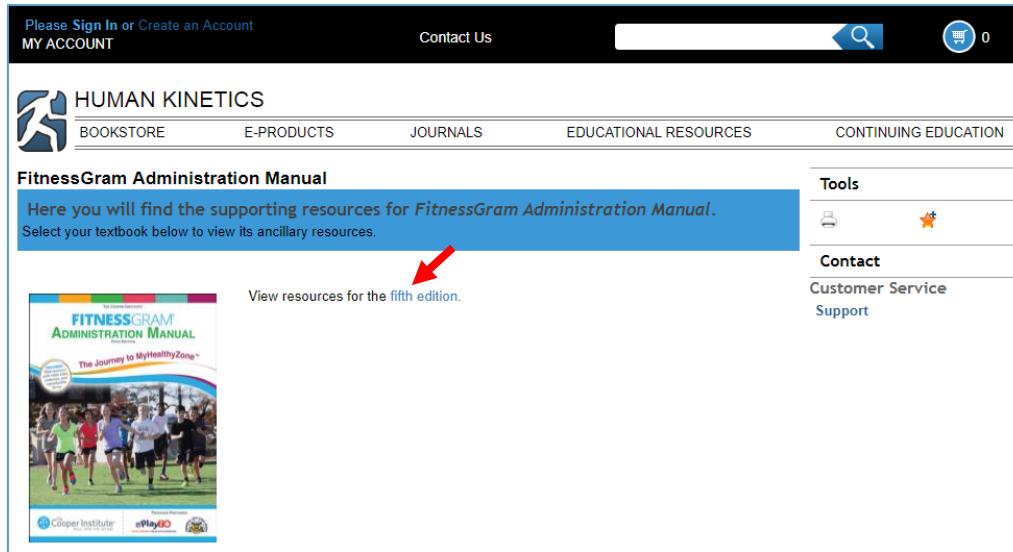
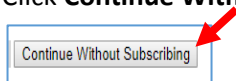


FITNESSGRAM Administration Manual, Fifth Edition Step-by-Step Instructions to Access the Supplemental Web Resource

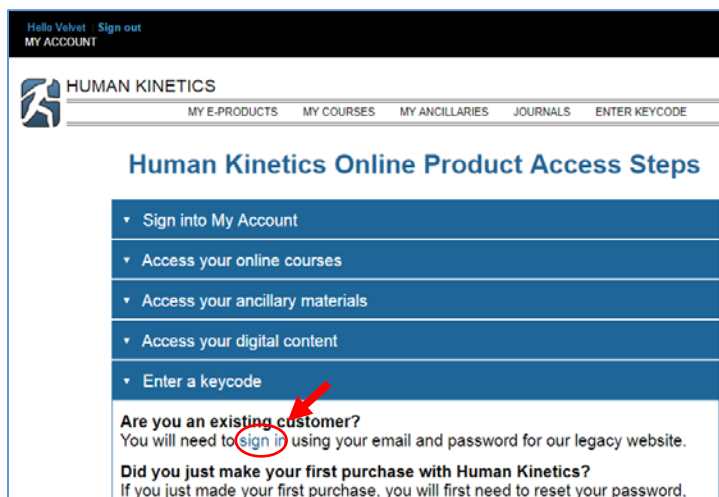
1. Go to www.HumanKinetics.com/FitnessGramAdministrationManual.
2. Click on **fifth edition** link



3. Click on the **Sign In** link. You will be prompted to create a new account. After you have entered all information for your account, click **Save**.
4. Click **Continue Without Subscribing**.

