

The purpose of this study was to investigate the possible relationship between parental knowledge of physical activity standards and children's fitness levels. Fifty-two child and parent dyads were studied over the course of a four-day summer camp (29 male, 23 female, mean age  $12.84 \pm 1.18$ ). I hypothesized that there would be a positive relationship between parental knowledge of physical activity standards and children's fitness levels. At the time of registration parents completed a pre-camp questionnaire regarding knowledge of recommendations and practices for children's physical activity. During the camp, children were tested using two different tests to evaluate the children's overall fitness levels following the Fitnessgram Administration Manual 5th Edition. Data was analyzed using a Pearson Product-Moment correlation on parents' knowledge of physical activity standard scores and children's fitness percentile. Significance levels were set at  $p = .05$ . A Pearson Product-Moment Correlation showed a weak relationship ( $r = 0.319$ ) between the parents' scores on the physical activity questionnaire and child performance on the PACER test. Results were discussed in terms of the relative importance of parental knowledge of physical activity standards and how it relates to children's fitness levels. This study was conducted during the Summer of 2017. More research is needed in this area of interest to determine if parental knowledge of physical activity standards has a relationship with children's fitness levels.