

California Physical Fitness Test (PFT)

WCCUSD PFT Trainings 2009

Secondary Teachers – January 20

Elementary Teachers – January 27



Purpose of PFT Trainings

- To provide an overview of the PFT
- To familiarize both new and experienced physical education leads in the proper administration of the *FITNESSGRAM*[®] test protocols, the correct data collection and reporting procedures, and the appropriate use of results

California *Education Code* Section 60800

Requires:

- Annual PFT administration (*FITNESSGRAM*®) for all students in grades five, seven, and nine
- School districts to administer the PFT during the months of February, March, April, or May
- Students to participate in the PFT whether or not they are enrolled in a physical education class



California *Education*

Code Section 60800 (continued)

Requires:

- Students be provided with their individual results after completing the PFT (orally or in writing)
- Schools report the summary results of the PFT in their annual School Accountability Report Card (SARC)



FITNESSGRAM®

- Is a health-related fitness test developed by The Cooper Institute in Dallas, Texas. It has as its primary goal that students establish lifetime habits of regular physical activity.
- Was designated by the California State Board of Education as the PFT in 1996.
- *Education Code* makes special provisions for the PFT administration in California.



FITNESSGRAM®

FITNESSGRAM® assesses fitness in these three broad areas:

- Aerobic capacity
- Body composition
- Muscle strength, endurance, and flexibility



FITNESSGRAM[®]

Muscle strength, endurance, and flexibility is further divided into the following areas:

- Abdominal Strength and Endurance
- Upper Body Strength
- Trunk Extensor Strength and Endurance
- Flexibility

2008-09 PFT Resources

California Department of Education
Physical Fitness Testing Web page

<http://www.cde.ca.gov/ta/tg/pf>

PFT Web Page (Top)



California Department of
EDUCATION

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Physical Fitness Testing (PFT)

Includes information regarding the physical fitness test required to be administered to students in grades 5, 7, and 9.

[PFT Results](#)
The 2007 Physical Fitness Test results are posted to DataQuest. These results are summarized for [schools](#), [districts](#), [counties](#), and the [state](#). Results are also available by gender and ethnic groups.

[News Release](#)
The PFT 2007 results were released December 6, 2007. This release includes summary information about these test results and summary descriptions about the test's components.

[PFT Research Files](#)

[PFT Assessment Notes](#)

[Questions and Answers Regarding High School Physical Education Exemptions](#)

[Student Exemptions from High School Physical Education Courses](#)

[Guidance for New PFT Coordinators](#) (DOC; 36KB; 4pp.) | [PDF](#) (165KB; 4pp.)

[PFT Regulations](#)
Approved by Office of Administrative Law on July 31, 2006. Effective August 30, 2006.

[Summary Data](#) (Outside Source)
PFT coordinators can access downloadable data files containing the 2007 PFT results and the individual student results for participants in their district.

PFT Web Page (Bottom)

[2008 PFT Preparation Manual for Testing and Reporting](#)

Includes all of the information regarding the spring 2007 test administration and data reporting procedure within one file. All of these resources may also be downloaded as separate files by clicking on the links.

[Report to the Governor and Legislature](#) (DOC; 120KB; 8pp.) | [PDF](#) (269KB; 7pp.)

Summarizes results of the 2007 test administration and provides a comparison of results with the 2006 and 2005 administrations.

[2004 Fitness and Academic Achievement Study](#) (DOC; 1084KB; 12pp.)

The 2004 Physical Fitness Test were used to study the relationship between fitness and academic achievement.

[2007-08 Overview Packet for School Districts and Schools](#)

Includes a variety of resources to communicate with different audiences. These resources include descriptions of the fitness areas tested and suggestions for administration.

[FITNESSGRAM® Healthy Fitness Zones \(HFZ\)](#) (PDF; 219KB; 2pp.)

Standards established by The Cooper Institute that represent levels of fitness that offer some degree of protection against diseases that can result from sedentary living.

[Prior Year Information](#)

Includes prior year News Releases and Reports to the Governor and Legislature from 2003-2006.

[Matrix of Test Variations, Accommodations and Modifications](#) (DOC; 2.2MB; 6pp.)

