

# California Department of Education

## Report to the Governor and the Legislature: 2013–14 California Physical Fitness Test Report



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*Description:* This report encompasses the California Physical Fitness Test results from 2010–11, 2011–12, 2012–13, and 2013–14.

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California Department of Education

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## California Department of Education

### Report to the Governor and the Legislature: 2013–14 California Physical Fitness Test Report

#### **Executive Summary**

Pursuant to California *Education Code* Section 60800, all public school districts in California are required to administer the physical fitness test (PFT) annually to all students in grades five, seven, and nine. The test used for the PFT is the *FITNESSGRAM*,<sup>1</sup> which is designated for this purpose by the State Board of Education. The *FITNESSGRAM* is a comprehensive, health-related physical fitness battery. This report, which is required every two years by California *Education Code* Section 60800, summarizes PFT results of the 2013–14 test administration, provides a summary comparison with the results from previous years, and includes the results for selected groups or cohorts of students.

A total of 1,326,903 students were administered the California PFT in spring 2014, representing approximately 93 percent of California public school students enrolled in grades five, seven, and nine.

Current data show that approximately one-third of the students at the three grades tested are scoring in the Healthy Fitness Zones (HFZs) for all six of the fitness areas tested. This represents levels of fitness that offer some degree of protection against diseases that can result from a sedentary lifestyle.

The HFZs are updated on a regular basis, and the HFZs performance standards for the Body Mass Index (BMI), one of the three Body Composition test options, were updated for 2013–14. Documentation of HFZ changes can be found on the California Department of Education (CDE) *FITNESSGRAM* Healthy Fitness Zone Charts Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.

You can find this report on the CDE Program Resources Web page at <http://www.cde.ca.gov/ta/tg/pf/pftresources.asp>. To order a hard copy of the *2013–14 California Physical Fitness Test Report*, please contact Denise Moore, Education Programs Consultant, High School and Physical Fitness Assessment Office, by phone at 916-319-0500 or by e-mail at [dmoore@cde.ca.gov](mailto:dmoore@cde.ca.gov).

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

## California Department of Education

### Report to the Governor and the Legislature: 2013–14 California Physical Fitness Test Report

#### **Introduction**

Local educational agencies (LEAs)<sup>2</sup> in California are required to administer the physical fitness test (PFT) annually to all students in grades five, seven, and nine, as required by California *Education Code* Section 60800. The test used for the PFT is the *FITNESSGRAM*,<sup>3</sup> which is designated for this purpose by the State Board of Education. By law, all public schools are required to include PFT results in their School Accountability Report Card and provide students with their individual results.

This report summarizes results from the spring 2013–14 PFT administration. It also provides a comparison with the summary results from previous years and includes the results for the classes of 2015, 2016, and 2017 as they moved through grades five, seven, and nine. The data in this report includes the 2013–14 results submitted and corrected by LEAs during the third and final data submission and correction window.

#### **Test Description**

The *FITNESSGRAM* was developed by The Cooper Institute of Dallas, Texas, with the primary goal of assisting students in establishing physical activity as part of their daily lives. In order to help students reach this goal, the *FITNESSGRAM* provides a number of test options so that all students, including students with disabilities, have the maximum opportunity to participate in the test. The *FITNESSGRAM* uses objective criteria standards to evaluate the performance of each fitness area. The criteria standards represent levels of fitness for good health.

The *FITNESSGRAM* is a comprehensive physical fitness test that assesses three broad components of fitness: (1) aerobic capacity; (2) body composition; and (3) muscular strength, endurance, and flexibility. This third component is further divided into four areas: abdominal strength and endurance, trunk extensor strength and flexibility, upper body strength and endurance, and flexibility. Altogether, the *FITNESSGRAM* covers

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<sup>2</sup> LEAs include school districts, county offices of education, and charter schools that are independent for assessment purposes (i.e., independent charter schools).

