

# 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

<b>Who</b>	All students in grades 5, 7, and 9 are tested.
<b>What</b>	<p>The FITNESSGRAM® has six fitness areas:</p> <ul style="list-style-type: none"> <li>• Aerobic Capacity</li> <li>• Body Composition</li> <li>• Abdominal Strength and Endurance</li> <li>• Trunk Extensor Strength and Flexibility</li> <li>• Upper Body Strength and Endurance</li> <li>• Flexibility</li> </ul>
<b>How</b>	<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>
<b>When</b>	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.
<b>Why</b>	<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>