



# California Physical Fitness Test

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## Program Overview 2014–15



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State Superintendent  
of Public Instruction

# Statute Pertaining to the Physical Fitness Test

California *Education Code* Section 60800 requires:

- Annual administration of the Physical Fitness Test (PFT) to all students in grades five, seven, and nine.
- School districts administer the PFT between February 1 and May 31.



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# The ***FITNESSGRAM***<sup>1</sup> **Assessment**

- Developed by The Cooper Institute (Dallas, Texas).
- Designated by the State Board of Education as the California PFT.
- Primary goal is for students to establish lifetime habits of regular physical activity.

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<sup>1</sup> The *FITNESSGRAM* and the Healthy Fitness Zone (HFZ) are registered trademarks of The Cooper Institute.



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# The ***FITNESSGRAM*** Assessment

Assesses three fitness components:

1. Aerobic capacity
2. Body composition
3. Muscle strength, endurance, and flexibility
  - Abdominal strength and endurance
  - Trunk extensor strength and flexibility
  - Upper body strength and endurance
  - Flexibility



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# The ***FITNESSGRAM*** Test Options

Test options for the aerobic capacity and body composition fitness areas:

- Aerobic capacity
  - 20-Meter PACER (Progressive Aerobic Cardiovascular Endurance Run)
  - One-Mile Run
  - Walk Test (only for students 13-years old or older)
  
- Body composition
  - Skinfold Measurements
  - Body Mass Index
  - Bioelectric Impedance Analyzer



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# The ***FITNESSGRAM*** Test Options

Test options for the muscle strength, endurance, and flexibility fitness areas:

- Abdominal strength and endurance
  - Curl-Up
- Trunk extensor strength and flexibility
  - Trunk Lift
- Upper body strength and endurance
  - Push-Up
  - Flexed-Arm Hang
  - Modified Pull-Up
- Flexibility
  - Back-Saver Sit and Reach
  - Shoulder Stretch

**Note:** Detailed descriptions of each test option are available in the *PFT Reference Guide* found in the Resources section of the California PFT Web site at <http://www.pftdata.org/>.



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# 2014–15 Highlights

- There are no changes to the PFT for 2014-15. The *FITNESSGRAM* performance standards and Healthy Fitness Zones remain unchanged for this year and the same data fields as last year will be reported.
- 2014–15 HFZ charts are available on the California Department of Education (CDE) PFT *FITNESSGRAM*: Healthy Fitness Zone Charts Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.



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# 2014–15 Highlights

- Local educational agencies (LEAs) may begin data correction within 24 hours of submitting data. After the June 30 data submission deadline, data correction is temporarily unavailable until the final data correction window opens from July 7 to August 31, 2015.
- 2014–15 PFT Coordinator Designation Form will be available on September 4, 2014. LEAs are required to designate a coordinator annually by November 1.





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# Healthy Fitness Zone (HFZ)

- Criterion-referenced standards established by The Cooper Institute, which are used to evaluate fitness performance.
- Represent a level of fitness that offers a degree of protection against diseases resulting from physical inactivity.
- For the PFT, the CDE considers students who exceed the HFZ (i.e., very lean) for body composition as meeting the HFZ.



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# 2014–15 HFZ Standards

Performance in each fitness area is classified as in the HFZ or other level(s), depending on the fitness area:

<b>Fitness Area</b>	<b>HFZ</b>	<b>Needs Improvement</b>	<b>Needs Improvement – Health Risk</b>
Aerobic Capacity	✓	✓	✓
Body Composition	✓	✓	✓
Muscle Strength, Endurance, and Flexibility	✓	✓	



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# Reporting PFT Results

## Summary results are reported by:

- Percentage of students in the HFZ and percentage not in the HFZ (i.e., needs improvement) for each of the six fitness areas.
- Percentage of students in the HFZ for 6-out-of-6 through 0-out-of-6 fitness areas.
- Grade, gender, two-part race/ethnicity question, and economic status at state, county, school district, and school levels.