<sup>3</sup> The *FITNESSGRAM* and Healthy Fitness Zone (HFZ) are registered trademarks of The Cooper Institute.

the following six areas with multiple test options in four of the six areas to meet the comprehensive assessment of fitness:

- **Aerobic Capacity:**
  - One-Mile Run
  - Progressive Aerobic Cardiovascular Endurance Run (PACER)
  - Walk Test (only for ages 13 or older)
- **Body Composition:**
  - Body Mass Index (BMI)
  - Skinfold Measurements
  - Bioelectric Impedance Analyzer
- **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

For the four fitness areas with multiple test options, the decision about which option(s) to administer is locally determined. If multiple options are administered to students, the option with the best score is reported for the PFT. In 2013–14, the following test options were the most widely administered:

- **Aerobic Capacity:** One-Mile Run (78%)
- **Body Composition:** Body Mass Index (98%)
- **Upper Body Strength and Endurance:** Push-Up (92%)
- **Flexibility:** Shoulder Stretch (61%)

## Performance Standards

The *FITNESSGRAM* uses criterion-referenced standards to evaluate fitness performance linked to good health. These standards represent a level of fitness that offers protection against an increased risk for diseases such as high blood pressure, diabetes, and coronary heart disease, which are associated with physical inactivity. Performance on each fitness area is classified into two or three general levels, as follows:

- **Aerobic Capacity and Body Composition**
  - Healthy Fitness Zone
  - Needs Improvement
  - Needs Improvement—Health Risk
  
- **Abdominal Strength and Endurance, Trunk Extensor Strength and Flexibility, Upper Body Strength and Endurance, and Flexibility**
  - Healthy Fitness Zone
  - Needs Improvement

The desired performance goal for each fitness area is the HFZ. This indicates a student's level of fitness, which is considered sufficient for good health. The Needs Improvement, or NI, designation signifies a fitness area where the student's score is not in the HFZ and where the student would benefit from physical activities designed to improve performance in the designated fitness area to achieve the HFZ. Needs Improvement—Health Risk, or NI—HR, specifically indicates increased health risks due to a student's level of fitness. It may be possible for some students to exceed the HFZ; however, The Cooper Institute does not recommend that students exceed the upper limit of the HFZ, as exceeding the HFZ may result in injury to the students. Therefore, the California Department of Education (CDE), consistent with The Cooper Institute, scores a student who exceeds the HFZ as invalid. With one exception, for Body Composition, the CDE considers a student who exceeds the HFZ as meeting the HFZ rather than scoring in the Very Lean category.

More detailed information about the *FITNESSGRAM*, the six fitness areas, and the performance standards can be found on the CDE PFT Web page at <http://www.cde.ca.gov/ta/tg/pf/>.

## State Physical Fitness Test Contractor

The San Joaquin County Office of Education (SJCOE) has been the state PFT contractor since July 2010. Contractor responsibilities include supporting LEAs with

their PFT data submission, scoring the data, producing summary and individual student reports, and hosting and maintaining the California PFT Web site at <https://www.pftdata.org/>.

The SJCOE instituted new data submission and correction procedures in 2010–11 that allow LEAs to view and correct data online and to do so within 24 hours of submitting their data through a secure data submission portal. The data correction process includes on-screen help and guidance to assist LEAs with the data correction activities. These procedures have been so successful that since the 2011–12 PFT administration, the calculated error rate has been zero percent.

## **Adjustments to the Physical Fitness Test**

In recent years, a number of adjustments occurred in the PFT data collection, scoring, and reporting process. It is important to highlight these adjustments, as they may affect the interpretations of the results provided in this report.

## **Calculation Procedures**

In 2013–14, the formula for scoring the Progressive Aerobic Cardiovascular Endurance Run (PACER), one of the Aerobic Capacity test options, was revised. The PACER score is reported in terms of  $VO_2\text{max}$ .<sup>4</sup> The calculation for the PACER no longer requires the use of body mass index (BMI) to calculate  $VO_2\text{max}$  for students. BMI is calculated from a student's height and weight. This change allows additional flexibility when choosing testing options for Aerobic Capacity, since the revised formula does not require the use of BMI.

