



# ASSESSING

## TOURMALINE MINE



### PURPOSE:

The Assessing GEM mine is where you will complete three personal assessments to use in setting your own personal goals and plans. Prior to assessing your level of fitness, you will determine motivational strategies to be used during the assessment to make the experience more upbeat and positive.

The best part about assessing is that you'll be able to SEE where you are now and the progress you make through the program!

### CHECKLIST:

There are five items on your Assessing Checklist! Be sure to complete all checklist items and journal activities. Once you've completed the checklist, you'll earn the Tourmaline bead.

- Complete and submit the pre-Youth Activity Profile (YAP) and GEM Questionnaire
- Determine fitness assessment - Progressive Aerobic Cardiovascular Endurance Run (PACER) or 1-Mile Run/Walk
- Determine strategies of motivation and support for fitness assessment day
- Complete and submit the pre-PACER or 1-Mile Run/Walk scores using the Monthly Reporting Sheet
- Record your score and reflect on your results

### DIRECTIONS:

#### Complete and submit the pre-Youth Activity Profile (YAP) and GEM Questionnaire

The Youth Activity Profile (YAP) will allow you to identify how much physical activity you get during the day in places like your school and at home. It will also allow you to see how much time you spend in sedentary or sitting activities like playing video games, spending time on your phone or computer or watching TV. Remember that we all have to start somewhere. Learning about your activity patterns is important and can help you find ways to become more physically active!

The GEM Questionnaire looks at areas such as your social wellness, emotional awareness, and self-confidence in relation to your physical activity enjoyment, confidence, goal setting, and leadership. The questionnaire also assesses your self-efficacy or confidence to engage in nutrition habits, such as regularly drinking water.

In the fall, your Adult Facilitator will receive an email with personalized login information for each Ambassador along with URL links to complete the Youth Activity Profile (YAP) and GEM Questionnaire.

**Check out this sample email for what to expect!**

Hello! Please review this email in its entirety, as it contains important GEM Assessment information!

Attached you will find the Youth Activity Profile (YAP) Login Information for site's Ambassadors. Please provide each Ambassador with their username and password and have them write it in their journal.

\*Remember to maintain this Login Sheet for reference at the end of the year for the post-survey assessments.

YAP Website Link: \_\_\_\_\_

Ambassadors must also complete the GEM Questionnaire. Ambassadors will click on the following link to complete the assessment:

GEM Questionnaire Link: \_\_\_\_\_

Ambassadors should complete the YAP and GEM Questionnaire on two separate days at their site. Please let me know if you need any additional support from me.

Thank you,

### NOTES



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## DIRECTIONS:

### Determine fitness assessment - Progressive Aerobic Cardiovascular Endurance Run (PACER) or 1-Mile Run/Walk

The PACER and 1-Mile Run/Walk fitness assessments were created to measure cardiovascular endurance or aerobic capacity. Cardiovascular endurance is the ability to do exercise that makes you breathe hard for an extended period of time. It is an important health indicator. A high level of cardiovascular endurance has been shown to reduce risks of disease and allows you to participate in more activities.

As a group, decide whether you will complete the PACER or 1-Mile Run/Walk as your fitness assessment. Your group may want to:

- Discuss the pros and cons of each test and then use a Consensus Building Tool to determine the assessment for your group
- Choose the assessment that isn't a part of PE class
- Take a poll on BAND

The decision is yours!

### Determine strategies of motivation and support for fitness assessment day

As a group, **brainstorm** different strategies to support, encourage, and motivate each other on assessment day! Check out these examples from the GEM Leadership Team!

- Rename the assessment to something more fun (i.e., beep test, fun run, etc.)
- Create posters with motivational quotes
- Create a playlist with upbeat songs
- High five each other after each lap
- Cheer each other on
- Other!

**Journal:** List your group's motivational strategies

### Complete and submit the pre-PACER or 1-Mile Run/Walk scores using the Monthly Reporting Sheet

Before completing the chosen fitness assessment, be sure to watch the PACER/1-Mile Run Walk Video Instructions video and practice the assessment.

Complete your group's selected PACER or 1-Mile Run/Walk Cardiovascular Fitness Assessment using the PACER and 1-Mile Run/Walk Instructions provided in GEM Mine Tools. Don't forget to encourage each other and HAVE FUN!

**Adult Facilitators** record pre – PACER or 1-Mile Run/Walk Scores for all girls using the Monthly Reporting Sheet. Submit to your site's Project Manager. The Monthly Reporting Sheet can be found in the Norming GEM Mine Tools.

### Record your score and reflect on your progress

**Journal:** Complete My Personal Fitness Assessment - PRE section

## NOTES

Girls should not record other girl's scores. The recording and submission of fitness scores is the role of the Adult Facilitator, not the Record Keeper or any other girl. Confidentiality with fitness scores is important.



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### GEM MINE TOOLS:

**Tool 1:** Youth Activity Profile (YAP) Online Instructions

**Tool 2:** PACER/1-Mile Run Walk Video Instructions

**Tool 3:** PACER Written Instructions

**Tool 4:** PACER Hip Hop Remix

**Tool 5:** 1-Mile Run/Walk Written Instructions

**Tool 6:** Youth Activity Profile YAP Questions

**Tool 7:** GEM Questionnaire Questions

*Links for these resources can be found on the GEM Dashboard in the Assessing Mine.*

### NOTES

