

Georgia Department of Education Fitness Assessment Webinar Series

The series of webinar sessions are led by two outstanding Georgia educators, Dr. Shannon Williams, Georgia State University and Dr. Brian Mosier, State University of West Georgia.

First Time Users: View information at [Blackboard Collaborate Web Conferencing](#)

- Check your System Requirements
- Test Blackboard Collaborate web conferencing in the Configuration Room
- Access Training resources
- Learn more about Blackboard Collaborate

Recorded Sessions

February 27th: Recorded Session

[Understanding your Fitnessgram reports and data](#)

March 6th: (Please note recording starts of this at the 3:27 minute mark)

[Aerobic Capacity](#): What does it mean and how to provide instruction and activity for your students (including how to increase validity/reliability and MVPA)?

March 13th:

[Muscular Strength and Endurance](#): What does it mean and how to provide instruction and activity for students (including how to increase validity/reliability and MVPA)?

March 20th:

[Flexibility](#): What does it mean and how to provide instruction and activity for your students (including how to increase validity/reliability)?

March 27th:

[Body Composition](#): What does it mean and how to provide instruction and activity for your students (including how to increase validity/reliability)?