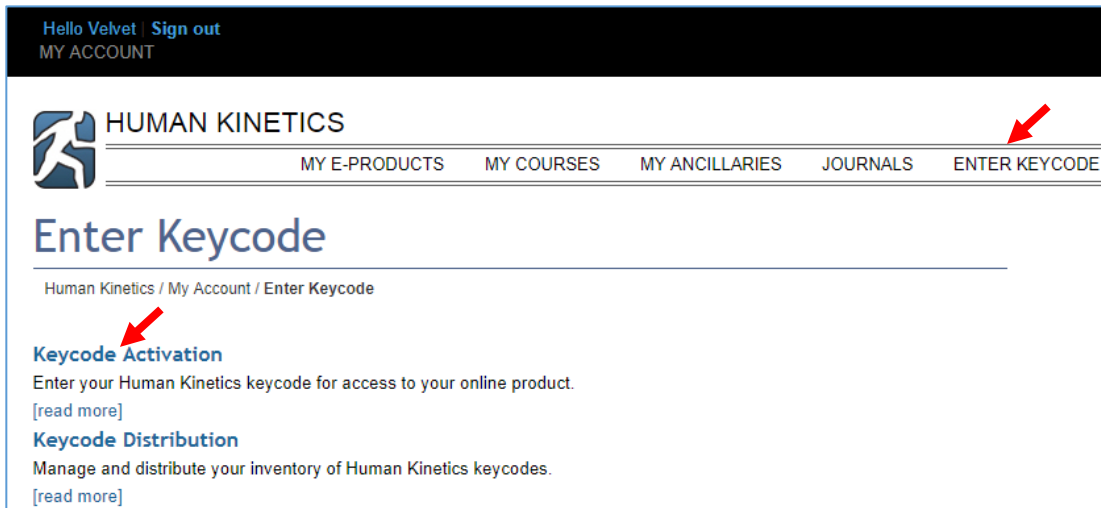


5. You will to sign in using your email and new password. Click on the sign in link.

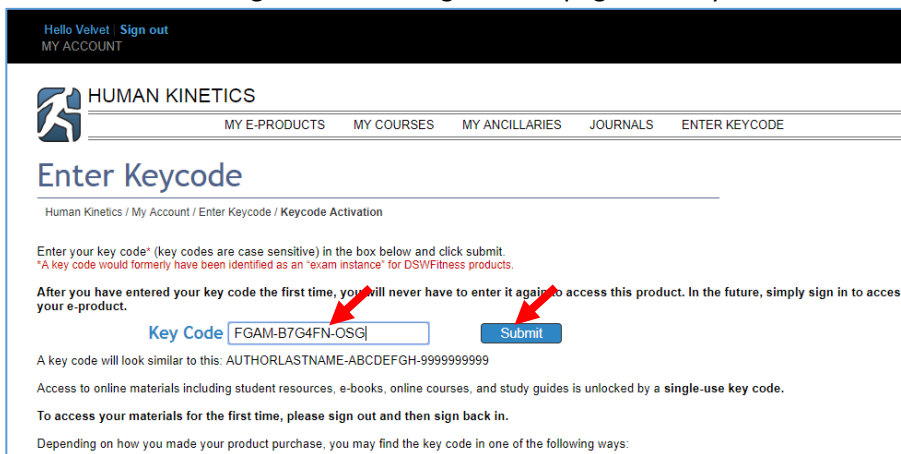


FITNESSGRAM Administration Manual, Fifth Edition
Step-by-Step Instructions to Access the Supplemental Web Resource

6. Click on **ENTER KEYCODE** and select **Keycode Activation** option.



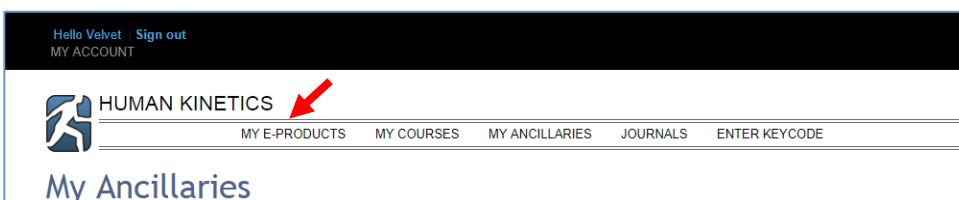
7. Enter your **Key Code** (include the hyphens) located on the first page of the FITNESSGRAM ADMINISTRATION MANUAL in the orange area to the right of the page. Once you've entered your Key Code, click **Submit**.