[Additional Resources](#)

Links to Human Kinetics for ordering FITNESSGRAM® materials and to Cooper Institute for background information on the FITNESSGRAM®.

Questions: [Physical Fitness Testing](#) | PFT@cde.ca.gov | 916-445-9449
[Download Free Readers](#)



FITNESSGRAM[®] Test Administration Manual

Human Kinetics Web site

<http://www.humankinetics.com/> (Outside Source)

Click on *FITNESSGRAM/ACTIVITYGRAM[®]*



Online Training

- *FITNESSGRAM/ACTIVITYGRAM*[®] online training for the test protocols and software <http://www.fitnessgram.net/training/> (Outside Source).
- Registration is simple and required. Training is free with a certificate presented for successful completion.

FITNESSGRAM[®] Web Page



FITNESSGRAM[®] / ACTIVITYGRAM[®]
*Activity and fitness assessment
and personal physical activity management*

**FITNESSGRAM/ACTIVITYGRAM Training for the
Test Protocols and Software**

There are several non face-to-face training methods that FITNESSGRAM customers can use to become familiar with the program. Each of the following can be used throughout the school year whether you are learning about the test protocols or software for the first time or you just need to refresh your memory.

- Administration of the FITNESSGRAM test protocols - Free online course

For the correct procedures to administer the test protocols to your classes, you can use the following:

- DVD within the FITNESSGRAM/ACTIVITYGRAM Test Administration Manual. Bound into the manual is a DVD complete with videos on how to administer the FITNESSGRAM tests. Easy to use with a menu option to select a specific test item.
- Online training course. This free course is based on the FITNESSGRAM manual and takes you through the philosophy of the program as well as a thorough treatment of the test protocols. There is an exam at the end of the course with a certificate presented for successful completion. The course is free, but is based on the manual and references the DVD within the manual for the questions relating to the individual test items.

Please [register here](#) for the online course.

To purchase the FITNESSGRAM manual for the DVD and online course, please call 800-747-4457, or order online through the [Human Kinetics Web site](#).

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Commonly Asked PFT Questions

Who can administer the PFT?

- A. Students
- B. Parents
- C. California Department of Education
- D. Employees of the district



Can students be excused from the PFT?

- No. All students in grades five, seven, and nine are required to participate in the PFT, including students not enrolled in physical education during the PFT administration window and students with disabilities.
- Students with disabilities may be limited in their ability to participate in all six tests.
- Students with disabilities shall be tested in each fitness component included in the PFT unless exempt by the students individualized education program (IEP) or Section 504 plan (*California Code of Regulations, Title 5, Section 1041 and 1047*).



Are districts required to send parents/guardians their students' score reports?

- No. Districts are not required to send parents/guardians their students' score reports.
- Districts are required to provide individual students with their test results.
- Also, districts are required to include the PFT results in the students' cumulative records or files.



Can the PFT be administered to students in grades other than five, seven, and nine?

Yes. The *FITNESSGRAM*® may be given on a regular basis to help students promote physical activity and track their fitness results.

Education Code 60800 requires the PFT be administered to all students in grades five, seven, and nine.

The WCCUSD highly recommends that all students starting in 4th grade and continuing thru 12th grade be tested every year and scores recorded in the fitnessgram software

California Physical Fitness Test (PFT)

Aerobic Capacity



Aerobic Capacity Test Options

- Progressive Aerobic Cardiovascular Endurance Run (PACER)
- One-Mile Run
- Walk Test (only for students ages 13 or older)

PACER

Option Advantages

- Positive experience more likely
- Learn skill of pacing
- Poor performers finish first, less likely subjected to embarrassment
- Warm-up not as critical

Objective: To run back and forth across a 20-meter space at a pace that gets faster each minute. (15-meter PACER available for those with limited space.)



