

# 2012-13 California Physical Fitness Test Results

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Lowell Joint School District  
January 6, 2013



# Background

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- 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
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# California Physical Fitness Test

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



# California Physical Fitness Test

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- ❑ 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:

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## **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
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# Performance Standards

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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

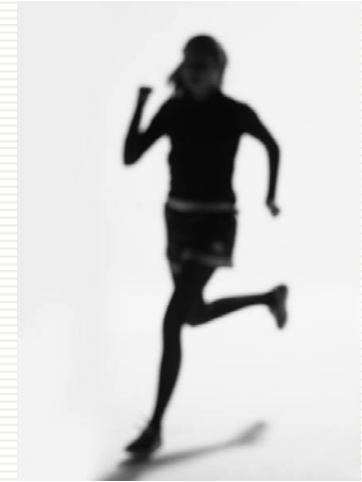
Needs Improvement

Needs Improvement – High Risk

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

Healthy Fitness Zone

Needs Improvement



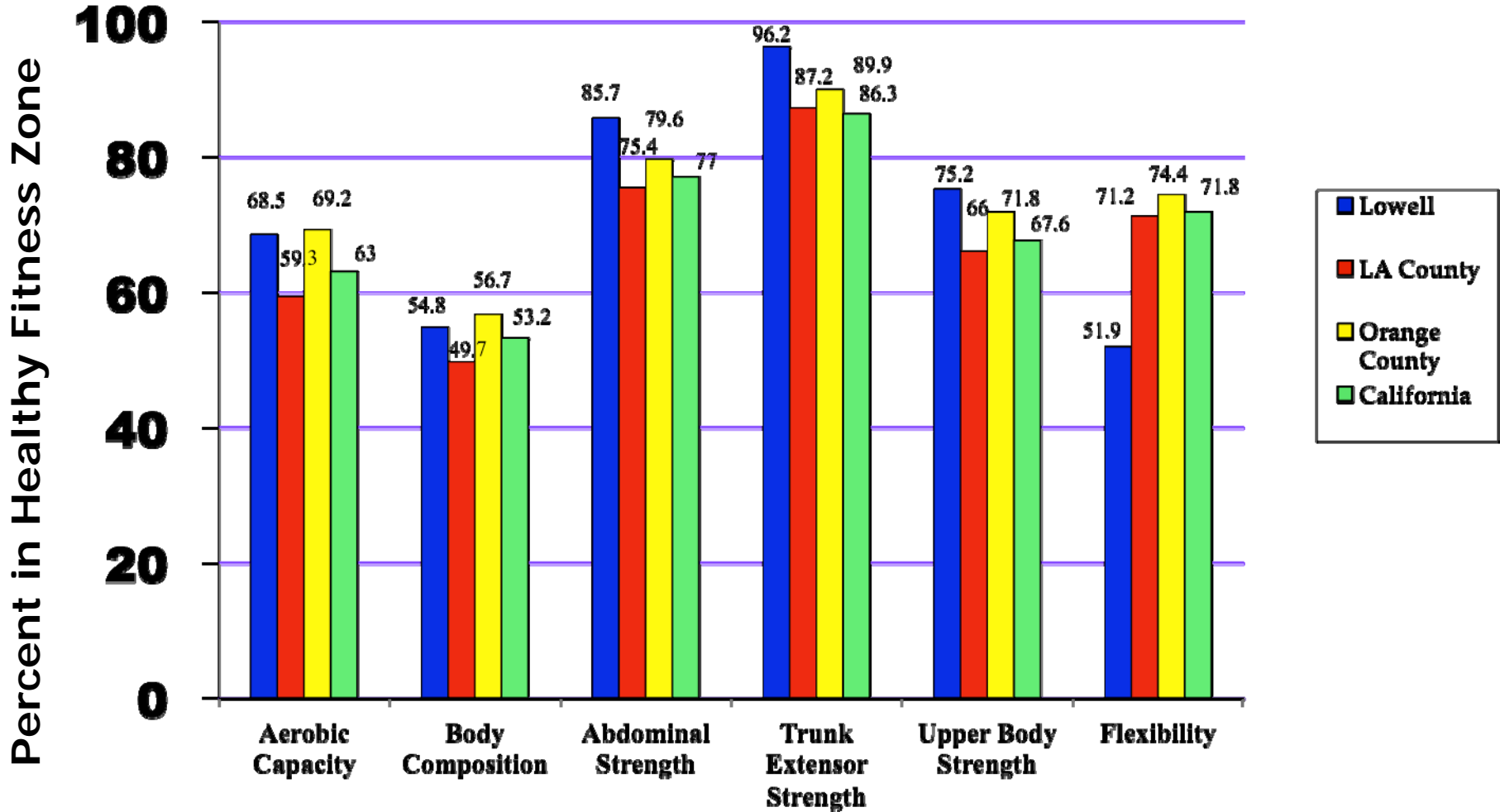
# Performance Standards

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- ❑ Desired performance standard for each test option is the Healthy Fitness Zone
  - ❑ NI – 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
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# 5<sup>th</sup> Grade Results

