



Meeting 4

Physical Fitness

Lead: Bill Kraus

Members: Kirk Erickson, Kathy Janz, Russ Pate, Ken Powell

Fitness Working Group



- Group met four times by phone to consider several items
 - Bill Kraus
 - Russ Pate
 - Ken Powell
 - Kathy Janz
 - Kirk Erickson
 - Rick Troiano
 - Bill Haskell (consultant)

Experts and Consultants



Consultant:

- William L. Haskell, Ph.D., FACSM
Stanford University

Fitness Working Group Mission



- To consider the role of physical fitness in PAGAC 2018 report
 - What is physical fitness?
 - How do we measure it?
 - It's role as an exposure, mediator, moderator, or outcome of the benefits of exercise on human health.

Plans for the Section on Physical Fitness?



To develop a section for the Report with the following:

- Introduction, some modeled on the 2008 report—can refer to CDC definition.
 - Explain the concept of physical fitness
 - Contrast with physical performance and performance training
- Explain aerobic fitness
- Explain musculoskeletal fitness

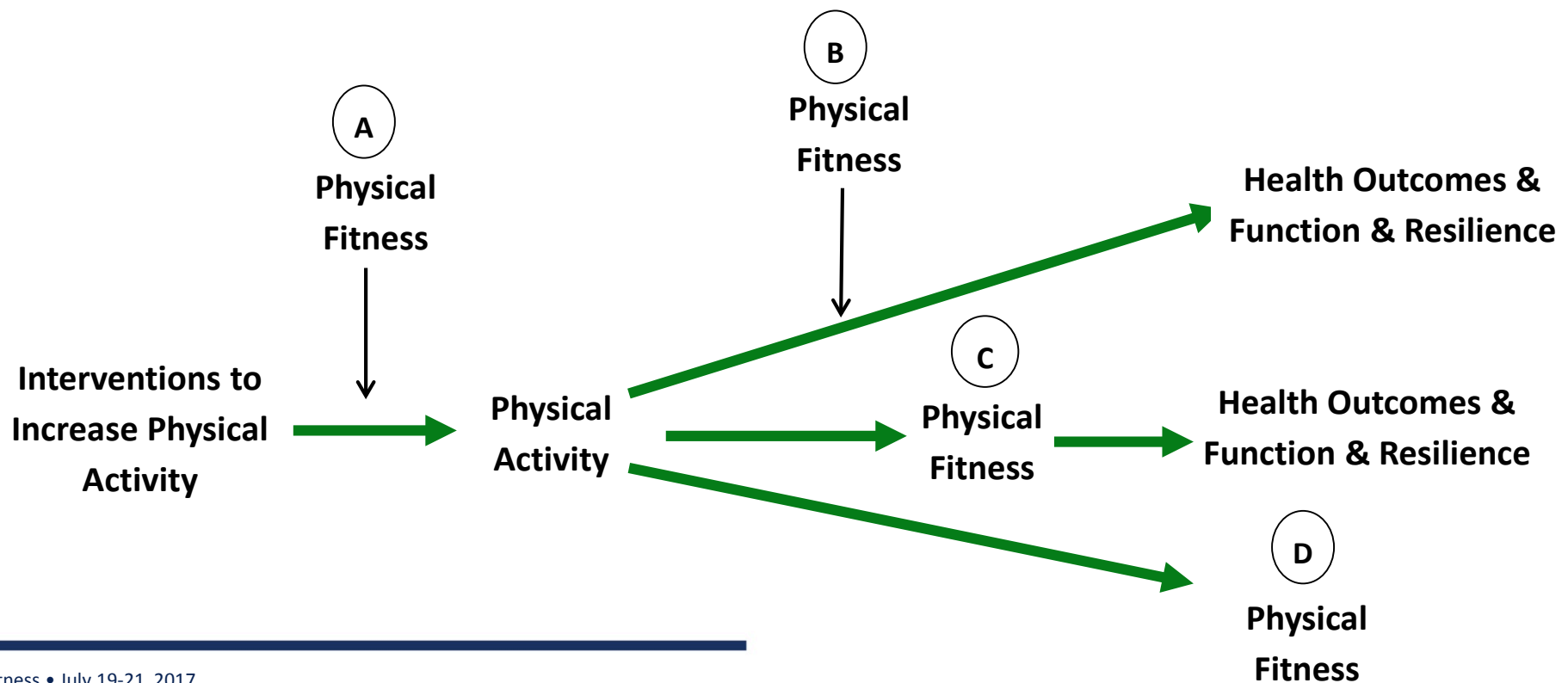
Plans for the Section on Physical Fitness?