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# Reporting PFT Results

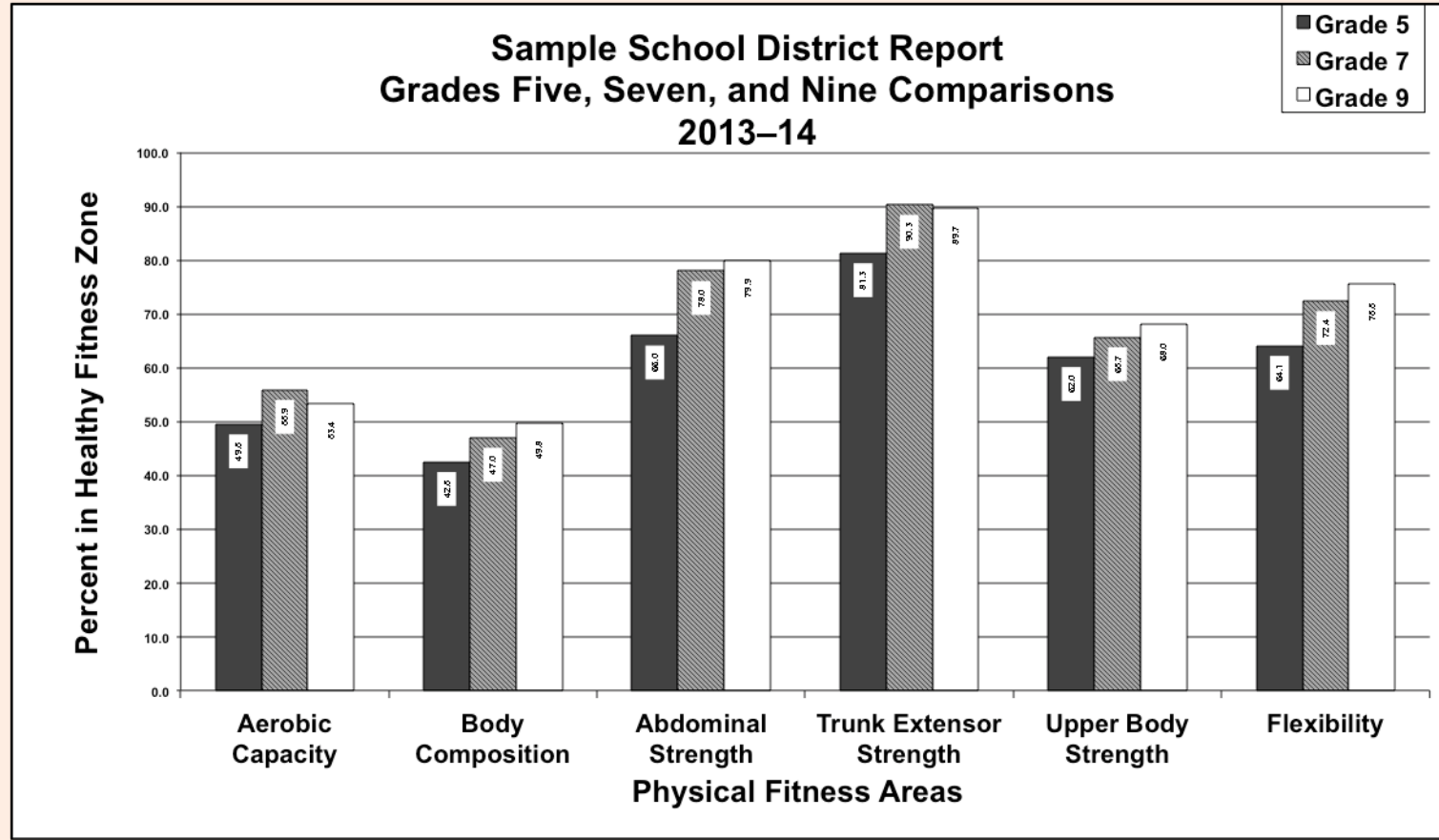
The PFT provides information that enables:

- Students to assess levels of health-related fitness and to plan personal fitness programs.
- Teachers to design curriculum for physical education classes.
- Parents and guardians to understand their child's fitness levels.
- Teachers, parents, and guardians to monitor changes in the students' fitness levels.



