

# 2011/12 CALIFORNIA PHYSICAL FITNESS TEST RESULTS

Lowell Joint School District

January 14, 2013



# BACKGROUND

- ▶ California *Education Code Section 60800* requires each school district to administer a physical fitness test annually to all students in grades five, seven, and nine
- ▶ The State Board of Education designated the *FITNESSGRAM* as the required Physical Fitness Test (PFT) to be administered to students

# CALIFORNIA PHYSICAL FITNESS TEST

- ▶ The FITNESSGRAM assesses three fitness components:
  - ▶ Aerobic capacity
  - ▶ Body composition
  - ▶ Muscle strength, endurance, and flexibility



# CALIFORNIA PHYSICAL FITNESS TEST

- ▶ The fitness component of **muscle strength**, **endurance**, and **flexibility** is divided into four fitness areas:
  - ▶ Abdominal strength and endurance
  - ▶ Trunk extensor strength and flexibility
  - ▶ Upper body strength and endurance
  - ▶ Flexibility



# TEST OPTIONS FOR THE FITNESS AREAS:

## ▶ **Aerobic capacity**

- ▶ PACER (Progressive Aerobic Cardiovascular Endurance Run)
- ▶ One-Mile Run
- ▶ Walk Test (only for ages thirteen or older)

## ▶ **Body composition**

- ▶ Skin Fold Measurement (estimates percent of fat)
- ▶ Body Mass Index (compares weight and height)

## ▶ **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

# PERFORMANCE STANDARDS

Each student's performance is classified into the HFZ or other zones, depending on the fitness area, as follows:

