyball players. *Volleyball Technical Journal* 4:93-98.
- Disch, J.G. 1978. The construction and analysis of a test battery related to volleyball playing capacity in females. Report No. ED 148815. Washington, DC: ERIC Clearinghouse in Teacher Education.
- . 1979. A factor analysis of selected tests for speed of body movement. *Journal of Human Movement Studies* 5:141-151.
- Disch, J.G., and S.C. Disch. 2005. Performance testing athletes. *Olympic Coach* 17(3):17-21.
- Dishman, R.K., and W. Ickes. 1981. Self-motivation and adherence to therapeutic exercise. *Journal of Behavioral Medicine* 4:421-436.
- Docherty, D., ed. 1996. *Measurement in pediatric exercise science*. Champaign, IL: Human Kinetics.
- Doyle, J., and G. Parfitt. 1996. Performance profiling and predictive validity. *Journal of Applied Sports Psychology* 8:160-170.
- Duda, J. 1998. *Advances in sport and exercise psychology measurement*. Morgantown, WV: Fitness Information Technology.
- Duda, J.L. 1989. Relationship between task and ego orientation and the perceived purpose of sport among high school athletes. *Journal of Sport and Exercise Psychology*, 11:318-335
- Ebel, R. 1965. *Measuring educational achievement*. Englewood Cliffs, NJ: Prentice-Hall.
- Ekelund, L., W. Haskell, J. Johnson, F. Whaley, M. Criqui, and D. Sheps. 1988. Physical fitness as a predictor of cardiovascular mortality in asymptomatic North American men. *New England Journal of Medicine* 319:1379-1384.
- Ellenbrand, D.A. 1973. *Gymnastics skills tests for college women*. Unpublished master's thesis, Indiana University, Bloomington.
- Engelman, M.E., and J.R. Morrow Jr. 1991. Reliability and skinfold correlates for traditional and modified pull-ups in children grades 3-5. *Research Quarterly for Exercise and Sport* 62:88-91.
- Eysenck, H.J., and S.B.G. Eysenck. 1968. *Eysenck Personality Inventory manual*. London: University of London Press.
- Ezzell, G., J. Smith, and A. Jackson. 1991. One-mile run results in youth: A comparison of natural criterion-referenced standards [Abstract]. *Medicine and Science in Sports and Exercise* 23:S30.
- Feuer, M., and K. Fulton. 1993. The many faces of performance assessment. *Phi Delta Kappan* 74:478.
- Fiatarone, M.A., E.F. O'Neill, N.D. Ryan, K.M. Clements, G.R. Solares, M.E. Nelson, S.B. Roberts, J.J. Kehayias, L.A. Lipsitz, and W.J. Evans. 1994. Exercise training and nutritional supplementation for physical frailty in very elderly people. *New England Journal of Medicine* 330:1769-1775.
- FitzGerald, S.J., C. E. Barlow, J.B., Kampert, J.R., Morrow, Jr., A.W. Jackson, S.N., & Blair. 2004. Muscular fitness and all-cause mortality: Prospective observations. *Journal of Physical Activity & Health* 1:7-18.
- Fleishman, E.A. 1964. *The structure and measurement of physical fitness*. Englewood Cliffs, NJ: Prentice-Hall.
- Fleishman, E.A., and M.K. Quaintance. 1984. *Taxonomies of human performance*. New York: Academic Press.
- Ford, S., and J. Summers. 1992. The factorial validity of the TAIS attentional style subscales. *Journal of Sport and Exercise Psychology* 14:283-297.
- Fox, K., and C. Corbin. 1989. The Physical Self-Perception Profile: Development and preliminary validation. *Journal of Sport and Exercise Psychology* 11:408-430.



- Getchell, L.H., D. Kirkendall, and G. Robbins. 1977. Prediction of maximal oxygen uptake in young adult women joggers. *Research Quarterly* 48:61-67.
- Glaser, R., and D.J. Klaus. 1962. Proficiency measurement: Assessing human performance. In *Psychological principles in systems development*, ed. R.M. Gagne, 419-474. New York: Holt, Rinehart & Winston.
- Glass, G.V., and K.D. Hopkins. 1996. *Statistical methods in education and psychology*. 3rd ed. Englewood Cliffs, NJ: Prentice-Hall.
- Golding, L., C. Myers, and W. Sinning. 1989. *Y's way to physical fitness*. Champaign, IL: Human Kinetics.
- Goldsmith, W. 2005. Testing. How, why, who, what, and when (and how to make sense of it). *Olympic Coach* 17(3):13-16.
- Gould, D., K. Dieffenbach, and A. Moffett. 2002. Psychological characteristics and their development in Olympic champions. *Journal of Applied Sport Psychology* 14:172-204.
- Gould, D., R. Horn, and J. Spreeman. 1984. Competitive anxiety in junior elite wrestlers. *Journal of Sport Psychology* 5:58-71. (Available from Dr. Daniel Gould, Department of Exercise and Sport Science, University of North Carolina, Greensboro, NC 27412)
- Graves, J., M. Pollock, D. Carpenter, S. Leggett, A. Jones, M. MacMillan, and M. Fulton. 1990. Quantitative assessment of full range-of-motion isometric lumbar extension strength. *Spine* 15:289-294.