8. Once your Key Code has been accepted, you'll receive this message on your screen.

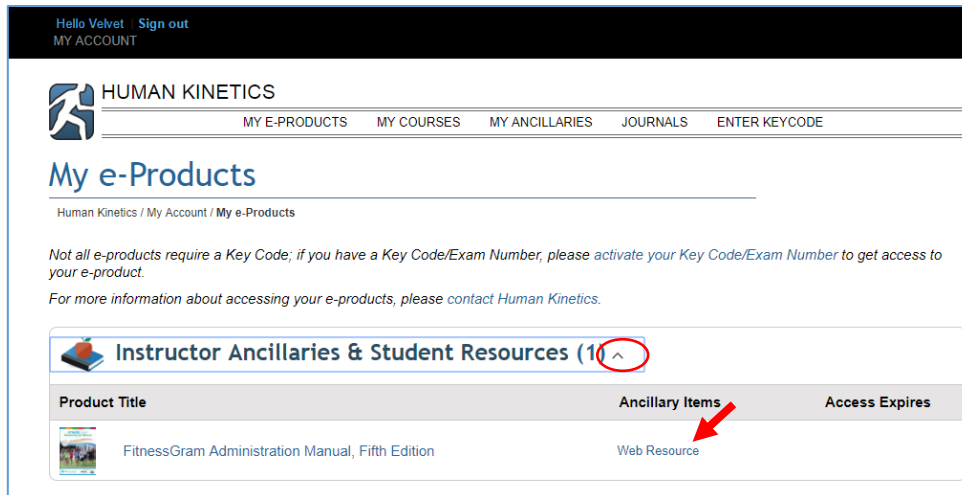
Thank you for unlocking your materials. To access your materials immediately, go to the [My eProducts](#) page.

9. Click on **MY E-PRODUCTS**



FITNESSGRAM Administration Manual, Fifth Edition Step-by-Step Instructions to Access the Supplemental Web Resource

10. Click on the *Instructor Ancillaries & Student Resources* drop down arrow and click **Web Resource**.



Human Kinetics My e-Products

MY E-PRODUCTS MY COURSES MY ANCILLARIES JOURNALS ENTER KEYCODE


My e-Products

Human Kinetics / My Account / My e-Products

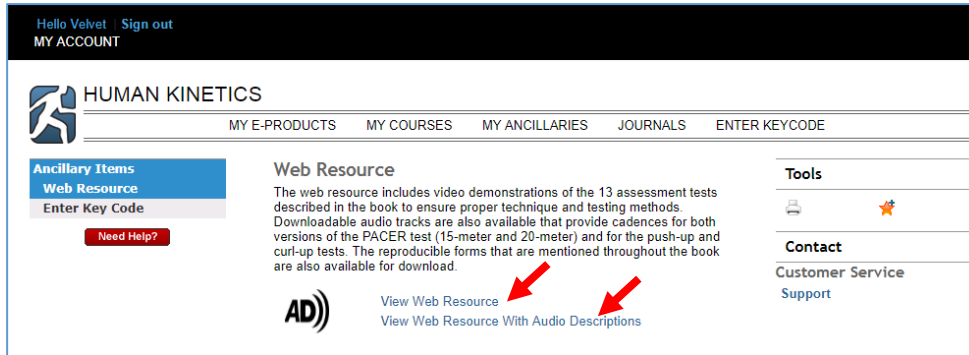
Not all e-products require a Key Code; if you have a Key Code/Exam Number, please activate your Key Code/Exam Number to get access to your e-product.

For more information about accessing your e-products, please contact Human Kinetics.