## **Aerobic Capacity**

Healthy Fitness Zone

Needs Improvement

Needs Improvement – High Risk

## **Body Composition**

Very Lean

Healthy Fitness Zone

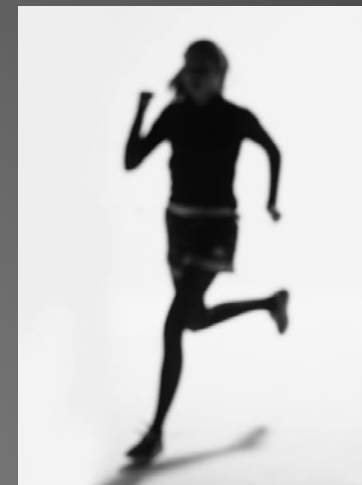
Needs Improvement

Needs Improvement – High Risk

## **Muscle Strength, Endurance, and Flexibility**

Healthy Fitness Zone

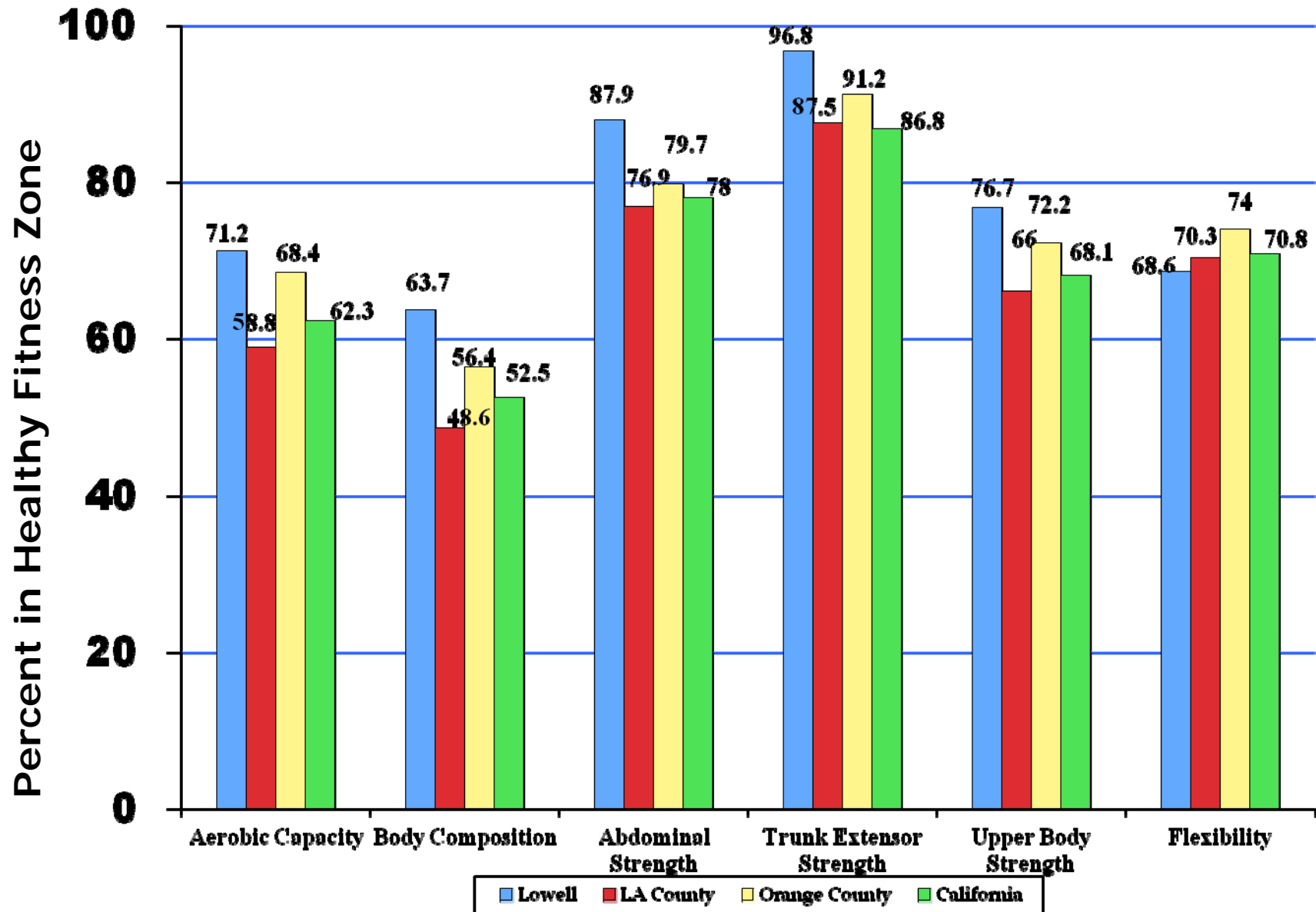
Needs Improvement