- Green, K.N., W.B. East, and L.D. Hensley. 1987. A golf skills test battery for college males and females. *Research Quarterly for Exercise and Sport* 58:72-76.
- Gronlund, N.E. 1993. *Assessment of student achievement*. 6th ed. Boston: Allyn & Bacon.
- Grove, J.R. 2001. Practical screening tests for talent identification in baseball. *Applied Research in Coaching and Athletics Annual* 16:63-77.
- Gucciardi, D., S. Gordon, and J. Dimmock. 2008. Toward an understanding of mental toughness in Australian football. *Journal of Applied Sport Psychology* 20:261-281.
- Guskey, T., and J. Bailey. 2001. *Developing grading and reporting systems for student learning*. Thousand Oaks, CA: Corwin Press.
- Hagberg, J.M., J.E. Graves, M. Limacher, D.R. Woods, S.H. Leggett, C. Cononie, J. Gruber, and M.L. Pollock. 1989. Cardiovascular responses of 70-79 year old men and women to exercise training. *Journal of Applied Physiology* 66:2589-2594.
- Hall, C., D. Mack, A. Paivio, and H.A. Hausenblas. 1998. Imagery use by athletes: Development of the Sport Imagery Questionnaire. *International Journal of Sport Psychology* 29:73-89.
- Hall, G., R. Hetzler, D. Perrin, and A. Weltman. 1992. Relationship of timed sit-up tests to isokinetic abdominal strength. *Research Quarterly for Exercise and Sport* 63:80-84.
- Harris, M.L. 1969. A factor analytic study of flexibility. *Research Quarterly* 40:62-70.
- Harrow, A.J. 1972. *A taxonomy of the psychomotor domain*. New York: McKay.
- Henry, F.M. 1956. Coordination and motor learning. In *59th Proceedings of the Annual College Physical Education Association*, 68-75. Washington, DC.
- . 1958. Specificity vs. generality in learning motor skills. In *61st Annual Proceedings of the College Physical Education Association*, 126-128. Washington, DC.
- Hensley, L.D., ed. 1989. *Tennis for boys and girls: Skills test manual*. Reston, VA: AAHPERD.
- Hensley, L.D., and W.B. East. 1989. Testing and grading in the psychomotor domain. In *Measurement concepts in physical education and exercise science*, ed. M.J. Safrit and T.M. Wood, 297-321. Champaign, IL: Human Kinetics.
- Hensley, L.D., W.B. East, and J.L. Stillwell. 1979. A racquetball skills test. *Research Quarterly* 50:114-118.
- Hensley, L., L. Lambert, T. Baumgartner, and J. Stillwell. 1987. Is evaluation worth the effort? *Journal of Physical Education, Recreation and Dance* 58(6):59-62.
- Herman, J.L., P.R. Aschbacher, and L. Winters. 1992. *A practical guide to alternative assessment*. Alexandria, VA: Association for Supervision and Curriculum Development.
- Holt, N., and A. Sparkes. 2001. An ethnographic study of cohesiveness in a college soccer team over a season. *Sport Psychologist* 15:237-259.
- Hopkins, D.R., J. Schick, and J.J. Plack. 1984. *Basketball for boys and girls: Skills test manual*. Reston, VA: AAHPERD.
- Howley, E.T., and B.D. Franks. 2007. *Health fitness instructor's handbook*. 5th ed. Champaign, IL: Human Kinetics.
- Imwold, C., R. Rider, and D. Johnson. 1982. The use of evaluation in public school physical education programs. *Journal of Teaching in Physical Education* 2(1):13-18.
- Jackson, A.S., S.N. Blair, M.T. Mahar, L.T. Wier, R.M. Ross, and J.E. Stuteville. 1990. Prediction of functional aerobic capacity without exercise testing. *Medicine and Science in Sports and Exercise* 22:863-870.
- Jackson, A.S., and R.J. Frankiewicz. 1975. Factorial expressions of muscular strength. *Research Quarterly* 46:206-217.
- Jackson, A.S., and M. Pollock. 1978. Generalized equations for predicting body density of men. *British Journal of Nutrition* 40:497-504.
- Jackson, A.S., M. Pollock, and A. Ward. 1980. Generalized equations for predicting body density of women. *Medicine and Science in Sports and Exercise* 12:175-182.
- Jackson, A.W., and A. Baker. 1986. The relationship of the sit and reach test to criterion measures of hamstring and back flexibility in young females. *Research Quarterly for Exercise and Sport* 57:183-186.
- Jackson, A.W., A.S. Jackson, and J. Bell. 1980. A comparison of alpha and the intraclass reliability coefficients. *Research Quarterly for Exercise and Sport* 51:568-571.
- Jackson, A.W., and N. Langford. 1989. The criterion-related validity of the sit and reach test: Replication and extension of previous findings. *Research Quarterly for Exercise and Sport* 60:384-387.
