

## 2012–13 Physical Fitness Test (PFT)

**Overview for New PFT Coordinators and Physical Education (PE) Teachers**

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## Webinar Overview

- ❖ Essential PFT Information
- ❖ Coordinator Designation
- ❖ 2012–13 PFT Timeline
- ❖ Healthy Fitness Zones
- ❖ Height and Weight
- ❖ Data Submission
- ❖ Lessons Learned
- ❖ Web Site/Page Resources
- ❖ Contact Information

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## Statute Pertaining to the PFT

California *Education Code* Section 60800 requires:

- ❖ Annual administration of the PFT to all students in grades five, seven, and nine.
- ❖ LEAs to administer the PFT between February 1 and May 31.

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## FITNESSGRAM

- ❖ 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.
- ❖ Presidential Youth Fitness Program has adopted the *FITNESSGRAM*<sup>1</sup>. It will be fully implemented as part of this program in 2013–14.

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

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## FITNESSGRAM

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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## FITNESSGRAM

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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## FITNESSGRAM

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

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## 2012–13 Coordinator Designation

- ❖ Link located at <http://www.pftdata.org/>.
- ❖ Requires County Code, District Code, Charter Number, and previous year password to access and update for 2012–13.
- ❖ Due November 1, 2012.
- ❖ Superintendent or administrator on form does not match the information on California School Directory.
- ❖ Junk/SPAM mail (White list [pftdata@sicoe.net](mailto:pftdata@sicoe.net)).
- ❖ Include Alternate PFT Coordinator.

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## 2012–13 Timeline

### February 1, 2013

- ❖ PFT administration window opens.
- ❖ PFT Web site secure District Portal at <http://www.pftdata.org/> opens for data submissions.
- ❖ Within 48 hours after PFT data are submitted by a local educational agency (LEA), the data correction window opens for that LEA.

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## 2012–13 Timeline

May 31, 2013

- ❖ PFT administration window closes.

June 30, 2013

- ❖ District Portal closes for data submissions and corrections.

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## 2012–13 Timeline

July 5, 2013

- ❖ District Portal reopens for data submissions and corrections.
- ❖ Preliminary PFT student scored data file is available from the District Portal.

August 2, 2013

- ❖ PFT summary reports preview through CDE DataQuest site opens. (Preview includes data submitted and corrected through June 30 deadline.)

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## 2012–13 Timeline

August 31, 2013

- ❖ District Portal closes for data submissions and corrections.
- ❖ PFT preview on CDE DataQuest site closes.

September 4, 2013

- ❖ Final PFT student scored data file is available from the District Portal.

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## 2012–13 Timeline

October 8 – 18, 2013

- ❖ PFT Annual Public Release
- ❖ Final PFT summary reports available through CDE DataQuest site. (Final included data submitted and corrected through August 31, deadline.)
- ❖ Final PFT summary reports and individual student reports available from the District Portal.

February 1, 2014

- ❖ Deadline for posting 2012–13 School Accountability Report Card, or SARC, on local Web site(s).

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## Online Calendar

- ❖ Provides dates organized by month.
- ❖ Provides a list of suggested activities for PFT coordinators to use in organizing for the PFT.
- ❖ Major or key activities are highlighted in bold.
- ❖ Available from the Resources page of the California PFT Web site at <http://www.pftdata.org/>.

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## Healthy Fitness Zones (HFZs)

- ❖ Performance Standards set by gender and age.
- ❖ No changes to HFZ values.
- ❖ For Aerobic Capacity and Body Composition only, Needs Improvement – *High Risk* renamed to Needs Improvement – *Health Risk*.
- ❖ HFZ charts found on the Administrative Documents page of the California Department of Education (CDE) PFT Web page at <http://www.cde.ca.gov/ta/tq/pf/pftadmin.asp>.

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## Height and Weight

- ❖ Height and weight are needed for Aerobic Capacity and Body Mass Index (Body Composition) calculations.
- ❖ Missing or incomplete height and weight result in more warnings to the data than any other warning category.
- ❖ Students with PACER laps or One-Mile Run times who are missing height and weight are scored as Incomplete and reported as Needs Improvement – Some Risk.