# PERFORMANCE STANDARDS

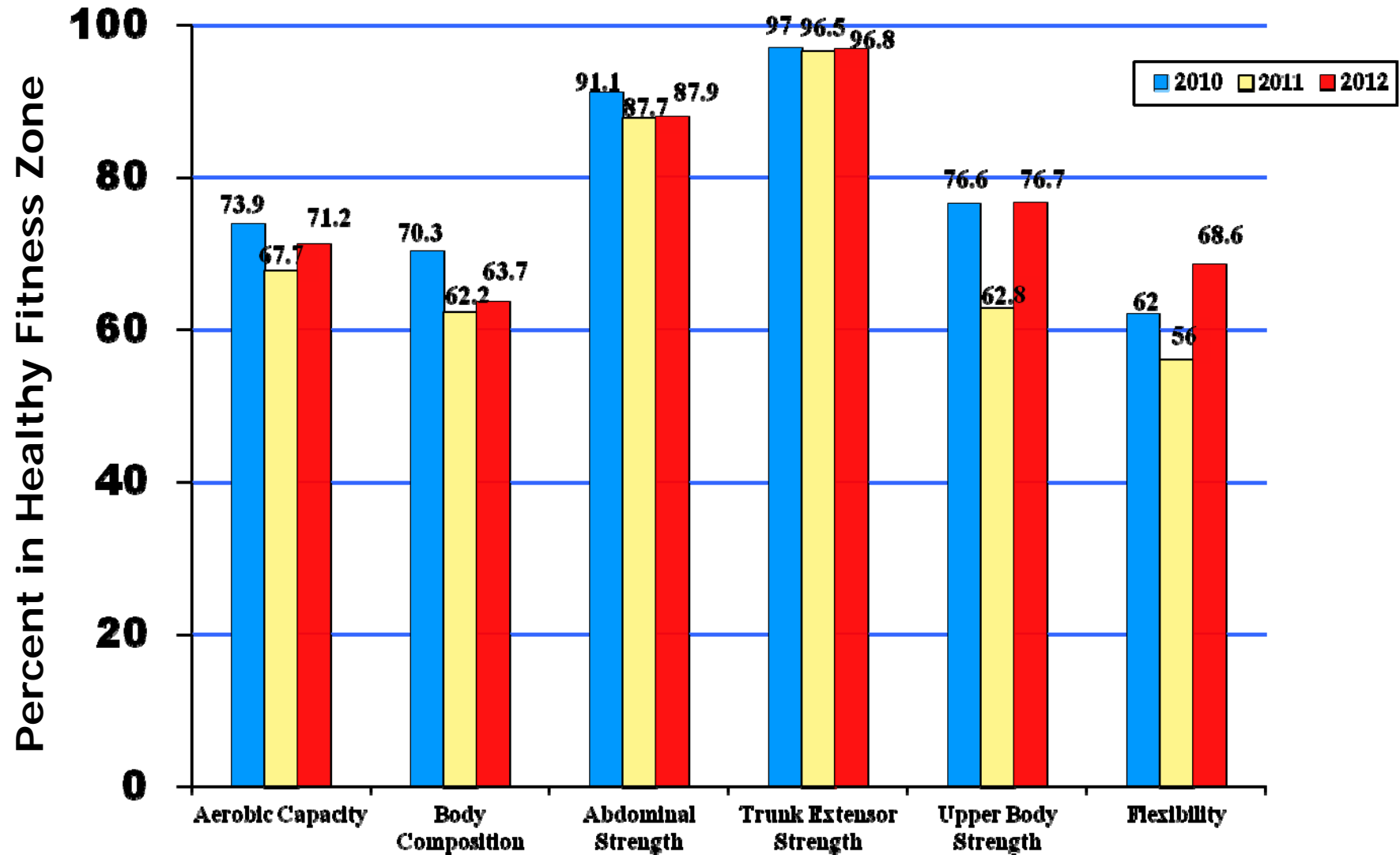
- ▶ Desired performance standard for each test option is the Healthy Fitness Zone
- ▶ Needs Improvement – High Risk specifically indicates increased health risks due to the student's level of fitness.
- ▶ Criterion-referenced performance standards have been established according to gender and age