- Jackson, A.W., J.R. Morrow Jr., H.R. Bowles, S.J. FitzGerald, and S.N. Blair. Construct validity evidence for single-response items to estimate physical activity levels in large sample studies. *Research Quarterly for Exercise and Sport* 78:24-31.
- Jackson, A.W., J.R. Morrow Jr., P.A. Brill, H.W. Kohl, III, N.F. Gordon, and S.N. Blair. 1998. Relations of sit-up and sit-and-reach tests to low back pain in adults. *Journal of Orthopaedic and Sports Physical Therapy* 27(1):22-26.
- Jackson, A.W., J. Solomon, and M. Stusek. 1992. One-mile walk test: Reliability, validity, and norms for young adults [Abstract]. *Research Quarterly for Exercise and Sport* 63:A52.
- Jackson, A.W., M. Watkins, and R. Patton. 1980. A factor analysis of twelve selected maximal isotonic strength performances on the universal gym. *Medicine and Science in Sports and Exercise* 12:274-277.
- Jacobs, D., B. Ainsworth, T. Hartman, and A. Leon. 1993. A simultaneous evaluation of 10 commonly used physical activity questionnaires. *Medicine and Science in Sports and Exercise* 25:81-91.



- Jensen, C., and C. Hirst. 1980. *Measurement in physical education and athletics*. New York: Macmillan.
- Johnson, B., and J. Nelson. 1979. *Practical measurements for evaluation in physical education*. 3rd ed. Minneapolis: Burgess.
- Jurca, R., A.S. Jackson, M.L. LaMonte, J.R. Morrow Jr., S.N. Blair, N.J. Wareham, W.L. Haskell, M.W. van Mechelen, T.S. Church, J.M. Jakicic, and R. Laukkanen. 2005. Assessing cardiorespiratory fitness without performing exercise testing. *American Journal of Preventive Medicine* 29:185-193.
- Kelly, G.A. 1955. *The psychology of personal constructs*. New York: Norton.
- Kenyon, G.S. 1968a. A conceptual model for characterizing physical activity. *Research Quarterly* 39:96-105.
- . 1968b. Six scales for assessing attitude toward physical activity. *Research Quarterly* 39:566-574.
- Kirby, R.F., ed. 1991. *Kirby's guide to fitness and motor performance tests*. Cape Girardeau, MO: Ben Oak.
- Kirk, M.F. 1997. Using portfolios to enhance student learning and assessment. *Journal of Physical Education, Recreation and Dance* 68(7):29-33.
- Kline, G., J. Porcari, R. Hintermeister, P. Freedson, A. Ward, R. McCarron, J. Ross, and J. Rippe. 1987. Estimation of  $\dot{V}O_2$  max from a one-mile track walk, gender, age, and body weight. *Medicine and Science in Sports and Exercise* 19:253-259.
- Kneer, M. 1986. Description of physical education instruction theory/practice gap in selected secondary schools. *Journal of Teaching in Physical Education* 5(2):91-106.
- Krathwohl, D.R., B.S. Bloom, and B.A. Masia. 1964. *Taxonomy of educational objectives: Handbook II: The affective domain*. New York: McKay.
- Larson, L.A. 1941. A factor analysis of motor ability variables and tests, with test for college men. *Research Quarterly* 12:499-517.
- Last, J. 1992. *Dictionary of epidemiology*. 2nd ed. New York: Oxford University.
- Leone, M., G. Lariviere, and A.S. Comtois. 2002. Discriminant analysis of anthropometric and biomotor variables among elite adolescent female athletes in four sports. *Journal of Sport Sciences* 20:443-449.
- Li, F. 1999. The Exercise Motivation Scale: Its multifaceted structure and construct validity. *Journal of Applied Sport Psychology* 11:97-115.
- Lohman, T. 1989. Assessment of body composition in children. *Pediatric Exercise Science* 1:19-30.
- Looney, M.A. 2003. Facilitate learning with a definitional grading system. *Measurement in Physical Education and Exercise Science* 7:269-275.
- Looney, M., and S. Plowman. 1990. Passing rates of American children and youth on the FITNESSGRAM criterion-referenced physical fitness standards. *Research Quarterly for Exercise and Sport* 61:215-223.
- Lund, J.L. 2000. *Creating rubrics for physical education*. Reston, VA: National Association for Sport and Physical Education.
- Lund, J., and M. Kirk. 2010. *Performance-based assessment for middle and high school physical education*. Champaign, IL: Human Kinetics.
- MacDougall, J.D., and H.A. Wenger. 1991. The purpose of physiological testing. In *Physiological testing of the high performance athlete*, 2nd ed., ed. J.D. MacDougall, H.A. Wenger, and H.J. Green, 1-5. Champaign, IL: Human Kinetics.
- Mahar, M.T., D.A. Rowe, C.R. Parker, F.J. Mahar, D.M. Dawson, and J.E. Holt. 1997. Criterion-referenced and norm-referenced agreement between the mile run/walk and PACER. *Measurement in Physical Education and Exercise Science* 1(4):245-258.
- Mahoney, M., T. Gabriel, and T. Perkins. 1987. Psychological skills and exceptional athletic performance. *Sport Psychologist* 1:181-199.