PACER

Facilities and Equipment

- Flat non-slippery surface 20-meters long
- CD player (can be heard)
- CD of cadence
- Measuring tape
- Marker cones
- One lap equals one length



PACER

Test Instructions (*FITNESSGRAM*® *Test Administration Manual*, pp 28-32)

- Students start on one line, run the distance, and touch the opposite line with one foot
- At the sound of the beep, they turn around and run back to the starting line
- Students continue running back and forth in this manner until they fail twice to touch the line before they hear the single beep
- Every minute, indicated by a triple beep, the pace gets faster



PACER

Scoring (*FITNESSGRAM*® Test Administration Manual, pp 92-93)

- Each 20-meter distance = one lap
- First form correction/break (i.e., lap is not completed by the time the beep sounds) test continues and that lap counts
- Second form correction/break (i.e., lap is not completed by the time the beep sounds) test ends
- Score is the total number of laps completed by the student before the second form correction/break

One Mile Run

Option Advantages

- For students who enjoy running and are highly motivated
- Many middle and high schools have facilities for the test (May need to adjust a metric track to a mile running course)

Objective: To run a mile at the fastest pace possible.

One Mile Run

Facilities and Equipment

- Flat running course (track) that is accurately measured
- Stopwatch, automatic recording timer
- Students need to be properly attired

One Mile Run

Test Instructions (*FITNESSGRAM*[®] *Test Administration Manual*, pp 32-33)

- Proper warm-up is recommended before administering the test
- Students are given signal to begin and the stopwatch is started
- When one mile is completed, time is recorded or called out to a recorder
- Number of students and recording varies with class organization and size (Other training resources offer test administration strategies)

One Mile Run

Scoring (*FITNESSGRAM*[®] Test Administration Manual, page 95)

- Time is recorded in minutes and seconds
- Score of 99 minutes and 59 seconds indicates the student could not finish the distance

Walk Test

Option Advantages

- Test is only valid for students 13 years or older
- May be a better selection for some students
- Maximal effort is not required
- May be used as a self-assessment of fitness across the lifespan

Walk Test

Objective: To walk one mile as quickly as possible while maintaining a constant walking pace the entire distance.

Facilities and Equipment

- See One-Mile Run
- Sufficient equipment to collect heart rate scores for all participants (stopwatches, heart rate monitors)

Walk Test

Test Instructions (*FITNESSGRAM*[®] *Test Administration Manual*, pp 33-34)

- Students are given the start signal and the stopwatch is started
- Time is recorded for the mile
- Heart rate taken for 15 seconds and recorded
- Or, if heart rate monitors are used, the displayed heart rate is divided by 4 to translate the score into a 15-second value

Walk Test

Scoring (*FITNESSGRAM*[®] Test Administration Manual, page 96)

- Time in minutes and seconds; 15-second heart rate; student's weight in pounds
- Without all three, Walk Test score cannot be calculated
- Score of 99 minutes and 59 seconds indicates the student could not finish the distance

California Physical Fitness Test (PFT)

Flexibility

Flexibility

- Options
 - Back Saver Sit and Reach
 - Shoulder Stretch

Back Saver Sit and Reach

Objective: To be able to reach the specified distance on the right and left sides of the body

Facilities and Equipment

- Sit and reach box
- Can be done indoors or outdoors

Back Saver Sit and Reach

Test Instructions (*FITNESSGRAM*® *Test Administration Manual*, pp 54-55)

- Students remove shoes and sit down at testing box
- Position both feet flat against box to square hips
- Bend the right knee so that the sole of the right knee is flat on the floor with the instep placed in line with the left knee, 2 to 3 inches to the side of the straight knee.
- The arms are extended forward over the measuring scale with the hands placed one on top of the other.

Back Saver Sit and Reach

Test Instructions (*FITNESSGRAM*® Test Administration Manual, pp 54-55)

- With palms down, the student reaches directly forward (keeping back straight and head up) with both hands along the scale 4 times and holds the position on the 4th reach for 1 second.
- After one side is completed, the student switches the position of the legs and repeats.

***The student may allow the bent knee to move to the side as the body moves forward if necessary, but the sole of the foot must remain on the floor.

Back Saver Sit and Reach

Scoring (*FITNESSGRAM*[®] *Test Administration Manual*, page 55)

- Record the number of inches on each side to the nearest half inch reached.
- Record left leg first
- Maximum score is 12 inches
- To be in the HFZ, the student must meet the standard on both the left and right side.