Conceptual model of physical fitness of effect modifier of interventions and training; mediator and outcome

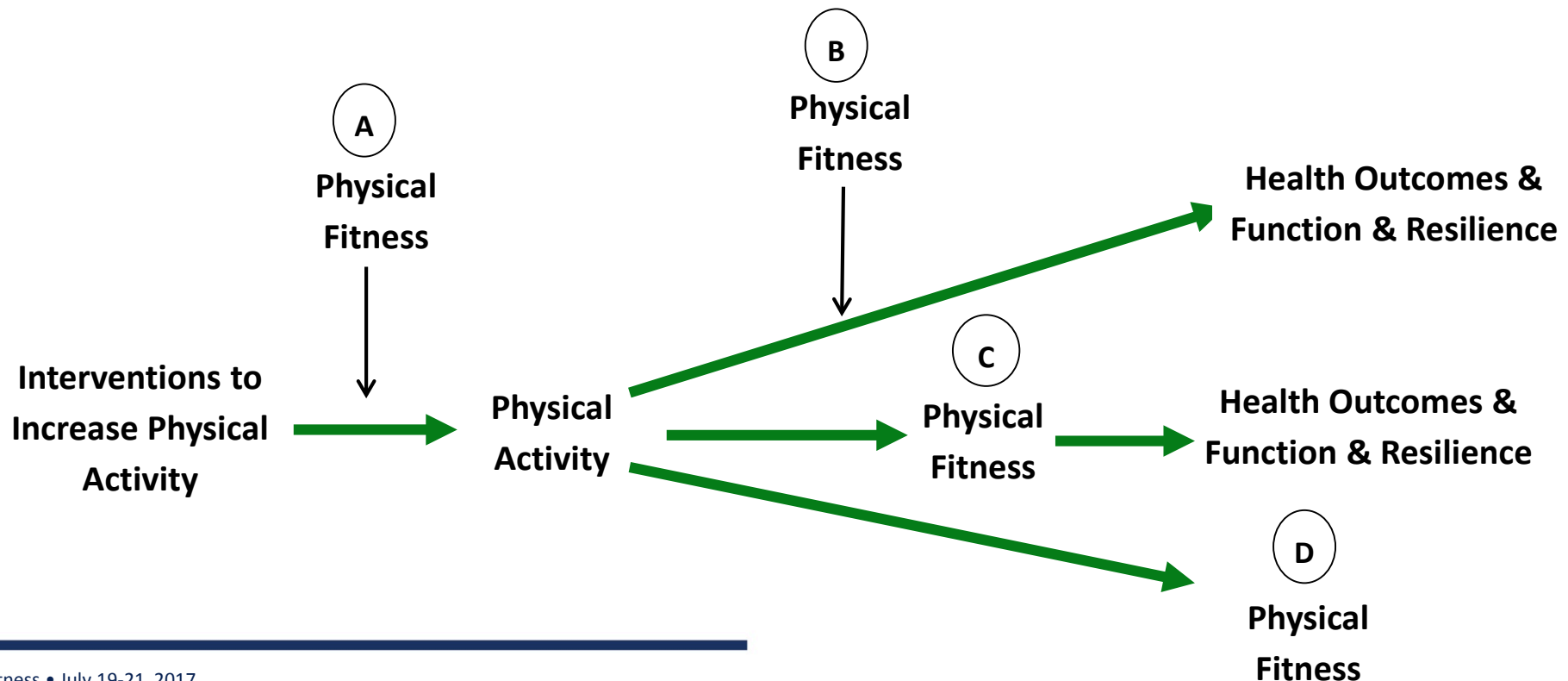
How should we consider its role in the development of our science?