## **Ranges and Healthy Fitness Zones**

Beginning with 2010–11, adjustments were made to the HFZs for Aerobic Capacity and Body Composition. For Aerobic Capacity, the adjustments accounted for gender and age differences in the new  $VO_2\text{max}$  reporting. For Body Composition, the adjustments took into account the natural developmental differences of the genders, improved the interchangeability of BMI values with percent body fat (i.e., Skinfold Measurements and Bioelectric Impedance Analyzer), and provided for the identification of students at risk for metabolic syndrome. (Metabolic syndrome is an indicator of current and future health risks and includes a variety of factors such as high blood pressure, high triglycerides, and a large waist circumference.)

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<sup>4</sup>  $VO_2\text{max}$  refers to the maximum oxygen consumption of an individual during exercise. The acronym is derived from V = volume per time;  $O_2$  = oxygen; and max = maximum.

## Results

The SJCCE received PFT data from approximately 97 percent of the LEAs, accounting for 97 percent of the students enrolled in grades five, seven, and nine.

As indicated in the introduction, this report provides summary results from the spring 2014 (i.e., 2013–14 school year) PFT administration and provides comparisons with the results from previous years. It begins with Table 1, which shows the total numbers of students in grades five, seven, and nine who were partially or fully tested with the PFT across the last four years.

**Table 1. Number of Students Tested by Grade**

Year	Grade 5	Grade 7	Grade 9	Total Tested	Total Enrolled <sup>1</sup>	Percent of Students <sup>2</sup>
2011	456,409	444,072	447,012	1,347,493	1,452,386	92.7
2012	450,104	441,706	442,039	1,333,849	1,418,912	94.0
2013	447,619	447,317	440,995	1,335,931	1,430,591	93.3
2014	449,459	441,949	435,495	1,326,903	1,426,730	93.0

<sup>1</sup> Total enrolled taken from California Basic Educational Data System (CBEDS) and California Longitudinal Pupil Achievement Data System (CALPADS) Fall 1 enrollment reports.

<sup>2</sup> Percent of total California public school students enrolled in grades five, seven, and nine who took the PFT.

Tables 2 through 4 provide four-year summaries of the PFT results organized by grade. The percentage of students in the HFZ for each fitness area is presented. In order to permit comparisons across the four years, the tables only include the percentages of students achieving the HFZ. The percentage of students not achieving the HFZ (i.e., NI or NI—HR) may be calculated by subtracting the percentages presented in the table from 100 percent.

**Table 2. Percentages of Grade Five Students in Healthy Fitness Zone by Fitness Area**

<b>Fitness Area</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>Percentage Point Change 2014 to 2013</b>	<b>Percentage Point Change 2014 to 2011</b>
Aerobic Capacity <sup>1</sup>	61.4	62.4	63.0	63.4	0.4	2.0
Body Composition <sup>1</sup>	52.1	52.5	53.2	59.5 <sup>2</sup>	6.3	7.4
Abdominal Strength and Endurance	78.9	78.0	77.0	75.2	-1.8	-3.7
Trunk Extensor Strength and Flexibility	87.4	86.8	86.3	85.4	-0.9	-2.0
Upper Body Strength and Endurance	69.0	68.1	67.6	66.1	-1.5	-2.9
Flexibility	70.9	71.1	71.8	71.8	0	0.9

<sup>1</sup> HFZs changed for Aerobic Capacity and Body Composition in 2011. Documentation of HFZ changes can be found on the CDE *FITNESSGRAM* Healthy Fitness Zone Charts Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.

<sup>2</sup> HFZ performance standards for BMI, one of the Body Composition fitness test options, changed in 2014. Documentation of HFZ changes can be found on the CDE *FITNESSGRAM* Healthy Fitness Zone Charts Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.