## 2012-13 Physical Fitness Tasks

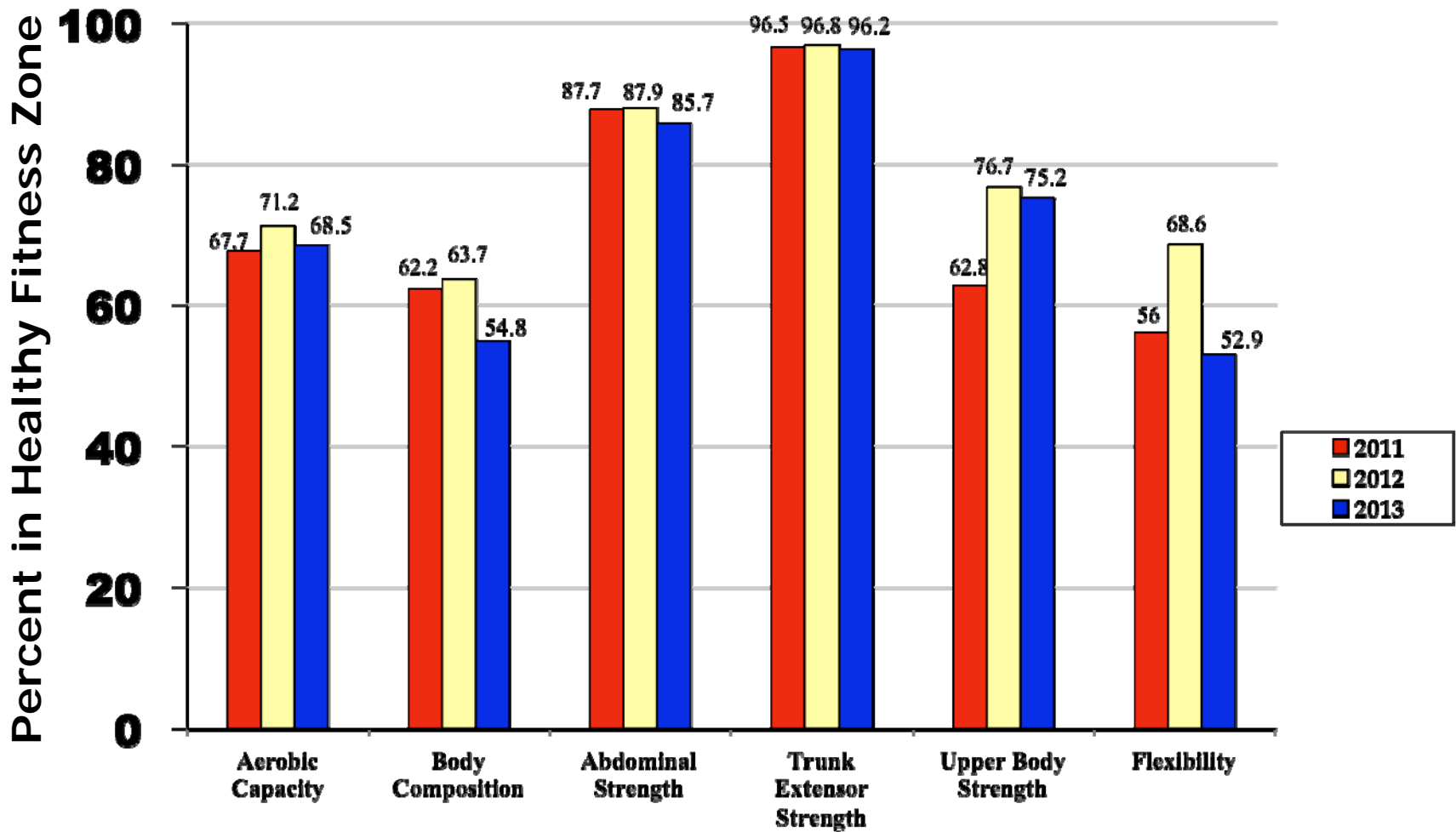




# 5<sup>th</sup> Grade Results

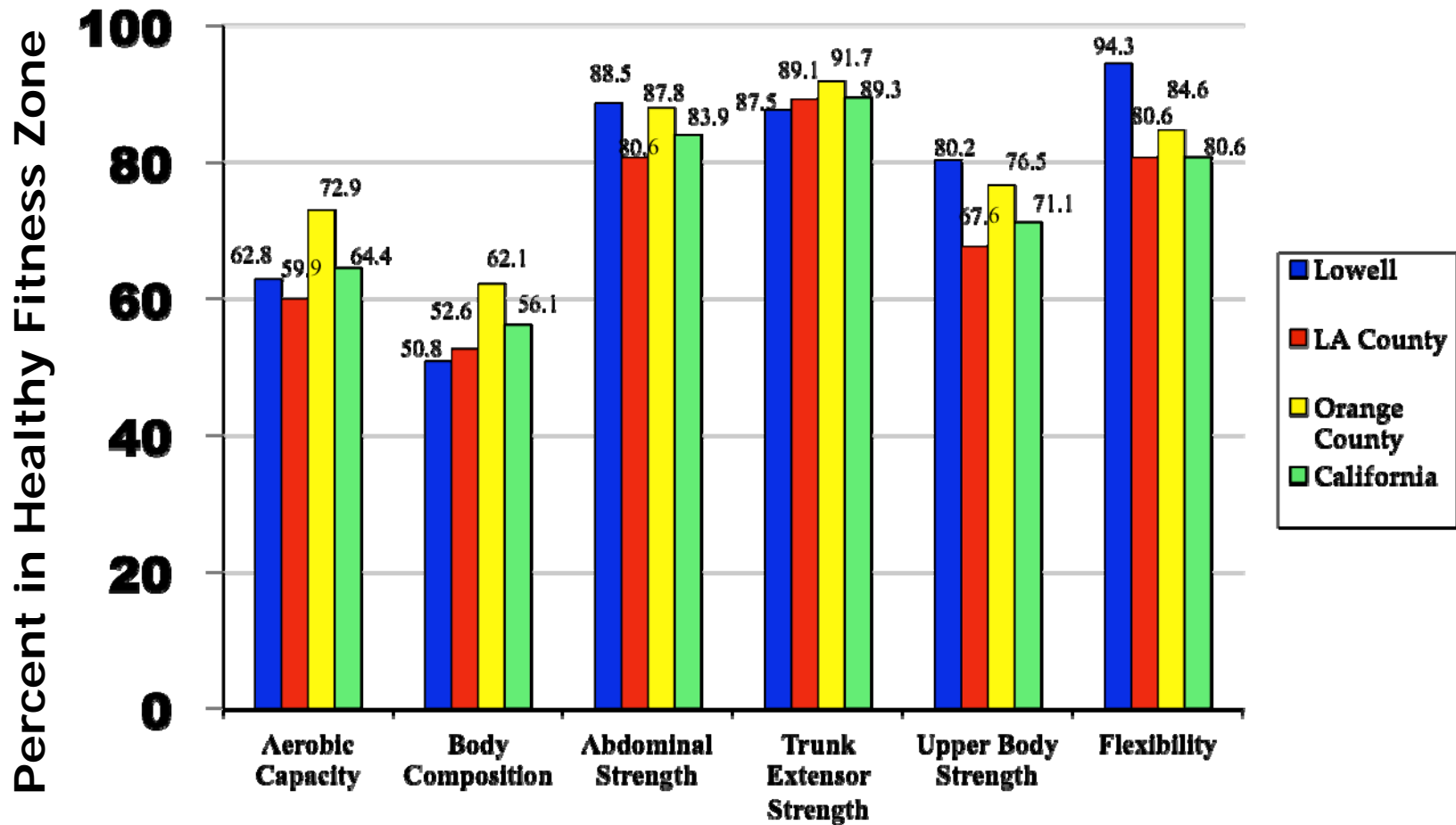
## Physical Fitness Tasks

### Three-year Comparison



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

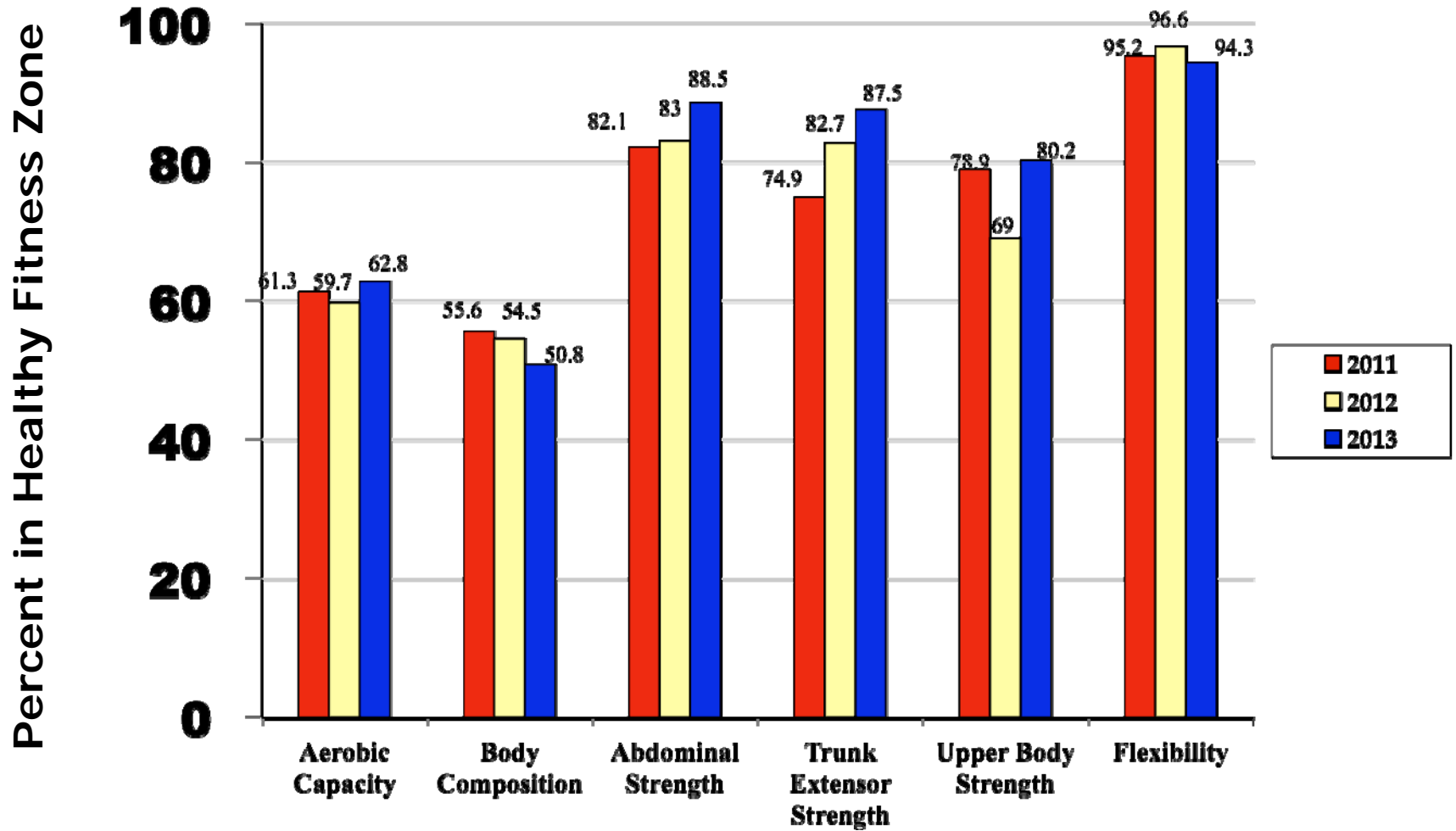
## 2012-13 Physical Fitness Tasks



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

## Physical Fitness Tasks

### Three-year Comparison



# Conclusions

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

- District students were above the State average in the areas of upper body strength, aerobic capacity, body composition, abdominal strength, and trunk extensor strength.
  - District students were above Los Angeles County average in the areas of upper body strength, aerobic capacity, body composition, abdominal strength, and trunk extensor strength.
  - District students were above Orange County average in the areas of aerobic capacity, abdominal strength, upper body strength, and trunk extensor strength.
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# Conclusions

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

- District students were above the State, Los Angeles County, and Orange County averages in the areas of abdominal strength, upper body strength, and flexibility.
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# Conclusion

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- 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
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