- Exposure



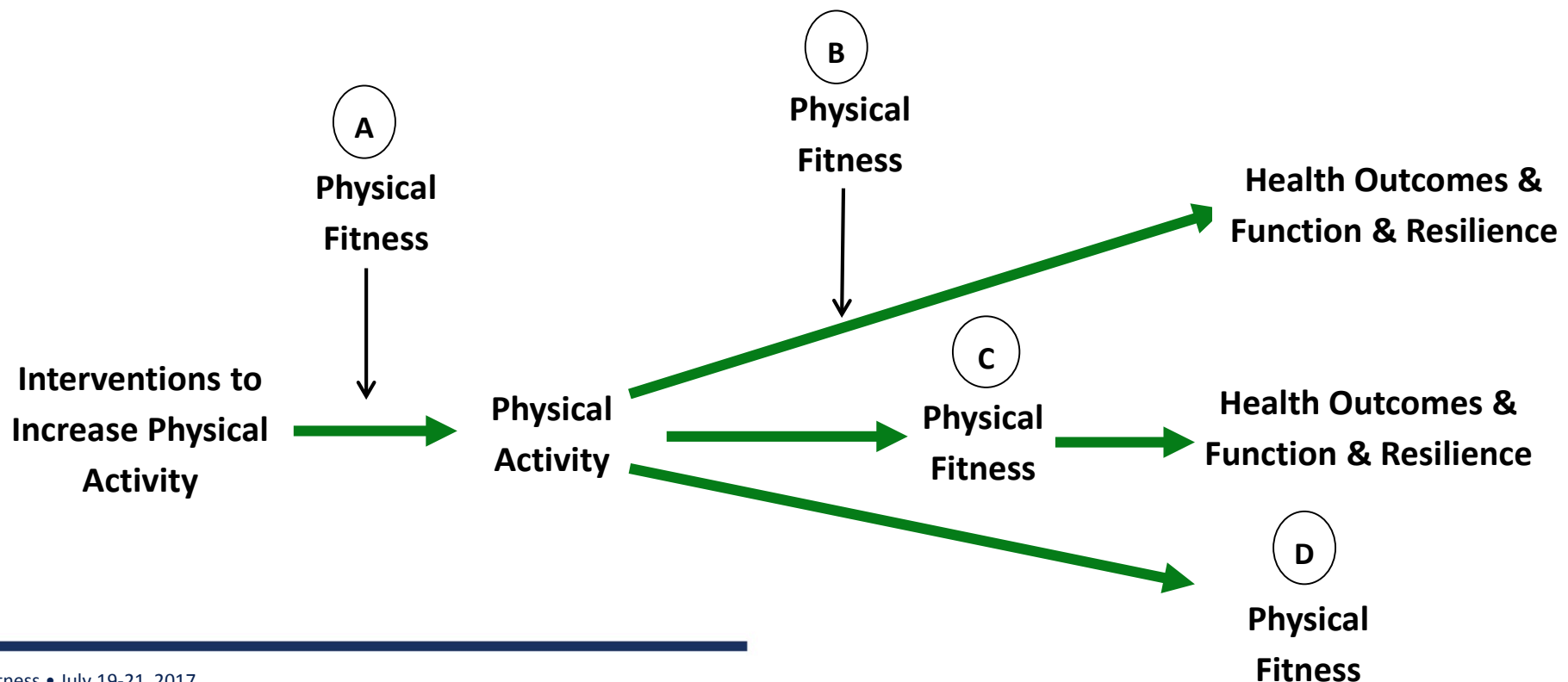
How should we consider its role in the development of our science?