**Table 3. Percentages of Grade Seven Students in Healthy Fitness Zone by Fitness Area**

<b>Fitness Area</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>Percentage Point Change 2014 to 2013</b>	<b>Percentage Point Change 2014 to 2011</b>
Aerobic Capacity <sup>1</sup>	63.0	63.6	64.4	65.0	0.6	2.0
Body Composition <sup>1</sup>	55.5	55.4	56.1	61.5 <sup>2</sup>	5.4	6.0
Abdominal Strength and Endurance	85.1	84.4	83.9	84.2	0.3	-0.9
Trunk Extensor Strength and Flexibility	90.2	89.5	89.3	88.2	-1.1	-2.0
Upper Body Strength and Endurance	72.2	71.9	71.1	69.0	-2.1	-3.2
Flexibility	79.1	79.6	80.6	80.7	0.1	1.6

<sup>1</sup> HFZs changed for Aerobic Capacity and Body Composition in 2011. Documentation of HFZ changes can be found on the CDE *FITNESSGRAM* Healthy Fitness Zone Charts Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.

<sup>2</sup> HFZ performance standards for BMI, one of the Body Composition fitness test options, changed in 2014. Documentation of HFZ changes can be found on the CDE *FITNESSGRAM* Healthy Fitness Zone Charts Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.

**Table 4. Percentages of Grade Nine Students  
in Healthy Fitness Zone by Fitness Area**

<b>Fitness Area</b>	<b>2011</b>	<b>2012</b>	<b>2013</b>	<b>2014</b>	<b>Percentage Point Change 2014 to 2013</b>	<b>Percentage Point Change 2014 to 2011</b>
Aerobic Capacity <sup>1</sup>	61.7	62.4	63.0	63.9	0.9	2.2
Body Composition <sup>1</sup>	59.4	59.0	58.9	64.2 <sup>2</sup>	5.3	4.8
Abdominal Strength and Endurance	87.2	87.0	86.5	86.3	-0.2	-0.9
Trunk Extensor Strength and Flexibility	92.0	91.4	91.3	91.0	-0.3	-1.0
Upper Body Strength and Endurance	77.3	76.6	75.7	74.9	-0.8	-2.4
Flexibility	83.7	84.0	84.7	84.9	0.2	1.2

<sup>1</sup> HFZs changed for Aerobic Capacity and Body Composition in 2011. Documentation of HFZ changes can be found on the CDE *FITNESSGRAM* Healthy Fitness Zone Charts Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.

<sup>2</sup> HFZ performance standards for BMI, one of the Body Composition fitness test options, changed in 2014. Documentation of HFZ changes can be found on the CDE *FITNESSGRAM* Healthy Fitness Zone Charts Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.

Table 5 provides the percentage of students in the NI—HR category for the Aerobic Capacity and Body Composition fitness areas. Students classified in the Health Risk category may have increased health risks (e.g., Type II diabetes, obesity, coronary heart disease) due to the student’s level of fitness.

**Table 5. Comparison of 2013 and 2014 Percentage of Grade Five, Seven, and Nine Students in Needs Improvement—Health Risk (NI—HR) by Fitness Areas**

Fitness Area	2013 Percent of Grade 5 Students in NI—HR <sup>1</sup>	2014 Percent of Grade 5 Students in NI—HR <sup>1</sup>	Percentage Point Change 2014 to 2013 Grade 5	2013 Percent of Grade 7 Students in NI—HR <sup>1</sup>	2014 Percent of Grade 7 Students in NI—HR <sup>1</sup>	Percentage Point Change 2014 to 2013 Grade 7	2013 Percent of Grade 9 Students in NI—HR <sup>1</sup>	2014 Percent of Grade 9 Students in NI—HR <sup>1</sup>	Percentage Point Change 2014 to 2013 Grade 9
Aerobic Capacity	8.4	6.5	-1.9	11.9	10.0	-1.9	14.0	12.7	-1.3
Body Composition	33.7	21.0	-12.7 <sup>2</sup>	30.1	19.1	-11.0 <sup>2</sup>	26.2	16.8	-9.4 <sup>2</sup>