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## Data Submission

- ❖ Data submission deadline is June 30.
- ❖ Web Data Upload
  - Data is submitted online by uploading a file in tab-delimited format.
  - Once upload is complete, the coordinator is notified via e-mail.
  - Available through June 30 and July 5 to August 31.
- ❖ Web Data Entry
  - Data is entered online on a secure data correction form.
  - Good option for LEAs with small numbers of students.
  - Data checked for errors during the data entry process.
  - Available only through June 30. Not available July 5 to August 31.
- ❖ More information about these two applications can be found in the *PFT Coordinator Manual* or *Submitting Data Training Module* available from the Modules, Videos, and Training Web page of the California PFT Web site at <http://www.pftdata.org/>.

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## Lessons Learned

- ❖ Log in and check your submission once you receive the automated notification that processing of the uploaded file is complete.
- ❖ Data can be reviewed, corrected, or a new file submitted any time between February 1 and June 30, 2013 and between July 5 and August 31, 2013.

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**Lessons Learned**

**BIA and BMI**

- ❖ Not the same and cannot be interchanged.
- ❖ In the student data file, the BIA field is for the percent body fat obtained using a Bioelectric Impedance Analyzer.
- ❖ BIA is not the same as BMI or Body Mass Index.
- ❖ BMI a value calculated by the contractor during the scoring from the student height and weight information. (BMI is not a value calculated by the LEA for PFT purposes.)
- ❖ Only the BMI obtained from the student height and weight is used in the calculation of VO<sub>2</sub>max for Aerobic Capacity.
- ❖ Over 12,000 students had BIA values reported, which equaled the calculated BMI (within one tenth of a decimal point).

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**Lessons Learned**

**Data Outside of the Valid Ranges**

- ❖ "1" is the lowest possible score for the Curl-Up, Push-Up, Modified Pull-Up and PACER.
- ❖ "12" is the highest possible score for the Trunk Lift and Back-Saver Sit and Reach.
- ❖ Left and right sides must be reported for Shoulder Stretch and Back-Saver Sit and Reach.
- ❖ Complete data required for Aerobic Capacity and Body Composition.
- ❖ A 0 should be used for test where student scored a 0 such as the Flexed-Arm Hang, Trunk Lift, and Back-Saver Sit and Reach. Non-tested areas are left blank.

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**Lessons Learned**

**School Code Errors**

- ❖ School code is missing.
- ❖ School Code is not valid for the LEA.
- ❖ 0000000 is not an allowable School Code.
- ❖ 0000001 is only allowed for Non-Public School (NPS) students.
- ❖ CCDDDDD is only allowed for students who are enrolled in independent study or home hospital programs.
- ❖ Verify School Codes by searching the CDE California School Directory Web page at <http://www.cde.ca.gov/re/sd/>.

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## Lessons Learned

June Test Administration

- ❖ PFT administration window is February 1 to May 31.
- ❖ LEAs with approved waivers due to block scheduling may test before February 1.
- ❖ Absolutely no PFT administration allowed after May 31.
- ❖ Any student record submitted with PFT Start Date after May 31 will flag with an error.
- ❖ Student records with errors are not scored.

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## Key Web Page

California Department of Education PFT Web page at <http://www.cde.ca.gov/ta/tg/pf/>

- ❖ Healthy Fitness Zone Charts
- ❖ *FITNESSGRAM* Equipment and Test Options
- ❖ Understanding the 2012–13 PFT
- ❖ PFT Results and information on PFT exemptions
- ❖ Link to The Cooper Institute and Human Kinetics

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## Key Web Page

California PFT Web site at <http://www.pftdata.org/>

- ❖ District Portal
- ❖ Coordinator Designation
- ❖ PFT Resources
- ❖ Modules, Videos, and Training
- ❖ Help Center FAQs

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## Key Web Page

California PFT Web page Resources at <http://www.pftdata.org/resources.aspx>

- ❖ PFT Coordinator Manual
- ❖ PFT Reference Guide
- ❖ Student Data File Layout
- ❖ Calendar

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## Key Contacts

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PFT Help Desk  
San Joaquin County Office of  
Education  
Phone: 888-852-9681  
E-mail: [pftdata@sicoe.net](mailto:pftdata@sicoe.net)  
(preferred)

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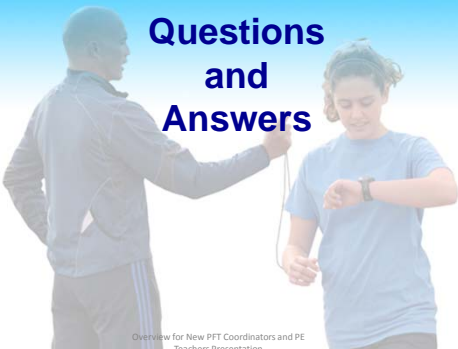
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## Questions and Answers

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