- Marcus, B.H., S.W. Banspach, R.C. Lefebvre, J.S. Rossi, R.A. Carleton, and D.B. Abrams. 1994. Using the stages of change model to increase the adoption of physical activity among community participants. *American Journal of Health Promotion* 6:424-429.
- Marcus, B.H., V.C. Selby, R.S. Niaura, and J.S. Rossi. 1992. Self-efficacy and the stages of exercise behavior change. *Research Quarterly for Exercise and Sport* 63:60-66.
- Marcus, B.H., and L. Simkin. 1993. The stages of exercise behavior. *Journal of Sports Medicine and Physical Fitness* 33:83-88.
- Markland, D., and L. Hardy. 1993. The Exercise Motivation Inventory: Preliminary development and validity of a measure of individuals' reasons for participation in physical activity. *Personality and Individual Differences* 15:289-296.
- Martens, R. 1977. *Sport competition anxiety test*. Champaign, IL: Human Kinetics.
- Martens, R., D.M. Landers, and J. Loy. 1971. *Sport cohesiveness questionnaire*. Champaign: University of Illinois, Department of Physical Education.
- Martens, R., R. Vealey, and D. Burton. 1990. *Competitive anxiety in sport*. Champaign, IL: Human Kinetics.
- Martin, R.H. 1983. Effectiveness of attentional focus and basketball free-throw percentage: An attempt at prediction. Unpublished master's thesis, California State University, Fullerton.
- Marzano, R.J., D. Pickering, and J. McTighe. 1993. *Assessing student outcomes: Performance assessment using the dimensions of learning model*. Alexandria, VA: Association for Curriculum and Development.
- Matanin, M., and D. Tannehill. 1994. Assessment and grading in physical education. *Journal of Teaching in Physical Education* 13:395-405.
- Mayhew, T., and J. Rothstein. 1985. Measurement of muscle performance with instruments. In *Measurement in physical therapy*, ed. J. Rothstein, 57-102. New York: Churchill Livingstone.
- McCloy, C.H. 1932. *The measurement of athletic power*. New York: Barnes.
- McKenzie, T.L., D.A. Cohen, A. Sehgal, S. Williamson, and D. Golinelli. 2006. System for Observing Play and Leisure Activity in Communities (SOPARC): Reliability and feasibility measures. *Journal of Physical Activity and Health* 1:S203-217.
- McKenzie, T.L., S.J. Marshall, J.F. Sallis, and T.L. Conway. 2000. Leisure-time physical activity in school environments: An observational study using SOPLAY. *Preventive Medicine* 30:70-77.
- McKenzie, T.L., J.F. Sallis, and P.R. Nader. 1991. SOFIT: System for Observing Fitness Instruction Time. *Journal of Teaching in Physical Education* 11:195-205.
- McKenzie, T.L., J.F. Sallis, T.L. Patterson, J.P. Elder, C.C. Berry, J.W. Rupp, C.J. Atkins, M.J. Buono, and P.R. Nader. 1991. BEACHES: An observational system for assessing children's eating and physical activity behaviors and associated events. *Journal of Applied Behavior Analysis* 24:141-151.
- McNair, D.M., M. Lorr, and L.F. Droppleman. 1971. *EDITS manual for POMS*. San Diego: Educational and Industrial Testing Service.
- Melograno, V. 2000. *Portfolio assessment for K-12 physical education*. Reston, VA: National Association for Sport and Physical Education Publications.
- Messick, S. 1995. Standards of validity and the validity of standards in performance assessment. *Educational Measurement: Issues and Practice* 14(1):5-8.



- Miller, M.D., and S.M. Legg. 1993. Alternative assessment in a high-stakes environment. *Educational Measurement: Issues and Practice* 12(3):9-15.
- Miller, P. 1985. Assessment of joint motion. In *Measurement in physical therapy*, ed. J. Rothstein, 103-136. New York: Churchill Livingstone.
- Mintah, J.K. 2003. Authentic assessment in physical education: Prevalence of use and perceived impact on students' self-concept, motivation, and skill achievement. *Measurement in Physical Education and Exercise Science* 7(3):161-174.
- Montoye, H.J., H.C. Kemper, W.H.M. Saris, and R.A. Washburn. 1996. *Measuring physical activity and energy expenditure*. Champaign, IL: Human Kinetics.
- Mood, D.P., Jackson, A.W., & Morrow, J.R., Jr. 2007. Measurement of physical fitness and physical activity: Fifty years of change. *Measurement in Physical Education and Exercise Science* 11:217-227.
- Morgan, W.P. 1980. Test of champions: The iceberg profile. *Psychology Today* (July):92-93, 97-99, 102, 108.
- Morgan, W.P., and R.W. Johnson. 1978. Psychological characteristics of successful and unsuccessful oarsmen. *International Journal of Sport Psychology* 11:38-49.
- Morgan, W.P., and M.L. Pollock. 1977. Psychologic characterization of the elite distance runner. *Annals of the New York Academy of Science* 301:382-403.
