

A coach in a dark jacket is kneeling on the left, observing two young girls in blue athletic wear performing sit-ups on mats. The background is a bright blue sky with white clouds.

2013–14 California Physical Fitness Test (PFT)

Timeline and What's New

Webinar Overview

- ❖ 2013–14 PFT Timeline
- ❖ Coordinator Designation
- ❖ BMI Healthy Fitness Zones
- ❖ PACER Formula Revision
- ❖ Other Changes and New Tools
- ❖ Lessons Learned
- ❖ Looking Ahead
- ❖ Contact Information

Quick Overview

- ❖ California *Education Code* Section 60800 requires the annual administration of the PFT to all students in grades five, seven, and nine.
- ❖ School districts must administer the PFT between February 1 and May 31.
- ❖ *FITNESSGRAM* – Designated PFT, which has as its primary goal for students to establish lifetime habits of regular physical activity.

2013–14 Timeline

February 1, 2014

- ❖ PFT administration window opens.

- ❖ California 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.

2013–14 Timeline

May 31, 2014

❖ PFT administration window closes.

June 30, 2014

❖ District Portal closes for data submissions and corrections.

2013–14 Timeline

July 7, 2014

- ❖ District Portal reopens for data submissions (i.e., data upload) and corrections.
- ❖ Preliminary PFT student scored data file will be available from the Reports tab in the District Portal.

July 31, 2014

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

2013–14 Timeline

August 31, 2014

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

September 4, 2014

- ❖ Final PFT student scored data file is available from the District Portal.
- ❖ To access this final scored data file, the 2014–15 coordinator designation form must be completed and approved.

2013–14 Timeline

October 2014

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

February 1, 2015

- ❖ Deadline for posting School Accountability Report Card, or SARC, on local Web sites.

Coordinator Designation

- ❖ Every LEA must designate a PFT Coordinator and obtain a current year password.
- ❖ A new form is required each year, even if the contact information has not changed. Forms were due by November 1, 2013.
- ❖ Online form is available from the California PFT Web site at <http://www.pftdata.org>.
- ❖ September 2, 2014 - 2013–14 passwords will be deactivated, and 2014–15 PFT Coordinator Designation Forms can be submitted beginning on this date.

Healthy Fitness Zones (HFZs)

- ❖ HFZ for Body Mass Index (BMI) for males and females and for most ages have changed.
- ❖ Better coincide with the health-related body fat standards from the Centers for Disease Control and Prevention (CDC).
- ❖ 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/tg/pf/pftadmin.asp>.

PACER Formula Revised

- ❖ PACER will continue to be reported in terms of VO_2 max.
- ❖ Flexibility for teachers and schools in calculating VO_2 max for the PACER without the need for height and weight (i.e., BMI).
- ❖ New formula requires only number of 20-meter laps, age and gender.
- ❖ PACER Look-Up and Goal Setting Table posted on the CDE PFT Program Resources Web page at <http://www.cde.ca.gov/ta/tg/pf/pftresources.asp>.

New Tools

Duplicate Report

- ❖ Identify student (by first name, last name, and school code) for whom a record was removed as duplicate.
- ❖ First record is read in by the system; remaining additional record(s) for the same student will not be uploaded into the system.
- ❖ Duplicate identified on the basis of first name, last name, and Statewide Student Identifier (SSID).

Individual Student Score Reports

- ❖ Allow for batch processing.

New Tools

Online Calendar

- ❖ Provides activities and 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/>.

Other Changes

- ❖ Participation Level and Reason for Participation Level fields are **no** longer required.
- ❖ These two fields have been renamed “Filler” in the file layout and should be left blank in order to maintain the same file layout.
- ❖ Participation Level will be calculated during the scoring. Reason for Participation Level is no longer collected nor reported.

FITNESSGRAM 10 (FG10)

- ❖ Utilizes the revised PACER formula.
- ❖ FG8 is no longer available for sale. Users of FG8 and FG9 are encouraged to upgrade to the Web-based FG10.
- ❖ More information on this software is found on the Human Kinetics *FITNESSGRAM* Web site at <http://www.fitnessgram.net/>.

Lessons Learned

- ❖ Log in and check your submission once you receive the automated confirmation 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, 2014 and between July 7 and August 31, 2014.

Lessons Learned

BIA and BMI

- ❖ 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 is a value calculated 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_2 max for One-Mile Run.
- ❖ About 9000 students had BIA values reported, which equaled the calculated BMI (within one tenth of a decimal point).

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, or Back-Saver Sit and Reach.
- ❖ Non-tested areas are left blank.

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 Nonsectarian 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/>.

Lessons Learned

June Test Administration

- ❖ PFT administration window is February 1 to May 31.
- ❖ Absolutely no PFT administration allowed after May 31.
- ❖ Any student record submitted with PFT Start Date after May 31 or before November 1 will flag with an error.
- ❖ Student records with errors are not scored.

Looking Forward

Increase in Warnings

- ❖ Participation Level is no longer required.
- ❖ Students without data in all six areas of the PFT will flag with warnings.

10-digit SSIDs

- ❖ In 2014–15, PFT will use demographic data from CALPADS.
- ❖ SSIDs will be necessary to match student demographic data with the fitness data submitted by the LEAs.

Key Contacts

Physical Fitness Test

High School and Physical Fitness Office

Assessment Development and Administration Division

Phone: 916-445-9449

E-mail: pft@cde.ca.gov

Physical Education Curriculum

Michael Lee

Education Programs Consultant

Professional Learning Support Division

Phone: 916-323-5798

E-mail: mlee@cde.ca.gov

Key Contacts

PFT Help Desk

San Joaquin County Office of Education

Phone: 888-852-9681

E-mail: <https://pftdata.org/contact.aspx> (preferred)

Questions and Answers