# Sample 2013–14 Reports: Grade Comparisons

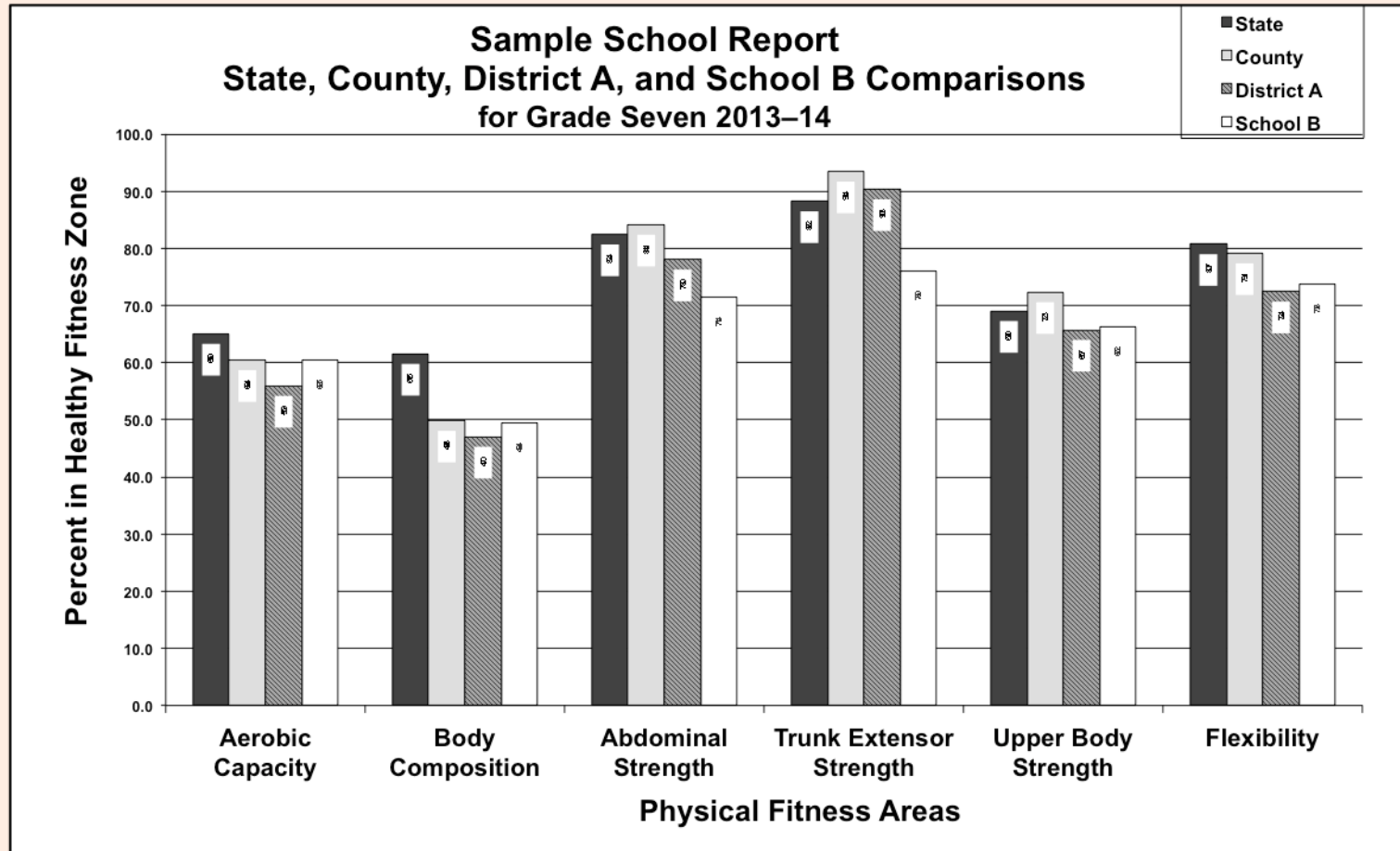
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# Sample 2013–14 Reports: State, County, District, and School Comparisons