- Morris, L., D. Davis, and C. Hutchins. 1981. Cognitive and emotional components of anxiety: Literature review and revised worry-emotionality scale. *Journal of Education Psychology* 73:541-555.
- Morrow, J.R. Jr. 2005. Are American children and youth fit? It's time we learned. *Research Quarterly for Exercise and Sport* 76:377-388.
- Morrow, J.R. Jr., and A. Ede. 2009. Statewide physical fitness testing: A BIG waist or a BIG waste? *Research Quarterly for Exercise and Sport* 80:696-701.
- Morrow, J.R. Jr., T. Fridye, and S. Monaghan. 1986. Generalizability of the AAHPERD health-related skinfold test. *Research Quarterly for Exercise and Sport* 57:187-195.
- Morrow, J.R. Jr., A. Jackson, P. Bradley, and H. Hartung. 1986. Accuracy of measured and predicted residual lung volume on body density measurement. *Medicine and Science in Sports and Exercise* 18:647-652.
- Morrow, J.R., Jr., and W. Zhu. 2008. Physical fitness standards for children. In G.W. Welk and M.D. Meredith (Eds.), *FITNESSGRAM®/ACTIVITYGRAM® reference manual* (3rd ed.) (pp 7-1 to 7-14). Dallas: Cooper Institute.
- Morrow, J.R. Jr., W. Zhu, B.D. Franks, M.D. Meredith, and C. Spain. 2009. 1958-2008: 50 years of youth fitness tests in the United States. *Research Quarterly for Exercise and Sport* 80:1-11.
- Murray, T.D., J.L. Walker, A.S. Jackson, J.R. Morrow Jr., J.A. Eldridge, and D.L. Rainey. 1993. Validation of a 20-minute steady-state jog as an estimate of peak oxygen uptake in adolescents. *Research Quarterly for Exercise and Sport* 64:75-82.
- National Association for Sport and Physical Education. 2004. *Moving into the future: National standards for physical education*. Reston, VA: NASPE.
- National Center for Health Statistics. 2008. *Health, United States, 2002 with chartbook on trends in the health of Americans*. Hyattsville, MD: National Center for Health Statistics.
- Neilson, N.P., and F.W. Cozens. 1934. *Achievement scales in physical education activities for boys and girls in elementary and junior high schools*. New York: Barnes.
- Nelson, J.K., S.H. Yoon, and K.R. Nelson. 1991. A field test for upper body strength and endurance. *Research Quarterly for Exercise and Sport* 62:436-441.
- Nideffer, R.M. 1976. Test of attentional and interpersonal style. *Journal of Personality and Social Psychology* 34:394-404.
- Nideffer, R.M. 2007. Reliability and validity of the Attentional and Interpersonal Style (TAIS) inventory concentration scales. In *Essential readings in sport and exercise psychology*, 265-277. Champaign, IL: Human Kinetics.
- Nieman, D.C. 1995. *Fitness and sports medicine: A health-related approach*. 3rd ed. Mountain View, CA: Mayfield.
- Nitko, A.J. 1984. Defining "criterion-referenced test." In *A guide to criterion-referenced test construction*, ed. R.A. Berk, 8-28. Baltimore: Johns Hopkins University Press.
- Nunnally, J.C. 1978. *Psychometric theory*. New York: McGraw-Hill.
- Odom, L.R., & Morrow, J.R., Jr. (2006). What is this r? A correlational approach to explaining validity, reliability, and objectivity coefficients. *Measurement in Physical Education and Exercise Science*, 10(2), 137-145.
- Ostrow, A. 1996. *Directory of psychological tests in the sport and exercise sciences*. 2nd ed. Morgantown, WV: Fitness Information Technology.
- Passer, M.W. 1983. Fear of failure, fear of evaluation, perceived competence, and self-esteem in competitive-trait-anxious children. *Journal of Sport Psychology* 5:172-188.
- Pate, R. 1988. The evolving definition of physical fitness. *Quest* 40:174-179.
- Pate, R., J. Ross, C. Dotson, and G. Gilbert. 1985. The new norms: A comparison with the 1980 AAHPERD norms. *Journal of Physical Education, Recreation and Dance* 56(1):70-72.
- Pate R.R., C.Y. Wang, M. Dowda, S.W. Farrell, and J.R. O'Neill. 2006. Cardiorespiratory fitness levels among US youth 12 to 19 years of age: Findings from the 1999-2002 National Health and Nutrition Examination Study. *Archives of Pediatric Adolescent Medicine* 16:1005-1012.
- Patterson, E.L., R.E. Smith, J.J., Everett, and J.T. Ptacek. 1998. Psychosocial factors as predictors of ballet injuries: Interactive effects of life stress and social support. *Journal of Sport Behavior* 21:101-112.
- Patton, M. 1990. *Qualitative evaluation and research methods*. 2nd ed. Newbury Park, CA: Sage.
- Perusse, A., C. Tremblay, C. Leblanc, and C. Bouchard. 1989. Genetic and environmental influences on level of habitual physical activity and exercise participation. *American Journal of Epidemiology* 129:1012-1022.