<sup>1</sup> Aerobic Capacity and Body Composition fitness areas have an additional performance standard, NI—HR. Students in this area have the potential for future health problems. The need for increased activity and eating a nutrient-dense, balanced diet is more urgent for students in this category than those students in the NI category. HFZ standards applied to the fitness areas are located on the CDE Program Resources Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.

<sup>2</sup> HFZ performance standards for BMI, one of the Body Composition fitness test options, changed in 2014. Documentation of HFZ changes can be found on the CDE *FITNESSGRAM* Healthy Fitness Zone Charts Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.

**Explanation of table contents:** Line 1 shows the percentage of students who scored in the NI—HR for the Aerobic Capacity fitness area and the percentage point change from 2014 and 2013. Line 2 shows the percentage of students who scored in the NI—HR for the Body Composition fitness area and the percentage point change from 2014 and 2013. A positive percent change indicates there are more students in the NI—HR category. The desired results are a negative percentage point change indicating fewer students in the NI—HR category.

The PFT performance goal is for students to achieve the HFZ for all six fitness areas tested (i.e., six-out-of-six fitness areas in the HFZ). Table 6 displays the percentages of students by grade achieving this goal. The 2014 PFT results show that 26.6 percent of the students in grade five, 33.0 percent of the students in grade seven, and 38.1 percent of the students in grade nine scored within the HFZ for all six fitness areas of the test.

**Table 6. Percentage of Grade Five, Seven, and Nine Students in the Healthy Fitness Zone for Six-Out-of-Six Fitness Areas**

Grade	2011 <sup>1</sup>	2012 <sup>1</sup>	2013	2014 <sup>2</sup>	Percentage Point Change 2014 <sup>2</sup> to 2013	Percentage Point Change 2014 <sup>2</sup> to 2011 <sup>1</sup>
Grade 5	25.2	25.4	25.5	26.6	1.1	1.4
Grade 7	32.1	31.9	32.4	33.0	0.6	0.9
Grade 9	36.8	36.5	36.5	38.1	1.6	1.3

<sup>1</sup> The 2011 performance standards applied to Aerobic Capacity and Body Composition fitness areas are located on the CDE Program Resources Web page at <http://www.cde.ca.gov/ta/tg/pf/pftresources.asp>.

<sup>2</sup> New 2014 HFZ performance standards for BMI applied to the Body Composition fitness area are located on the CDE Program Resources Web page at <http://www.cde.ca.gov/ta/tg/pf/pftresources.asp>.

Tables 7 and 8 display the fitness area and number of fitness areas in the HFZ results by class or cohort. The students in the class of 2015 were administered the PFT in grade five in 2008, in grade seven in 2010, and in grade nine in 2012. The students in the class of 2016 were administered the PFT in 2009, 2011, and 2013 for grades five, seven, and nine, respectively. Finally, students in the class of 2017 were administered the PFT in grade five in 2010, in grade seven in 2012, and in grade nine in 2014.

Table 7 results show each class improved in four of the six fitness areas: Abdominal Strength and Endurance, Trunk Extensor Strength and Flexibility, Upper Body Strength and Endurance, and Flexibility. The grade nine students from the class of 2015 showed a decline in both the Aerobic Capacity and Body Composition fitness areas; however, note that the HFZ standards changed in those two fitness areas beginning with the 2011 administration. Grade seven through nine students from the classes of 2016 and 2017 showed an increase or remained unchanged in both Aerobic Capacity and Body Composition fitness areas, although the new HFZ standards applied to the two fitness areas in 2011. The grade nine students in the class of 2017 showed an increase in the Body Composition fitness area; however, note that the HFZ performance standards for BMI, one of the Body Composition fitness test options, changed with the 2014 administration.