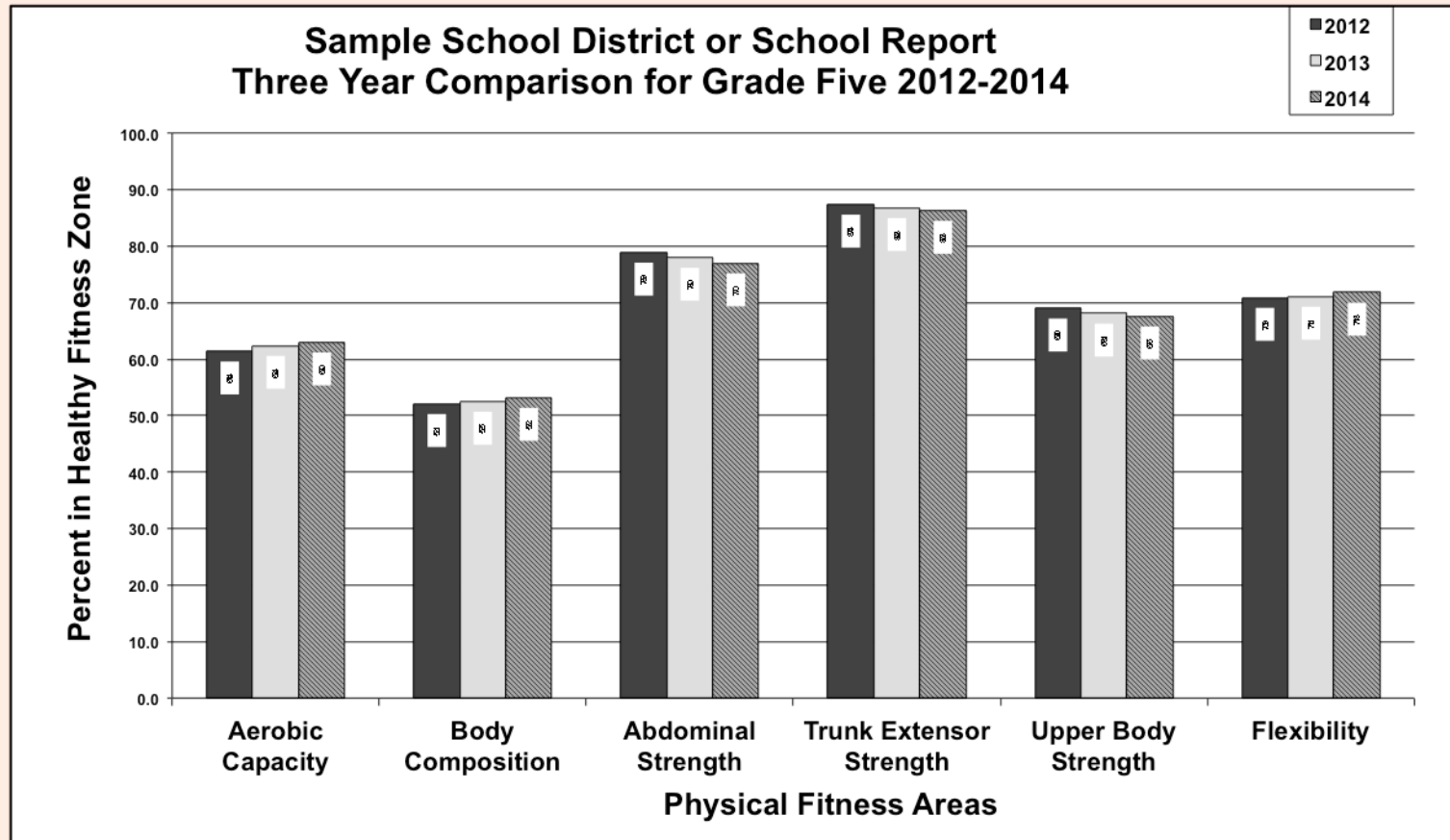
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# Sample 2013-14 Reports: Three-Year Comparison

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# California Department of Education Contact Information

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