- Pew Internet and American Life Project. Generations online in 2009. 2009 Pew Research Center.
- Plowman, S.A. 1992. Criterion referenced standards for neuromuscular physical fitness tests. *Pediatric Exercise Science* 4:10-19.
- Pollock, M., R. Bohannon, K. Cooper, J. Ayres, A. Ward, S. White, and A. Linnerud. 1976. A comparative analysis of four protocols for maximal treadmill stress testing. *American Heart Journal* 92:39-46.
- Popham, W.J. 2003. *Test better, teach better*. Alexandria, VA: Association for Supervision and Curriculum Development.
- Prapavessis, H. 2000. The POMS and sports performance: A review. *Journal of Applied Sport Psychology* 12:34-48.
- President's Council on Physical Fitness and Sports (PCPFS). 1999. *The Presidential Physical Fitness Award program*. Washington, DC: PCPFS.
- Prochaska, J.O., and C.C. DiClemente. 1983. Stages and processes of self-change in smoking: Toward an integrative model of change. *Journal of Consulting and Clinical Psychology* 51:390-395.
- Reiff, G., W. Dixon, D. Jacoby, G. Ye, C. Spain, and P. Hunsicker. 1985. *The President's Council on Physical Fitness and Sports 1985 National School Population Fitness Survey*. Washington, DC: President's Council on Physical Fitness and Sports.



- Ridgers, N.D., G. Stratton, and T.L. McKenzie. (2010). Reliability and Validity of the System for Observing Children's Activity and Relationships During Play (SOCARP). *Journal of Physical Activity and Health*, 7, 17-25.
- Rikli, R.E. 1991. *Softball for boys and girls: Skills test manual*. Reston, VA: AAHPERD.
- Rikli, R.E., and C.J. Jones. 1999a. Development and validation of a functional fitness test for community-residing older adults. *Journal of Aging and Physical Activity* 7:129-161.
- . 1999b. Functional fitness normative scores for community-residing older adults, ages 60-94. *Journal of Aging and Physical Activity* 7:162-181.
- Rikli, R.E., C. Petray, and T.A. Baumgartner. 1992. The reliability of distance run tests for children in grades K-4. *Research Quarterly for Exercise and Sport* 63:270-276.
- Robertson, L., and H. Magnusdottir. 1987. Evaluation of criteria associated with abdominal fitness testing. *Research Quarterly for Exercise and Sport* 58:355-359.
- Ross, J., C. Dotson, G. Gilbert, and S. Katz. 1985. New standards for fitness measurement. *Journal of Physical Education, Recreation and Dance* 56(1):62-66.
- Ross, J., R. Pate, L. Delby, R. Gold, and M. Svilar. 1987. New health-related fitness norms. *Journal of Physical Education, Recreation and Dance* 58(9):66-70.
- Rotter, J.B. 1966. Generalized expectancies for internal versus external control of reinforcement. *Psychological Monographs* 80 (No. 609).
- Rowland, T. 1990. *Exercise and children's health*. Champaign, IL: Human Kinetics.
- Rowley, A., D. Landers, B. Kylo, and J. Etnier. 1995. Does the iceberg profile discriminate between successful, and less successful athletes? A meta-analysis. *Journal of Sport and Exercise Psychology* 17:185-199.
- Ruiz, J.R., X. Sui, F. Lobelo, J.R. Morrow, Jr., A.W. Jackson, M., Sjöström, S.N., & Blair. 2008. Association between muscular strength and mortality in men: Prospective cohort study. *British Medicine Journal*, 337, a439doi:10.1136/bmj.a439
- Safrit, M. 1986. *Introduction to measurement in physical education and exercise science*. St. Louis: Mosby.
- Safrit, M.J., T.A. Baumgartner, A.S. Jackson, and C.L. Stamm. 1980. Issues in setting motor performance standards. *Quest* 32:152-162.
- Safrit, M., L. Hooper, S. Ehlert, M. Costa, and P. Patterson. 1988. The validity generalization of distance run tests. *Canadian Journal of Sport Sciences* 13:188-196.
- Safrit, M., and M. Looney. 1992. Should the punishment fit the crime? A measurement dilemma. *Research Quarterly for Exercise and Sport* 63:124-127.
- Safrit, M., and C. Pemberton. 1995. *Complete guide to youth fitness testing*. Champaign, IL: Human Kinetics.
- Sallis, J.F., M.J. Buono, J.J. Roby, F.G. Micale, and J.A. Nelson. 1993. Seven-day recall and other physical activity self-reports in children and adolescents. *Medicine and Science in Sports and Exercise* 25:99-108.
- Sarason, I.G. 1975. Test anxiety and the self-disclosing coping model. *Journal of Consulting and Clinical Psychology* 43:148-153.
- Sargent, D.A. 1921. The physical test of man. *American Physical Education Review* 26(April):188-194.
- Schick, J., and N.G. Berg. 1983. Indoor golf skill test for junior high boys. *Research Quarterly for Exercise and Sport* 54:75-78.
- Seaman, J., and K. DePauw. 1989. *The new adapted physical education: A developmental approach*. Mountain View, CA: Mayfield.
