

# UNDERSTANDING YOUR STUDENT SCORE REPORT

## Physical Fitness Test



The Physical Fitness Test (PFT) is part of the state testing program. California has chosen the FITNESSGRAM® as the annual PFT for students in public schools. This guide explains your child's PFT score report. The numbered items listed on the left refer to the numbered areas of the sample score report on the right.

- 1. Student demographic information.** Includes the student name, date of birth, grade level, gender, and age at time of testing.
- 2. School and district information.** Includes the school name, district name, statewide student identification number, and test date.
- 3. Fitness Areas.** The PFT has six fitness areas, most with more than one test option.
- 4. Test.** Lists which test option the student took under each area. For example, in the Aerobic Capacity area, the student took the 20-meter PACER instead of the one-mile run or the walk test.
- 5. Student Score.** Displays the score the student received on each test. This might be displayed in the number completed (e.g., the student completed 36 Curl-Ups) or as a time or percentage (e.g. the student had a mile time of 10 minutes and 58 seconds).
- 6. Status.** Shows whether the student met the Healthy Fitness Zone (HFZ). For fitness areas the student did not complete, the status will show "Test Results Not Scorable."
- 7. Additional information can be found below the student scores.**

**California Physical Fitness Test (PFT)**  
**Individual Student Report**  
**2016–2017**

Student Name: Jason Smith 1  
 Date of Birth: 03/01/2004  
 Grade: 07  
 Gender: M

Age\*: 13

School: PFT Elementary 2  
 School District: PFT Unified School District  
 Statewide Student ID: 0123456789  
 Test Date\*: 05/05/2017

Fitness Area <span style="border: 1px solid black; padding: 2px;">3</span>	Test <span style="border: 1px solid black; padding: 2px;">4</span>	Score <span style="border: 1px solid black; padding: 2px;">5</span>	Status <span style="border: 1px solid black; padding: 2px;">6</span>
Aerobic Capacity	20-meter PACER (# laps/VO2max)	023/39.2	Does Not Meet the PFT Performance Standard
Body Composition	Body Mass Index	20.4	Meets the PFT Performance Standard
Abdominal Strength and Endurance	Curl-Ups (# completed)	36	Meets the PFT Performance Standard
Trunk Extensor Strength and Flexibility	Trunk Lift (# inches)	09	Meets the PFT Performance Standard
Upper Body Strength and Endurance	90° Push-Ups (# completed)	20	Meets the PFT Performance Standard
Flexibility <sup>^</sup>	Shoulder Stretch		Test Results Not Scorable

\* Age is determined using the student's Date of Birth and Test Date. Test Date is the date when the first test is administered to the student.

<sup>^</sup> Left side - Right side

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The PFT performance standards are available on the CDE FITNESSGRAM: Healthy Fitness Zone Charts Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>. Information about the FITNESSGRAM is available on the Human Kinetics Web site at <http://www.fitnessgram.net/home/>.

A fitness area with a status of "Test Results Not Scorable" indicates an area where the data was incomplete, insufficient, or outside of the acceptable ranges.

If you have any questions about your child's participation in the PFT, the FITNESSGRAM, or the test results, please contact your child's school or school district.

For each test area, the FITNESSGRAM® uses the HFZ to evaluate fitness performance. The performance goal for all test areas is the HFZ. The HFZ charts can be found on the California Department of Education (CDE) FITNESSGRAM® Healthy Fitness Zone Charts Web page at <https://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.

To learn more about the PFT, go to the CDE Parent Guides to Understanding Web page at <https://www.cde.ca.gov/ta/tg/pf/overview.asp>. Please speak with your child's teacher(s) if you have more questions.