

# Physical Fitness Test (PFT)

Patricia Jimenez and Bruce Petersen

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# Ice Breaker

- 1.State your name and region
- 2.Your Rose = your BEST PE/PFT/Sport memory
- 3.Your Thorn = your LEAST PE/PFT/Sport memory

# Presentation Objectives

- Review the PFT requirements
- Provide general overview
- Identify available training and resources
- Review commonly asked PFT questions

# California Education Code Section 60800

- Requires Annual PFT administration (FITNESSGRAM) for all students in grades five, seven, and nine
- School districts to administer the PFT during the months of February, March and April.
- Students to participate in the PFT whether or not they are enrolled in a physical education class
- Schools report the summary results of the PFT in their annual School Accountability Report Card (SARC)

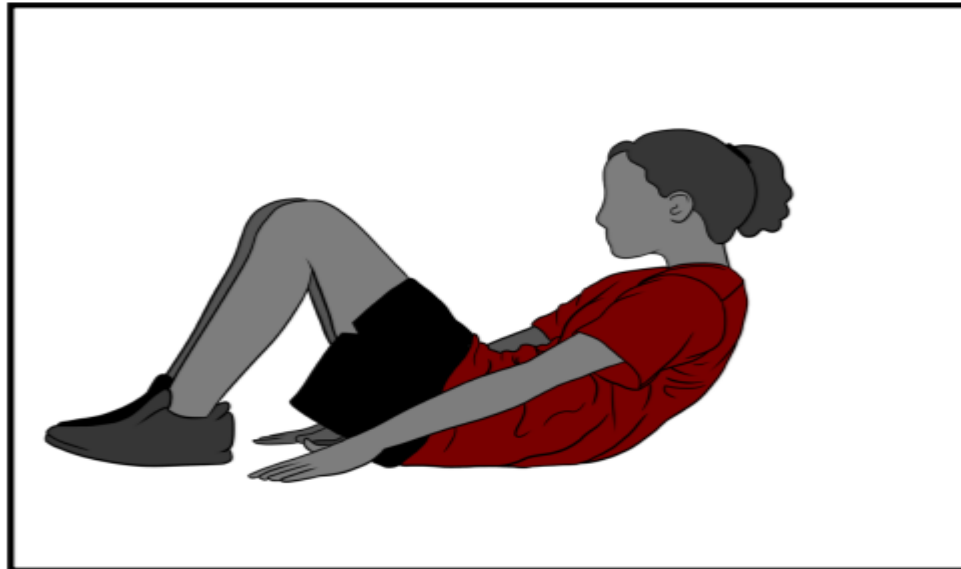
# Aerobic Capacity: Pacer

The 20m PACER estimates aerobic capacity from the number of laps (20 meters in distance) that are completed. Unlike the other two Aerobic Capacity options, the PACER starts out easy and becomes progressively more difficult. For this test, a pair of parallel lines are drawn 20 meters apart. Students start on one line, run the distance, and touch the opposite line with one foot. Once they hear the sound of a single beep, students turn around and run back to the starting line. Every minute, as indicated by a triple beep, the pace gets faster. Students continue in this manner until they fail twice to touch the line before they hear the beep.



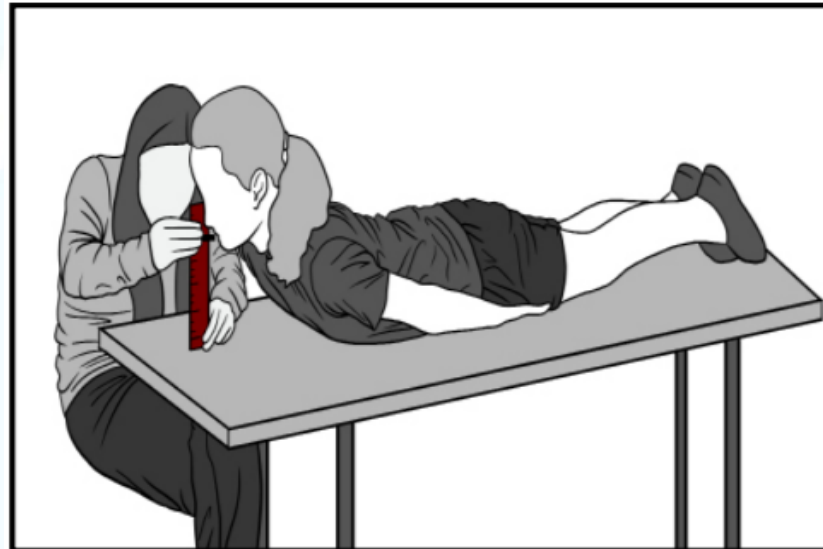
## Abdominal Strength and Endurance: Curl Up

On a mat, students lie on their back with their knees bent at a 140o angle, feet flat on the mat, and their hands at their sides, palms down. Moving slowly, students curl up, sliding their fingers across a measuring strip on the mat, and then curl back down until their head touches the mat. Students are directed to stop either after reaching a count of 75 Curl-Ups, when the second form break occurs, or at four minutes time.



