

How to Calculate Physical Fitness Test (PFT) Participation Rate

In January 2022, the State Board of Education passed PFT regulations which changed the definition of PFT results to indicate that **local educational agencies (LEAs) will report participation rates only on their School Accountability Report Card (SARC).**

About the PFT

The PFT is administered to all students in grades five, seven, and nine and contains five components: Aerobic Capacity, Abdominal Strength, Trunk Extensor Strength, Upper Body Strength, and Flexibility.

Who is Included in the Calculation?

The state PFT testing window opens on February 1 and closes on May 31. LEAs can designate a shorter local window within the state testing window; however, this is a local decision.

All students who participated during the local window are included in the numerator, and all eligible students who are enrolled at the time of testing are included in the denominator.

How Do I Calculate Participation Rate?

Participation rates are calculated for each component and grade level. For each grade level and component, the participation rate equals the number of students who participated in each of the components divided by the total number of students enrolled in each grade level at the time of testing.

Number of students who participated in the FITNESSGRAM component

_____ Divided by _____

Number of students enrolled in the grade level at the time of testing

Multiplied by **100** Equals

Participation Rate

(percentage of students rounded to the nearest tenth)

What Is Submitted to SARC and When?

Data from the 2021–22 PFT administration must be entered into the 2021–22 SARC by the SARC coordinator no later than February 1, 2023. The PFT data required for the SARC submission are shown below.

Student Participation Rate for Each Component by Grade Level

All values should be entered as a percentage rounded to the nearest tenth.

Grade Five	Aerobic Capacity	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance	Flexibility
	_____	_____	_____	_____	_____

Grade Seven	Aerobic Capacity	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance	Flexibility
	_____	_____	_____	_____	_____

Grade Nine	Aerobic Capacity	Abdominal Strength and Endurance	Trunk Extensor Strength and Flexibility	Upper Body Strength and Endurance	Flexibility
	_____	_____	_____	_____	_____

For further information, you may visit the following California Department of Education web pages:

- SARC web page at <https://www.cde.ca.gov/ta/ac/sa/>
- SARC Frequently Asked Questions web page at <https://www.cde.ca.gov/ta/ac/sa/questions.asp>
- PFT web page at <https://www.cde.ca.gov/ta/tg/pf/>