- Exposure
- Moderator (A, B)



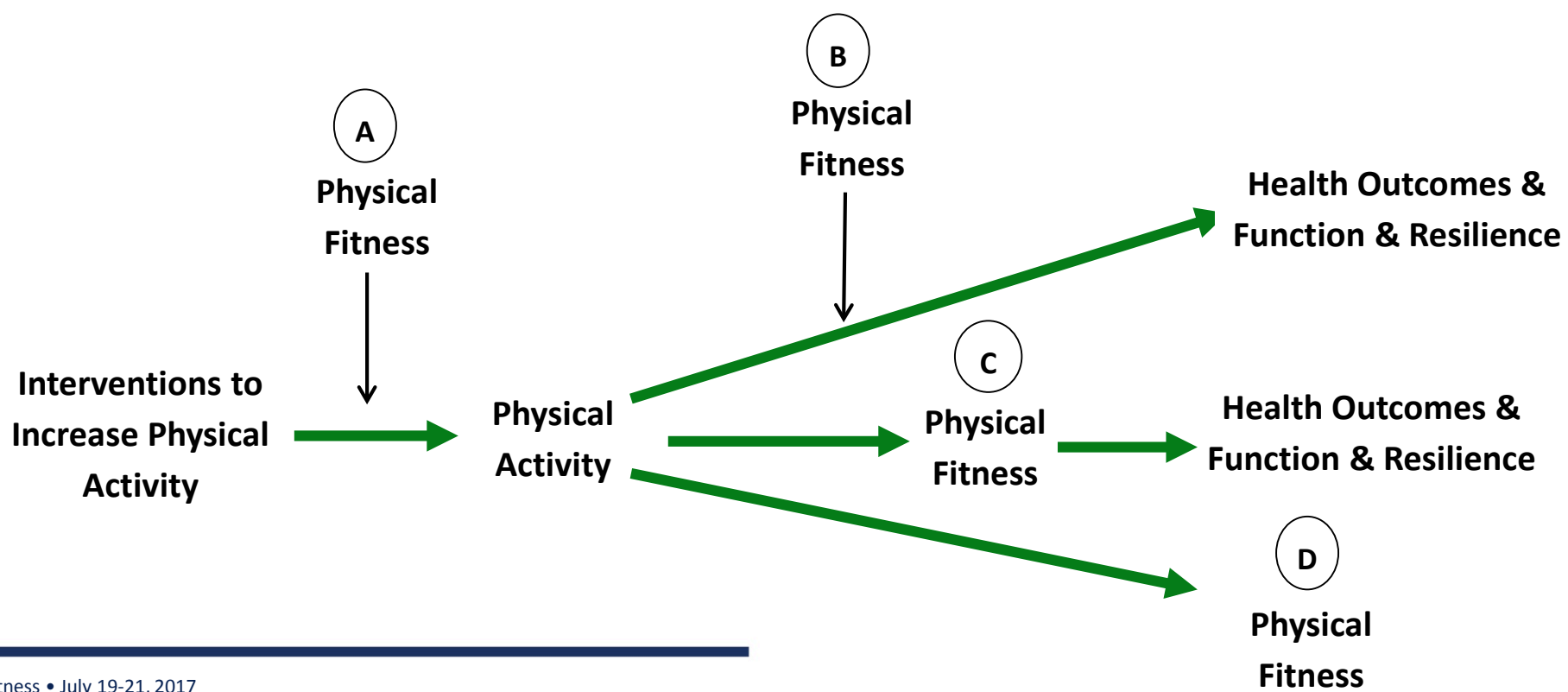
How should we consider its role in the development of our science?

- Exposure
 - Moderator (A, B)
- Mediator (C)



How should we consider its role in the development of our science?

- Exposure
 - Moderator (A, B)
- Mediator (C)
Outcome (D)



Next Steps

- Bill and Russ to draft introduction
- Bring aerobic fitness forward from 2008
- Incorporate musculoskeletal fitness piece from Kathy
- Solicit examples for both aerobic and musculoskeletal fitness from SCs
- Final presentation at next public meeting