- Shephard, R. 1990. *Fitness in special populations*. Champaign, IL: Human Kinetics.
- Shifflett, B., and B.J. Shuman. 1982. A criterion-referenced test for archery. *Research Quarterly for Exercise and Sport* 53:330-335.
- Siedentop, D. 1996. Physical education and education reform: The case for sport education. In *Student learning in physical education: Applying research to enhance instruction*, ed. S.J. Silverman and C.D. Ennis, 247-267. Champaign, IL: Human Kinetics.
- Simon, J.A., and F.L. Smoll. 1974. An instrument for assessing children's attitudes toward physical activity. *Research Quarterly* 45:407-415.
- Singer, R.N. 1968. *Motor learning and human performance*. New York: Macmillan.
- Siri, W. 1956. Gross composition of the body. In *Advances in biological and medical physics*, ed. J. Lawrence, 239-280. New York: Academic Press.
- Smith, R., R. Schutz, F. Smoll, and J. Ptacek. 1995. Development and validation of a multidimensional measure of sport-specific psychological skills: The Athletic Coping Skills Inventory-28. *Journal of Sport and Exercise Psychology* 17:379-398.
- Smith, R.E., F.L. Smoll, and N.P. Barnett. 1995. Reduction of children's sport performance anxiety through social support and stress-reduction training for coaches. *Journal of Applied Developmental Psychology* 16:125-142.
- Smith, R., F.L. Smoll, and B. Curtis. 1979. Coach effectiveness training: A cognitive behavioral approach to enhancing relationship skills in youth and sport coaches. *Journal of Sport Psychology* 1:59-75.
- Smith, R.E., F.L. Smoll, and R.W. Schutz. 1990. Measurement and correlates of sport-specific cognitive and somatic trait anxiety: The Sport Anxiety Scale. *Anxiety-Research* 2:263-280.
- Sonstroem, R.J. 1974. Attitude testing examining certain psychological correlates of physical activity. *Research Quarterly* 45:35, 103.
- . 1978. Physical estimation and attraction scales: Rationale and research. *Medicine and Science in Sports* 10:97-102.
- Sorrentino, R.M., and B.H. Sheppard. 1978. Effects of affiliation-related motives on swimmers in individual versus group competition: A field experiment. *Journal of Personality and Social Psychology* 36:704-714.
- Sparkes, A. 1998. Validity in qualitative inquiry and the problem of criteria: Implications for sport psychology. *Sport Psychologist* 12:333-345.
- Spielberger, C.D., R.L. Gorsuch, and R.F. Lushene. 1970. *Manual for the State-Trait Anxiety Inventory*. Palo Alto, CA: Consulting Psychologists Press.
- Spink, K.S., and A.V. Carron. 1992. Group cohesion and adherence in exercise classes. *Journal of Sport and Exercise Psychology* 14:78-86.
- . 1994. Group cohesion effects in exercise classes. *Small Group Research* 25:26-42.
- Stiggins, R. 1987. Design and development of performance assessment. *Educational Measurement: Issues and Practice* 6(3):33-42.
- Stone, D.B., W.R. Armstrong, D.M. Macrina, and J.W. Pankau. 1996. *Introduction to epidemiology*. Madison, WI: Brown and Benchmark.
- Strand, B., and R. Wilson. 1993. *Assessing sports skills*. Champaign, IL: Human Kinetics.
- Strean, W. 1998. Possibilities for qualitative research in sport psychology. *Sport Psychologist* 12:333-345.
- Stuart, M. 2003. Sources of subjective task value in sport: An examination of adolescents with high or low value for sport. *Journal of Applied Sport Psychology* 15:239-255.



- Sui, X., M.J. LaMonte, and S.N. Blair. 2007. Cardiorespiratory fitness as a predictor of nonfatal cardiovascular events in asymptomatic women and men. *American Journal of Epidemiology* 165:1413-1423.
- Suzuki, N., and S. Endo. 1983. A quantitative study of trunk muscle strength and fatigability in the low-back pain syndrome. *Spine* 8:69-74.
- Tarter, B.C., L. Kirisci, R.E. Tarter, S. Weatherbee, V. Jamnik, E.J. McGuire, and N. Gledhill. 2009. Use of aggregate fitness indicators to predict transition into the National Hockey League. *Journal of Strength and Conditioning Research* 23(6):1828-1832.
- Taylor, M., D. Gould, and C. Roio. 2008. Performance strategies of US Olympians in practice and competition. *High Ability Studies* 19:19-36.
- Telama, R., X. Yang, L. Laasko, and J. Viikari. 1997. Physical activity in childhood and adolescence as predictor of physical activity in young adulthood. *American Journal of Preventive Medicine* 13:317-323.
- Tenenbaum, G., R. Eklund, and A. Kamata. In press. *Handbook of measurement in sport and exercise psychology*. Champaign, IL: Human Kinetics.
- Terry, P. 2000. Perspectives on mood in sport and exercise. *Journal of Applied Sport Psychology* 12:1-4.