Shoulder Stretch

Objective: To be able to touch the fingertips together behind the back by reaching over the shoulder and under the elbow

Facilities and Equipment

- None

Shoulder Stretch

Test Instructions (*FITNESSGRAM*[®] *Test Administration Manual*, pp 55-56)

- To test the right shoulder, the student reaches with the right hand over the right shoulder and down the back as if to pull up a zipper or scratch between the shoulder blades
- At the same time, the student places the left hand behind the back and reaches up, trying to touch the fingers of the right hand.
- Observe whether the fingers touch.
- Repeat for the left shoulder

Shoulder Stretch

Scoring (*FITNESSGRAM*[®] Test Administration Manual, page 56)

- If the student is able to touch his / her fingers with the left hand over the shoulder a (Y) is recorded for the left side: in not, an (N) is recorded
- If the student is able to touch his / her fingers with the right hand over the shoulder a (Y) is recorded for the right side: in not, an (N) is recorded
- To achieve HFZ, a (Y) must be recorded on both sides

California Physical Fitness Test (PFT)

Body Composition

Body Composition

- Options
 - BMI
 - % Body fat using portable bio-impedance analyzer

Body Composition

Options

- BMI Provides an indication of appropriateness of a child's weight relative to height.
- Bio-impedance analyzers estimate body composition by measuring the body's resistance to current flow. As accurate as skin fold calipers but less invasive.

California Physical Fitness Test (PFT)

Abdominal Strength

Curl Ups

Objective: To complete as many curl ups as possible up to the maximum of 75 at a specified pace.

Facilities and Equipment

- Gym mats
- Measuring strips
- Fitnessgram CD with cadence
- Portable music device

Curl Ups

Test Instructions (*FITNESSGRAM*[®] *Test Administration Manual*, pp 42-45)

- Partner students
- Partner A lies in a supine position on the mat, knees bent at an angle of 140 degrees, feet flat on the floor legs slightly apart, arms straight and parallel to the trunk with palms of hand resting on mat.
- Fingers stretched out and head in contact with mat.

Curl Ups

Test Instructions (*FITNESSGRAM*® *Test Administration Manual*, pp 42-45)

- After partner A assumes correct position on the mat, partner B places measuring strip on mat under partner A's legs so that partner A's fingertips are just resting on the nearest edge of the measuring strip
- Partner B places a piece of paper under Partner A's head.
- Keeping heels in contact with the mat, partner A curls up slowly, sliding fingers across the mat until the fingertips reach the other side.

Curl Ups

Test Instructions (*FITNESSGRAM*® *Test Administration Manual*, pp 42-45)

- Then partner A curls back down until his or her head touches the paper on the mat.
- Movement should be slow and gauged to the specific cadence of about 20 curl ups per minute (1 curl up every 3 seconds)
- The teacher should use the pre recorded cadence found on the fitgram CD

Curl Ups

Test Instructions (*FITNESSGRAM*[®] *Test Administration Manual*, pp 42-45)

- Partner A continues without pausing until he / she can no longer continue, has completed 75 curl ups, or the second form correction is made

Curl Ups

Form Corrections

- Heels must remain in contact with the mat
- The head must return to the mat with each repetition
- Pauses and rest periods are not allowed, movement should be continuous and with cadence
- Fingertips must touch the far side of the measuring strip

California Physical Fitness Test (PFT)

Muscular Strength

Upper Body Strength and Endurance

- Options
 - 90 Degree Push-up
 - Modified Pull-up
 - Flexed Arm Hang

90 Degree Push-up

Objective: To complete as many 90 degree push-ups as possible at a rhythmic pace. This test item is used for males and females

Facilities and Equipment

- **Audio CD with recorded cadence**

90 Degree Push-up

Test Instructions (*FITNESSGRAM*[®] *Test Administration Manual*, pp 47-49)

- Partner students
- Partner A lies in a prone position on the mat, hands placed under or slightly wider than the shoulders, fingers stretched out, legs straight and slightly apart, keeping the legs and back straight.
- Back should be kept in a straight line from head to toe throughout the test.