Table 8 results display the percentage of students from each class by the number of fitness areas in the HFZ. Each class displays an increase in the number of students who scored in the HFZ in six out of six fitness areas. The most significant increase of students meeting the HFZ is displayed by grade nine students from the class of 2017 with a 6.2 percentage point change from grade seven. Students in the class of 2017 were administered the PFT in grade nine in 2014. In 2014, HFZ performance standards changed for BMI, one of the Body Composition fitness test options.

**Table 7. Percentage of Grade Five, Seven, and Nine Students in Healthy Fitness Zone<sup>1,2</sup> (HFZ) by Fitness Areas for Classes 2015, 2016, and 2017**

<b>Fitness Area</b>	<b>Class of 2015 Grade 5 Percent of Students In HFZ</b>	<b>Class of 2015 Grade 7 Percent of Students In HFZ</b>	<b>Class of 2015 Grade 9 Percent of Students In HFZ</b>	<b>Class of 2016 Grade 5 Percent of Students In HFZ</b>	<b>Class of 2016 Grade 7 Percent of Students In HFZ</b>	<b>Class of 2016 Grade 9 Percent of Students In HFZ</b>	<b>Class of 2017 Grade 5 Percent of Students In HFZ</b>	<b>Class of 2017 Grade 7 Percent of Students In HFZ</b>	<b>Class of 2017 Grade 9 Percent of Students In HFZ</b>
Aerobic Capacity	64.2	67.1	62.4 <sup>3</sup>	65.7	63.0 <sup>3</sup>	63.0 <sup>3</sup>	65.4	63.6 <sup>3</sup>	63.9 <sup>3</sup>
Body Composition	68.4	68.8	59.0 <sup>4</sup>	68.4	55.5 <sup>4</sup>	58.9 <sup>4</sup>	68.5	55.4 <sup>4</sup>	64.2 <sup>5</sup>
Abdominal Strength and Endurance	80.6	85.3	87.0	80.1	85.1	86.5	79.4	84.4	86.3
Trunk Extensor Strength and Flexibility	88.2	90.3	91.4	88.2	90.2	91.3	88.2	89.5	91.0
Upper Body Strength and Endurance	69.6	72.7	76.6	69.8	72.2	75.7	69.5	71.9	74.9
Flexibility	69.6	78.7	84.0	70.8	79.1	84.7	71.1	79.6	84.9

<sup>1</sup> Healthy Fitness Zone is a registered trademark of The Cooper Institute.

<sup>2</sup> Healthy Fitness Zone standards applied to the fitness areas are located on the CDE Program Resources Web page at <http://www.cde.ca.gov/ta/tg/pf/pftresources.asp>.

<sup>3</sup> In 2011, The Cooper Institute changed the performance standards for the Aerobic Capacity fitness area. The Aerobic Capacity fitness area calculates an estimated VO<sub>2</sub>max (i.e., aerobic capacity) based upon student's age, gender, time or laps, and BMI.

<sup>4</sup> In 2011, The Cooper Institute changed the performance standards for the Body Composition fitness area to take into account differences in gender and maturation.

<sup>5</sup> The Cooper Institute changed the HFZ performance standards for BMI, one of the Body Composition fitness test options, to take into account the health-related body fatness standards from the Center for Disease Control and Prevention (CDC).