- Thissen-Milder, M., and J.L. Mayhew. 1991. Selection and classification of high school volleyball players from performance tests. *Journal of Sports Medicine and Physical Fitness* 31:380-384.
- Thomas, J.R., J.K. Nelson, and S.J. Silverman. 2009. *Research methods in physical activity*. Champaign, IL: Human Kinetics.
- Thomas, P., S. Murphy, and L. Hardy. 1999. Test of Performance Strategies: Development and preliminary validation of a comprehensive measure of athletes' psychological skills. *Journal of Sport Sciences* 17:691-711.
- Trudelle-Jackson, E., A.W. Jackson, C.M. Frankowski, K.M. Long, and N.B. Meske. 1994. Interdevice reliability and validity assessment of the Nicholas Hand-Held Dynamometer. *Journal of Orthopaedic & Sports Physical Therapy* 20:302-306.
- Tudor-Locke, C., and D.R. Bassett Jr. 2004. How many steps/day are enough? Preliminary pedometer indices for public health. *Sports Medicine* 34:1-8.
- U.S. Department of Health and Human Services (USDHHS). 1996. *Physical activity and health: A report of the Surgeon General*. Atlanta: USDHHS, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion.
- . 2008. *Physical activity guidelines for Americans*. Washington, DC: U.S. Department of Health and Human Services.
- Vallerand, R.J. 1997. Toward a hierarchical model of intrinsic and extrinsic motivation. *Advances in experimental social psychology* 29:271-360.
- Van Schoyck, R.S., and A.F. Grasha. 1981. Attentional style variations and athletic ability: The advantage of a sport-specific test. *Journal of Sport Psychology* 2:149-165.
- Van Someren, K.A. and G. Howatson. 2008. Prediction of flatwater kayaking performance. *International Journal of Sports Physiology, and Performance* 3:207-218.
- Veal, M.L. 1988. Pupil assessment perceptions and practices of secondary teachers. *Journal of Teaching in Physical Education* 7:327-342.
- Veal, M.L., 2000. Assessment for physical education teachers. In K. Tritschler, Barrow & McGee's *practical measurement and evaluation*. Philadelphia: Lippincott, Williams & Wilkins.
- Vealey, R.S. 1986. Conceptualization of sport-confidence and competitive orientation: Preliminary investigation and instrument development. *Journal of Sport Psychology* 8:221-246.
- Velicer, W.F., and J.O. Prochaska. 1997. Introduction: The transtheoretical model. *American Journal of Health Promotion* 12:6-7.
- Verducci, F.M. 1980. *Measurement concepts in physical education*. St. Louis: Mosby.
- Viera, A.J., and J.M. Garrett. 2005. Understanding interobserver agreement: the kappa statistic. *Family Medicine* 37:360-363.
- Welk, G.J., ed. 2002. *Physical activity assessments for health-related research*. Champaign, IL: Human Kinetics.
- Weston, A.T., R. Petosa, and R.R. Pate. 1997. Validation of an instrument for measurement of physical activity in youth. *Medicine and Science in Sports and Exercise* 29:138-143.
- Widmeyer, W.N., L.R. Brawley, and A.V. Carron. 1985. *The measurement of cohesion in sport teams: The group environment questionnaire*. (Available from Sports Dynamics, 11 Ravenglass Crescent, London, ON, Canada N6G 3X7)
- Wier, L.T., A.S. Jackson, G.W. Ayers, and B. Arenare. 2006. Nonexercise models for estimating  $\dot{V}O_2$  max with waist girth, percent fat, or BMI. *Medicine and Science in Sports and Exercise* 38(3):555-561.
- Wiggins, G. 1989. A true test: Toward more authentic and equitable assessment. *Phi Delta Kappan* 69:703-713.
- Wiggins, G. 1998. *Educative assessment: Designing assessments to inform and improve student performance*. San Francisco: Jossey-Bass.
- Wininger, S. 2007. Self-determination theory and exercise behavior: An examination of the psychometric properties of the Exercise Motivation Scale. *Journal of Applied Sport Psychology* 19:471-486.
- Winnick, J.P., and F.X. Short. 1999. *The Brockport physical fitness test manual*. Champaign, IL: Human Kinetics.
- Wood, T.M. 1996. Evaluation and testing: The road less traveled. In *Student learning in physical education: Applying research to enhance instruction*, ed. S.J. Silverman and C.D. Ennis, 199-219. Champaign, IL: Human Kinetics.
- . 2003. Assessment in physical education: The future is now. In *Student learning in physical education: Applying research to enhance instruction*, 2nd ed., ed. S.J. Silverman and C.D. Ennis, 187-203. Champaign, IL: Human Kinetics.
- Yukelson, D., R. Weinberg, and A. Jackson. 1984. A multidimensional group cohesion instrument for intercollegiate basketball teams. *Journal of Sport Psychology* 6:103-117.
- Zaichkowsky, L. 1975. Attitudinal difference in two types of physical education programs. *Research Quarterly* 46:364-370.
- Zhu, W., M.J. Safrit, and A. Cohen. 1999. *FitSmart test user manual: High school edition*. Champaign, IL: Human Kinetics.