## Trunk Extensor Strength and Flexibility: **Trunk Lift**

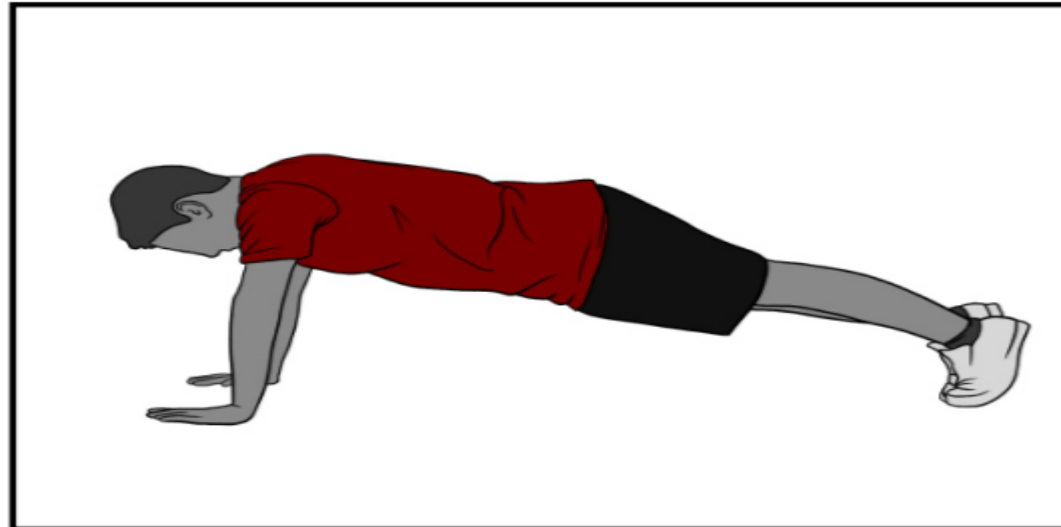
While lying face down on a flat surface, students are asked to slowly lift their upper body off the floor, using the muscles of the back, to a maximum of 12 inches. Students need to hold the position for measurement (i.e., distance from the floor to the student's chin), which is recorded in whole inches only. During the test, students should be instructed to keep their eyes focused on a spot on the floor. Once the measurement is made, the student returns to the starting position. A second trial is conducted, and the highest score is recorded. Table 18 below presents the data collection requirements for the Trunk Lift.



# Upper Body Strength and Endurance: **Push-Up**

Students are instructed to complete as many 90° Push-Ups as possible at a specified pace (of about one push-up every three seconds), up to a maximum of 75. The pace should be called or played on a prerecorded CD.

Students are directed to stop either after reaching a count of 75 Push-Ups, when the second form break occurs, at four minutes' time, or when they experience extreme discomfort.





# Flexibility: Shoulder Stretch

The Shoulder Stretch measures upper body flexibility. Students are instructed to touch the fingertips together behind the back with one hand reaching over the shoulder and the other under the elbow. Table 25 presents the data collection requirements for the Shoulder Stretch fitness area.



# Data Sheet

Last Name	First Name	Grade	Pacer	Curl Up	Trunk Lift	Push Ups	Stretch L/R
Banner	Bruce	7	100	75	12	75	N/N
Woman	Wonder	7	100	75	12	75	Y/Y
Lee	Stan	9	100	2	1	10	N/Y
Marvel	Captain	5	100	75	12	75	Y/Y

# Commonly Asked PFT Questions

## Q1: Who can administer the PFT?

- Students
- Parents
- The California Department of Education
- Employees of the district

## Q2: Can students be excused from the PFT?

- No.
- The general opt-out provision does not apply to the PFT. Students with disabilities may be limited in their ability to participate in all six tests. However, these students should be able to participate in some of these tests.

# PFT Resources

- [PFT Coordinator Manual](#)
- [How to videos online](#)
- [PFT Test Administration](#) (Video)
- [Pacer Cadence](#)
- [FAQ](#)