**Table 8. Percentage of Grade Five, Seven, and Nine Students by the Number of Fitness Areas in the Healthy Fitness Zone<sup>1,2</sup> (HFZ) for Classes 2015, 2016, and 2017**

Number of Fitness Areas in the HFZ	Class of 2015 Grade 5 Percent of Students In HFZ	Class of 2015 Grade 7 Percent of Students In HFZ	Class of 2015 Grade 9 Percent of Students In HFZ <sup>3</sup>	Class of 2016 Grade 5 Percent of Students In HFZ	Class of 2016 Grade 7 Percent of Students In HFZ <sup>3</sup>	Class of 2016 Grade 9 Percent of Students In HFZ <sup>3</sup>	Class of 2017 Grade 5 Percent of Students In HFZ	Class of 2017 Grade 7 Percent of Students In HFZ <sup>3</sup>	Class of 2017 Grade 9 Percent of Students In HFZ <sup>3,4</sup>
6 of 6	28.5	35.0	36.5	29.2	32.1	36.5	29.0	31.9	38.1
5 of 6	26.6	26.8	22.9	26.7	22.8	23.0	26.4	23.1	23.5
4 of 6	19.6	17.8	19.1	19.3	19.4	18.7	19.5	19.3	17.5
3 of 6	13.2	11.2	12.0	12.8	14.0	12.1	13.1	13.7	11.6
2 of 6	7.7	6.1	6.0	7.5	7.8	6.2	7.7	7.9	6.0
1 of 6	3.4	2.5	2.5	3.5	3.1	2.5	3.5	3.2	2.5
0 of 6	1.0	0.7	1.0	1.0	0.7	0.9	0.8	0.8	0.9

<sup>1</sup> Healthy Fitness Zone is a registered trademark of The Cooper Institute.

<sup>2</sup> Healthy Fitness Zone performance standards applied to the fitness areas are located on the CDE Program Resources Web page at <http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>.

<sup>3</sup> In 2011, The Cooper Institute changed the performance standards for the Aerobic Capacity and Body Composition fitness areas.

<sup>4</sup> In 2014, The Cooper Institute changed the HFZ performance standards for BMI, one of the Body Composition fitness test options.

## Summary and Implications

The percentage of students in grades five, seven, and nine that met the HFZ performance standards in all six areas increased as compared to the last two years. Students also improved in the area of Aerobic Capacity, which is a good indicator of health. Good Aerobic Capacity has been shown to reduce the risk of coronary heart disease, obesity, and Type II diabetes.

The results from tracking groups or cohorts of students over the years (i.e., Tables 7 and 8) show improvements in physical fitness; however, current and past data continue to indicate that only about one-third of California's students tested in grades five, seven, and nine are meeting the performance goals established for the PFT.

As noted by State Superintendent of Public Instruction Tom Torlakson in his November 6, 2014, CDE News Release, "It's encouraging to see our students becoming more fit and healthy. Students have to be healthy and alert to succeed in the classroom, in college, and in their careers, but also to lead a more fulfilling life." The data imply that many students would benefit from increased physical activity to improve their performance in all six fitness areas. Meeting the HFZ performance is associated with overall good health and protection against diseases associated with a sedentary life style.

Students need the support of LEAs, teachers, parents, guardians, and other community leaders to improve their level of physical fitness and establish an active lifestyle. LEAs are encouraged to review the PFT data, work with parents/guardians and community leaders to identify improvements to physical education programs, and develop strategies to improve physical activities offered to students during and outside of the regular school day. LEAs are encouraged to evaluate PFT data for trends and yearly fitness levels in order to plan activities that will improve physical fitness performance.

LEAs are encouraged to establish and maintain strong physical education programs that may inspire students to develop an active lifestyle. Likewise, parents/guardians should encourage regular physical activity at home and work with schools to support physical education programs. Communities are encouraged to have safe and clean areas for students to engage in physical activities.

Overall schools, school districts, county offices of education, and charter school administrators along with teachers, parents, and guardians are encouraged to take advantage of initiatives and programs designed to promote awareness and make changes in student health and fitness. Superintendent Torlakson launched the *Team California for Healthy Kids* initiative, which has the major goal of making the healthy choice the easy choice. This initiative includes promoting healthy eating habits and increasing daily physical activity throughout the day for all students. To meet the goal of all California students improving and increasing health-related physical fitness, all stakeholders must combine efforts and collaborate.