

Physical Fitness Test



WHAT IS THE PHYSICAL FITNESS TEST?

The Physical Fitness Test (PFT) is a comprehensive, health-related physical fitness battery of tests for students in California. The State Board of Education designated the FITNESSGRAM® as the PFT for students in California public schools. The test has six parts that show a level of fitness that offer a degree of defense against diseases that come from inactivity. The test results can be used by students, teachers, and parents.

THE FITNESSGRAM® CONSISTS OF SIX FITNESS AREAS:

Aerobic Capacity • Abdominal Strength and Endurance • Upper Body Strength and Endurance
Trunk Extensor Strength and Flexibility • Body Composition • Flexibility



WHY IS THE PFT GIVEN?

The primary goal of the FITNESSGRAM® is to assist in establishing lifetime habits of regular physical activity. The PFT provides information that can be used by:

- students to assess and plan personal fitness programs;
- teachers to design the curriculum for physical education programs; and
- parents/guardians to understand their children's fitness levels.



WHO TAKES THE PFT?

The PFT is given to all students enrolled in a California public school in grades five, seven, and nine. Students with disabilities should be given as much of the test as each student's physical condition permits. The individualized education program (IEP) or Section 504 plan team is responsible for deciding how students with disabilities will participate in the PFT.



HOW IS THE PFT GIVEN?

The PFT is a physical fitness test and requires every student in grades five, seven, and nine to perform a series of physical tasks.

These tasks may be administered at any time during the test administration window. These tasks can be administered together or at different times during the administration window.



WHEN IS THE PHYSICAL FITNESS TEST GIVEN?

JAN FEB MAR APR MAY JUN JUL AUG SEPT OCT NOV DEC

Test Administration Window
February 1–May 31

Data Submission/Correction Window
February 1–June 30

Error Correction Window
July 7–Aug. 31

Results Posted
Sept.–Oct.

If you have questions about the PFT program or policies, or how to administer the PFT, please contact the High School and Physical Fitness Assessment Office by e-mail at pft@cde.ca.gov or by phone at 916-445-9449.