Instructor Ancillaries & Student Resources (11 ^)

Product Title	Ancillary Items	Access Expires
 FitnessGram Administration Manual, Fifth Edition	Web Resource	

11. Click on View Web Resource or View Web Resource With Audio Descriptions.



Human Kinetics My e-Products

MY E-PRODUCTS MY COURSES MY ANCILLARIES JOURNALS ENTER KEYCODE

Web Resource

The web resource includes video demonstrations of the 13 assessment tests described in the book to ensure proper technique and testing methods. Downloadable audio tracks are also available that provide cadences for both versions of the PACER test (15-meter and 20-meter) and for the push-up and curl-up tests. The reproducible forms that are mentioned throughout the book are also available for download.

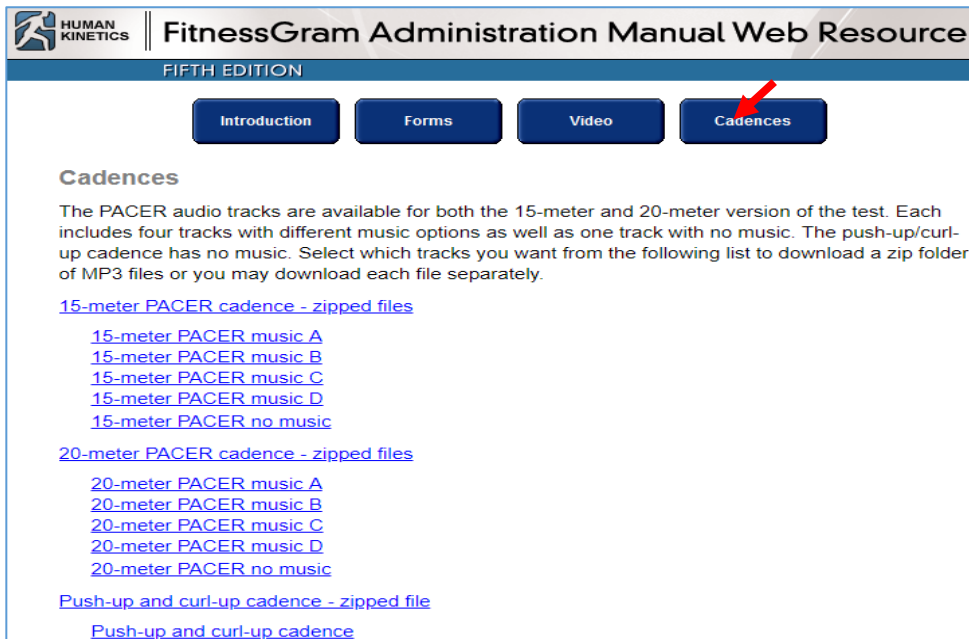
AD View Web Resource View Web Resource With Audio Descriptions

Tools

Contact

Customer Service Support

12. Click on the **Cadences** button and select desired audio track(s).



HUMAN KINETICS FitnessGram Administration Manual Web Resource

FIFTH EDITION

Introduction Forms Video **Cadences**

Cadences

The PACER audio tracks are available for both the 15-meter and 20-meter version of the test. Each includes four tracks with different music options as well as one track with no music. The push-up/curl-up cadence has no music. Select which tracks you want from the following list to download a zip folder of MP3 files or you may download each file separately.

[15-meter PACER cadence - zipped files](#)

- [15-meter PACER music A](#)
- [15-meter PACER music B](#)
- [15-meter PACER music C](#)
- [15-meter PACER music D](#)
- [15-meter PACER no music](#)

[20-meter PACER cadence - zipped files](#)

- [20-meter PACER music A](#)
- [20-meter PACER music B](#)
- [20-meter PACER music C](#)
- [20-meter PACER music D](#)
- [20-meter PACER no music](#)

[Push-up and curl-up cadence - zipped file](#)

[Push-up and curl-up cadence](#)