

pathfinder group



Pathfinder Fitness Profiler comes at a time where concern over the lack of fitness in children today is high!

The Pathfinder Fitness Program allows a tutor to log individuals, or groups of students and test them on their physical fitness, whilst storing all the data found.

By providing a full report of the progress, a tutor is able to monitor and increase or decrease as required, the level of exercise to maintain and promote a healthier body; just as they can monitor a students abilities and progress in academic subjects.

Bespoke fitness programmes can be produced, individually tailored for both boys and girls.

Diagrams clearly illustrate the progress, providing essential information that can be evaluated by the school, or discussed with parents to help improve the overall development of an individual.

A child's fitness is as important as a child's academic ability.

‘Obesity is a growing problem with increasing prevalence in children under the age of 11’



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'If current trends continue, by the year 2020, 20% of all boys and 33% of girls will be obese'

Background Reality

Obesity has become a major problem within our society, affecting our children in their daily lives. Not only in a physical sense, but emotionally. Obese children are more likely to suffer from low self esteem, social stigma, and their quality of life is seriously effected.

It's not too late to help our children find a healthier path.

Pathfinder Benefits

Pathfinder develops bespoke fitness programmes for an individual, or a whole school. With the capability of recording students statistics and results, the Physical Education department can use this data to set targets, whilst improving achievement levels. The software is designed to assist with all degrees of students, from the struggling, to the gifted.

Pathfinder is designed to compliment all existing Physical Education curriculum. Each child will have a set of initial recordings, showing height, weight and body fat.

A comprehensive medical questionnaire is completed and a preliminary fitness assessment is undertaken, providing an overview of the students well-being.

Personal Training

A wide variety of physical activities are utilised to aid the students needs, all of which are closely monitored and assessed by a personal trainer, ensuring the student is developing inline with the fitness programme.

Effectiveness

Students self-esteem and confidence will develop through physical activity, providing unlimited benefits to guide them to a healthier future.

Summary

Physical Education focuses on educating the youth and teaching them how to lead an active life. However, physical education on its own cannot be held accountable for the fitness levels of the student. The school, home and community must be involved in promoting healthy lifestyles that are necessary to promote healthy fitness. With this in mind, Cunninghams, who provide EPoS systems to over 1000 schools throughout the UK, saw the importance of marketing this healthy lifestyle software. Together, we hope, Pathfinder can direct the student of today towards a healthier tomorrow.

'Fit For Life'



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Designed for the leaders of tomorrow...