

Physical Fitness Test



Resources

Updated



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Physical Fitness Test Web Page

The California Department of Education (CDE) provides information about the Physical Fitness Test (PFT), which is required to be administered to students in grades five, seven, and nine, including links to web pages containing information regarding PFT administration and results.

Assessment Development and Administration Division

Phone: 916-445-9449

Email: pft@cde.ca.gov

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

PFT Coordinator Manual

This manual offers information and resources for PFT coordinators to prepare for, coordinate, and administer the PFT, including a sample data collection form and the student data file layout.

Web page: <http://www.pftdata.org/resources.aspx>

PFT Reference Guide

This guide helps staff become familiar with the PFT. It describes the fitness areas, data collection requirements, equations and conversion tables used for estimating aerobic capacity and body composition, and performance standards and gives suggestions for administering the different test options.

Web page: <http://www.pftdata.org/resources.aspx>

Healthy Fitness Zones[®] (Performance Standards)

The FITNESSGRAM[®] uses “Healthy Fitness Zones” to evaluate fitness performance. These zones are criterion-referenced standards established by The Cooper Institute of Dallas, Texas, and represent the minimum levels of fitness that offer protection against the diseases that result from sedentary living. The “Documentation of Changes in FITNESSGRAM[®] Healthy Fitness Zones” records any changes to the standards since 1999.

Web page: <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>

PFT Training Resources

This web page includes training modules to assist PFT coordinators with submitting and correcting PFT data. Also available are test administration video clips that demonstrate how to administer FITNESSGRAM[®] tests using California’s testing protocol.

Web page: <http://www.pftdata.org/training.aspx>

DataQuest (Internet Tool)

The CDE makes available PFT summary reports for the state, counties, school districts, and schools. Results are also available by gender and race/ethnicity.

Web page: <http://data1.cde.ca.gov/dataquest/>

Prior-Year Physical Fitness Data

The CDE provides access to news releases and data reports for prior years (2003–16).

Web page: <http://www.cde.ca.gov/ta/tg/pf/pftprioryrs.asp>

FITNESSGRAM®

This website includes a variety of products in support of the PFT, including the *FITNESSGRAM® Test Administration Manual*, FITNESSGRAM® software packages and updates, and materials used for the tests (e.g., skinfold calipers).

Web page: <http://www.fitnessgram.net/>

The Cooper Institute

The Cooper Institute, which developed the FITNESSGRAM®, has a website that includes technical information about the FITNESSGRAM® assessments and performance standards.

Web page: <http://www.cooperinstitute.org/healthyfitnesszone>

Educator Excellence and Equity Division Standards Implementation Support Office

The CDE provides information for improving student academic achievement of content standards by communicating policy and expectations and providing web resources to help school districts and schools develop quality physical education programs.

Professional Learning Support Division

Monique McWayne, Administrator

Phone: 916-323-5874

E-mail: mmcwayne@cde.ca.gov

Web page: <http://www.cde.ca.gov/ci/pe/>

Physical Education Model Content Standards for California Public Schools

These standards represent the essential knowledge and skills that all students need to maintain a physically active and healthy lifestyle.

Web page: <http://www.cde.ca.gov/be/st/ss/>

Physical Education Framework for California Public Schools

This framework describes a developmental, age-appropriate physical education program to provide students with the knowledge and ability needed to maintain an active, healthy lifestyle.

Web page: <http://www.cde.ca.gov/ci/pe/cf/>