# 5<sup>th</sup> Grade Results Physical Fitness Tasks

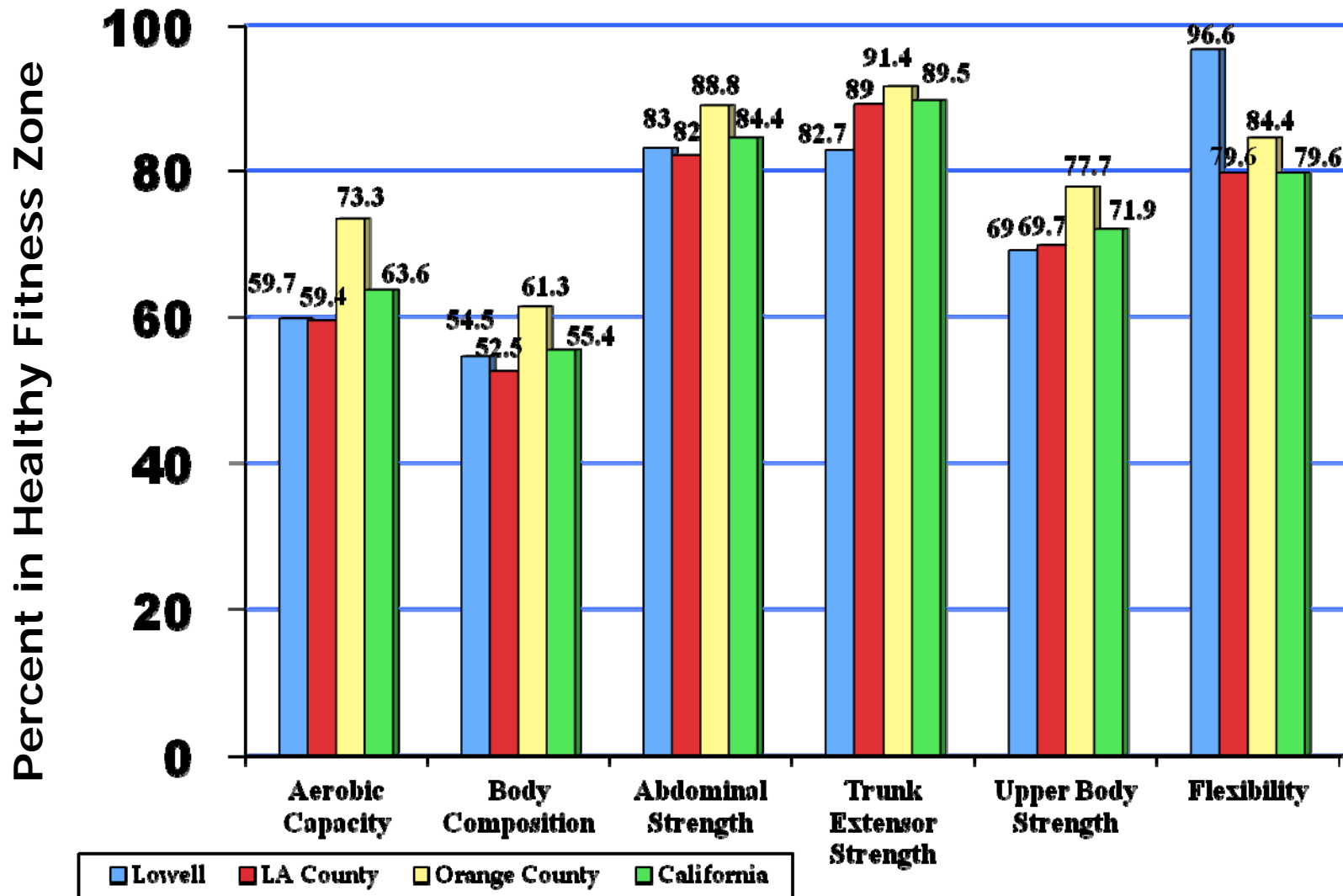




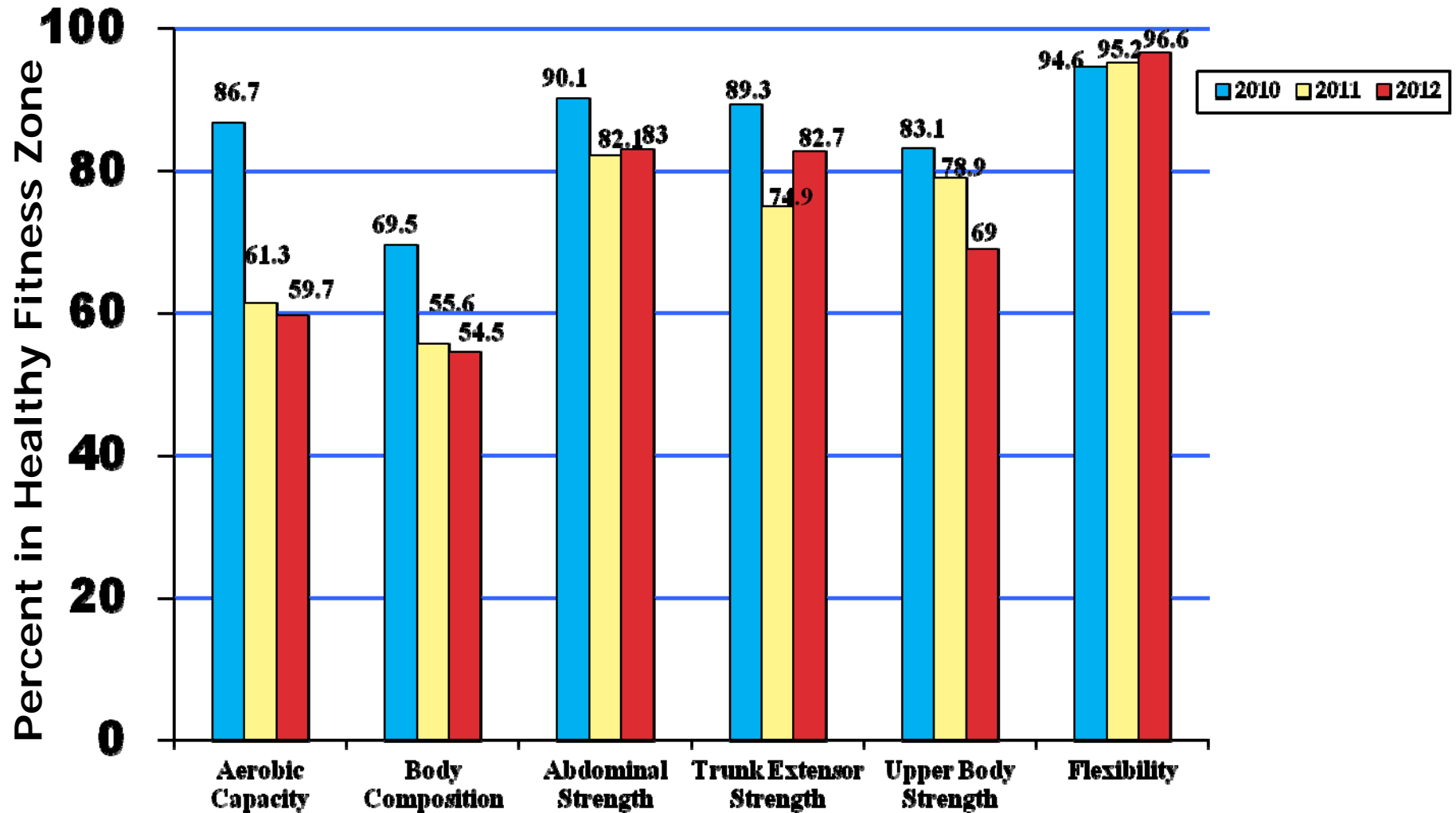
# 5<sup>th</sup> Grade Results Physical Fitness Tasks Three-year Comparison



# 7<sup>th</sup> Grade Results Physical Fitness Tasks



# 7<sup>th</sup> Grade Results Physical Fitness Tasks Three-year Comparison



# CONCLUSIONS

## 5<sup>th</sup> Grade Results

- ▶ District students were above both the Counties and State averages in the areas of aerobic capacity, body composition, abdominal strength, trunk extensor strength, and upper body strength.
- ▶ Improvement over 2011 results in all areas.

# CONCLUSIONS



## 7<sup>th</sup> Grade Results

- ▶ District students were above the State average in the area of body composition and flexibility.
- ▶ Improvement over 2011 results in the areas of abdominal strength, trunk extensor, and flexibility.

# CONCLUSION

- ▶ Strong Body, Strong Mind
  - ▶ The District is committed to promoting student health through;
    - ▶ Physical Education Program
    - ▶ Serving Healthy Meals
    - ▶ Wellness Policy
    - ▶ Jog-a-thons, Turkey Trot, Jump-a thons, Fun Run, Boot Camp, dance-a-thons, etc..
  - ▶ The District will continue to promote physical activity during and after school