



# PFT Resources

Resources	California Physical Fitness Test
<b>PFT Web Page</b>	<p>The California Department of Education (CDE) provides information about the PFT required to be administered to students in grades five, seven, and nine, and information regarding high school physical education exemptions.</p> <ul style="list-style-type: none"><li>■ High School and Physical Fitness Assessment Office Phone: 916-445-9449 E-mail: <a href="mailto:pft@cde.ca.gov">pft@cde.ca.gov</a></li></ul> <p>The CDE's PFT Web page provides a list of links to Web pages containing information about the California PFT administration and results.</p> <p><b>Web Page:</b> <a href="http://www.cde.ca.gov/ta/tg/pf/">http://www.cde.ca.gov/ta/tg/pf/</a></p>
<b>PFT Coordinator Manual</b>	<p>This manual includes information and resources for PFT coordinators to prepare for, coordinate, and carry out the administration of the PFT. It includes a sample data collection form and the student data file layout.</p> <p><b>Web Page:</b> <a href="http://www.pftdata.org/resources.aspx">http://www.pftdata.org/resources.aspx</a></p>
<b>PFT Reference Guide</b>	<p>This guide is designed to assist staff in becoming familiar with the California PFT. It includes details of the fitness areas, the data collection requirements, the equations and conversion table used for estimating Aerobic Capacity and Body Composition, the performance standards, and suggestions for facilitating the administration of the different test options.</p> <p><b>Web Page:</b> <a href="http://www.pftdata.org/resources.aspx">http://www.pftdata.org/resources.aspx</a></p>
<b>California PFT District Portal</b>	<p>This secure portal for PFT coordinators (i.e., requires a password to log in) provides access to the data submission and correction tools as well as to downloadable student scored data files, individual student reports, and summary reports for the current and prior years.</p> <p><b>Web Page:</b> <a href="http://www.pftdata.org/">http://www.pftdata.org/</a></p>

Resources	California Physical Fitness Test (Cont.)
<b>Healthy Fitness Zones<sup>1</sup> (Performance Standards) Charts</b>	<p>The <i>FITNESSGRAM</i><sup>1</sup> uses Healthy Fitness Zones to evaluate fitness performance. These zones are criterion-referenced standards established by The Cooper Institute of Dallas, Texas and represent the minimum levels of fitness that offer protection against the diseases that result from sedentary living. Charts displayed are from 1999 through the current school year. The “Documentation of Changes in <i>FITNESSGRAM</i> Healthy Fitness Zones” records any changes to the standards since 1999.</p> <p><b>Web Page:</b> <a href="http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp">http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp</a></p>
<b>PFT Training Resources</b>	<p>This Web page includes training modules to assist PFT coordinators with submitting and correcting PFT data. Also available are test administration video clips that demonstrate how to administer <i>FITNESSGRAM</i> tests using California’s testing protocol (i.e., employee of the district administering and recording the scores).</p> <p><b>Web Page:</b> <a href="http://www.pftdata.org/training.aspx">http://www.pftdata.org/training.aspx</a></p>
<b>DataQuest (Internet Tool)</b>	<p>The CDE makes available PFT summary reports for the state, counties, school districts, and schools. Results are also available by gender and race/ethnicity.</p> <p><b>Web Page:</b> <a href="http://data1.cde.ca.gov/dataquest/">http://data1.cde.ca.gov/dataquest/</a></p>
<b>Prior Year Physical Fitness Data</b>	<p>The CDE provides access to news releases and data reports for prior years (2003–2013).</p> <p><b>Web Page:</b> <a href="http://www.cde.ca.gov/ta/tg/pf/pftprioryrs.asp">http://www.cde.ca.gov/ta/tg/pf/pftprioryrs.asp</a></p>
<b><i>FITNESSGRAM</i></b>	<p>Resources available through this Web site include a variety of products in support of the PFT, including the <i>FITNESSGRAM Test Administration Manual</i>, <i>FITNESSGRAM</i> software packages and updates, and materials used (e.g., skinfold calipers) to administer the tests.</p> <p><b>Web Page:</b> <a href="http://www.fitnessgram.net/">http://www.fitnessgram.net/</a></p>
<b>The Cooper Institute</b>	<p>The Cooper Institute developed the <i>FITNESSGRAM</i>. Their Web site includes technical information about the <i>FITNESSGRAM</i> assessments and performance standards, which is available in the Reference Guide.</p> <p><b>Web Page:</b> <a href="http://www.cooperinstitute.org/healthyfitnesszone">http://www.cooperinstitute.org/healthyfitnesszone</a></p>

<sup>1</sup> The *FITNESSGRAM* and Healthy Fitness Zones (HFZ) are registered trademarks of The Cooper Institute.