90 Degree Push-up

Test Instructions (*FITNESSGRAM*[®] *Test Administration Manual*, pp 47-49)

- The student then lowers the body until the elbows bend at a 90 degree angle and the upper arm is parallel to the floor
- This movement is performed as many times as possible. The student should push up and continue the movement until the arms are straight on each repetition
- The rhythm should be approximately 20 pushups per minute or 1 push up every 3 seconds

90 Degree Push-up

Test Instructions (*FITNESSGRAM*[®] *Test Administration Manual*, pp 47-49)

- The student should perform the exercise until he / she can do no more or the second form correction is made

90 Degree Push-up

Form Corrections

- Stopping to rest or not maintaining the rhythmic pace
- Not achieving a 90 degree angle with the elbow on each repetition
- Not maintaining a straight back
- Not extending arms fully

90 Degree Push-up

Scoring

- The score is the number of 90 degree push-ups performed
- For ease of administration, it is permissible to count the first incorrect 90 degree push-up.
- It is important to be consistent with all students

California Physical Fitness Test (PFT)

Modified Pull Ups

Modified Pull Ups

Objective: To successfully complete as many modified pull-ups as possible.

Facilities and Equipment

- Modified Pull-up stand
- Elastic band
- Gym Mat

Modified Pull Ups

Test Instructions (*FITNESSGRAM*[®] *Test Administration Manual*, pp 49-50)

- Position Student on back with shoulders directly under a bar that has been set 1 to 2 inches above the students reach
- Place an elastic band 7 to 8 inches below and parallel to the bar
- Student grasps the bar with an overhand grip. The pull up begins in this down position with arms and legs straight, buttocks off the floor and only the heels touching the floor

Modified Pull Ups

Test Instructions (*FITNESSGRAM*[®] Test Administration Manual, pp 49-50)

- The student then pulls up until the chin is above the elastic band
- The student then lowers the body to the “down” position
- Movement continues in a rhythmic manner
- Students are stopped when the second form correction is made. No time limit but movement should be rhythmical and continuous. Students should not stop and rest.

Modified Pull Ups

Form Corrections

- Stopping to rest or not maintaining a rhythmic pace
- Not lifting the chin above the elastic band
- Not maintaining straight body position with only heels in contact with the floor
- Not fully extending the arms in the “down” position

Modified Pull Ups

Scoring

- The score is the number of 90 degree push-ups performed
- For ease of administration, it is permissible to count the first incorrect 90 degree push-up.
- It is important to be consistent with all students

California Physical Fitness Test (PFT)

Flexed Arm Hang

Flexed Arm Hang

Objective: To hang with chin above the bar as long as possible

Facilities and Equipment

- A horizontal bar, chair or stool (optional) and a stopwatch are required

Flexed Arm Hang

Test Instructions (*FITNESSGRAM*[®] *Test Administration Manual*, pp 53)

- Student grasps the bar with overhand grip
- With the assistance of a spotter, the student raises the body off the floor to a position in which the chin is above the bar, elbows are flexed and the chest is close to the bar.
- A stopwatch is started as soon as the student takes this position
- The position is held as long as possible

Flexed Arm Hang

When to stop

The stopwatch is stopped when 1 of the following occurs:

- The student's chin touches the bar
- The Student tilts his / her head back to keep the chin above the bar
- The student's chin falls below the bar

Flexed Arm Hang

Scoring

- The score is the number of seconds for which the student is able to maintain the correct hanging position

PFT Conditioning Window

- Required to have 6 week conditioning period
- Jan 26 thru Mar 13
- Allow students to practice all tests
- Notify students of “healthy fit zone” scores

PFT Testing

- Testing to take place between Mar 16-27
- Students have the option of which tests that may take in each area
- May only take the test one time
- Can not take all tests in one area and choose result

PFT make-ups

- Make up window is 3 days only
 - Mar 30 – Apr 1

- May use also use testing window for make ups

Students not enrolled in PE

- Students not enrolled in PE must be identified by administration
- Not PE teachers responsibility to “find” these students
- Admin must make arrangements with you to test these students, not you finding them.
- Make your testing time available for these students to be tested

Scoring

- All 5th, 7th, & 9th grade students must be tested—All tests
- Students with disabilities must take all tests that they are physically capable of taking
- For this year, scores must be on bubble sheets and in fitnessgram software.
- **COMPUTERS** will be delivered by next week