

The California Physical Fitness Test and FITNESSGRAM®

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.

The FITNESSGRAM® is a comprehensive health-related fitness test developed by The Cooper Institute.



Physical Fitness Test

Who	All students in grades 5, 7, and 9 are tested.
What	<p>The FITNESSGRAM® has six fitness areas:</p> <ul style="list-style-type: none"> • Aerobic Capacity • Body Composition • Abdominal Strength and Endurance • Trunk Extensor Strength and Flexibility • Upper Body Strength and Endurance • Flexibility
How	<p>The PFT can be given to students over multiple days. Students will take at least one test option in each of the six fitness areas. Student’s will get a score in the Healthy Fitness Zone (HFZ) or in the Needs Improvement area.</p> <p>The goal is for every student to be in the Healthy Fitness Zone. This means students can reach a level of activity that offers some protection against the diseases resulting from physical inactivity. A student classified as Needs Improvement in an area of fitness would benefit from more activity in the specific areas.</p>
When	The PFT is administered between February 1 and May 31. You will receive additional information from your school about the specific days and times of testing.
Why	<p>Test results are one piece of information about how your child is doing in school. <i>FITNESSGRAM</i>® results are meant to help students create lasting habits of regular physical activity.</p> <p>There are several ways to use the PFT results. Schools can determine the fitness levels of their students. Students can assess their individual levels of fitness and develop personal fitness goals and habits.</p>

Do students with disabilities take the PFT?

Yes. There are two or three test options for most of the fitness areas of the *FITNESSGRAM*® so that all students, including those with special needs, have the chance to participate in the PFT. Students are to be given as much of the test as their condition will permit.

What test options are available for the PFT?

Aerobic Capacity

- One-Mile Run
- PACER
- Walk Test

Body Composition

- Skinfold Measurements
- Bioelectric Impedance Analyzer
- Body Mass Index

Abdominal Strength and Endurance

- Curl-Up

Trunk Extensor Strength and Flexibility

- Trunk Lift

Upper Body Strength and Endurance

- Push-Up
- Modified Pull-Up
- Flexed-Arm Hang

Flexibility

- Back-Saver Sit and Reach
- Shoulder Stretch

How can I help my child get ready for the test?

You are an important part of your child's education. Some things you can do to help your child are:

- Talk about the PFT with your child. Make sure they feel supported and not anxious.
- Tell your child that you and his or her teacher have high expectations and that you are both there to help every step of the way.
- Help make sure your child engages in 60 minutes of activity every day.
- Make sure your child gets a good night's sleep and a nutritious breakfast before testing.
- Look at your child's PFT results to help them child plan fitness activities to meet their goals.



Additional Information

More information about the Physical Fitness Test can be found on the California Department of Education Physical Fitness Test Web page at

<https://www.cde.ca.gov/ta/tg/pf/>.

Your child's teacher or principal is the best place to start if you have other questions about testing.