Resources	California Physical Education
<p><b>Professional Learning Support Division</b></p> <p><b>Science, Technology, Engineering, and Mathematics Office</b></p>	<p>The CDE provides information for improving student academic achievement of content standards by communicating policy and expectations and providing Web resources to help school districts and schools develop quality physical education programs.</p> <ul style="list-style-type: none"> <li>■ Michael Lee, Education Programs Consultant Phone: 916-323-5798 E-mail: <a href="mailto:mlee@cde.ca.gov">mlee@cde.ca.gov</a></li> <li>■ Karen Shores, Administrator Phone: 916-319-0505 E-mail: <a href="mailto:kshores@cde.ca.gov">kshores@cde.ca.gov</a></li> </ul> <p><b>Web Page:</b> <a href="http://www.cde.ca.gov/ci/pe/">http://www.cde.ca.gov/ci/pe/</a></p>
<p><b>Physical Education Model Content Standards for California Public Schools</b></p>	<p>The <i>Physical Education Model Content Standards for California Public Schools, Kindergarten Through Grade Twelve</i>, represents the essential knowledge and skills that all students need to maintain a physically active and healthy lifestyle.</p> <p><b>Web Page:</b> <a href="http://www.cde.ca.gov/be/st/ss/">http://www.cde.ca.gov/be/st/ss/</a></p>
<p><b>Physical Education Framework for California Public Schools</b></p>	<p>The <i>Physical Education Framework for California Public Schools, Kindergarten Through Grade Twelve</i> describes a sequential, developmental, age-appropriate physical education program designed to provide students with the knowledge and ability needed to maintain an active, healthy lifestyle.</p> <p><b>Web Page:</b> <a href="http://www.cde.ca.gov/ci/pe/cf/">http://www.cde.ca.gov/ci/pe/cf/</a></p>

Resources	Vendor Services and Systems
<p><b>PFT Vendors</b></p>	<p>The CDE is aware of the following vendors that provide PFT data collection and reporting services.</p> <ul style="list-style-type: none"> <li> <p>■ Adrylan Communications, Inc. (EADMS)            Contact: Anthony Tooley            Phone: 951-506-3593            E-mail: <a href="mailto:atooley@adrylan.net">atooley@adrylan.net</a></p> </li> <li> <p>■ Bonnie's Fitware, Inc.            Contact: Dr. Bonnie Mohnsen            Phone: 419-828-2144            E-mail: <a href="mailto:president@pesoftware.com">president@pesoftware.com</a></p> </li> <li> <p>■ Eagle Software (Aeries)            Contact: Sylvia Nishimoto            Phone: 888-487-7555            E-mail: <a href="mailto:sylvian@aeries.com">sylvian@aeries.com</a></p> </li> <li> <p>■ Educational Data Systems            Contact: Maryse Doss            Phone: 800-532-4424            E-mail: <a href="mailto:_maryse@eddata.com">_maryse@eddata.com</a></p> </li> <li> <p>■ EvaluMetrics, Inc.            Contact: Dr. Howard E. Herl            Phone: 888-348-4608            E-mail: <a href="mailto:fitness@evalumetrics.us">fitness@evalumetrics.us</a></p> </li> <li> <p>■ FitSTATS Technologies            Contact: Karen Karch            Phone: 866-246-1922 ext. 201            E-mail: <a href="mailto:karen@biometricshealth.com">karen@biometricshealth.com</a></p> </li> <li> <p>■ Focused Fitness            Contact: Cherie Harrington            Phone: 509-327-3181 ext. 123            E-mail: <a href="mailto:cherie@focusedfitness.org">cherie@focusedfitness.org</a></p> </li> <li> <p>■ Key Data Systems            Contact: Jacquy Hubler            Phone: 951-245-0828 ext. 201            E-mail: <a href="mailto:jacq@keydatasys.com">jacq@keydatasys.com</a></p> </li> <li> <p>■ Online Assessment and Reporting System (OARS – Red School House)            Contact: Axel Shalson            Phone: 323-661-3600            E-mail: <a href="mailto:axel@redschoolhouse.com">axel@redschoolhouse.com</a></p> </li> </ul>

Resources	Vendor Services and Systems
<b>PFT Vendors (continued)</b>	<ul style="list-style-type: none"><li data-bbox="532 300 1023 443">■ PowerSchool Contact: Wyatt Gaylor Phone: 916-288-1738 E-mail: <a href="mailto:wyatt.gaylor@pearson.com">wyatt.gaylor@pearson.com</a></li><li data-bbox="532 470 1052 613">■ Robust PFT Contact: Jesus Garcia Phone: 559-289-4515 E-mail: <a href="mailto:customercare@robustpft.com">customercare@robustpft.com</a></li></ul>