

2010-11 California Physical Fitness Test Results

Lowell Joint School District
April 2, 2012



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
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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
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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

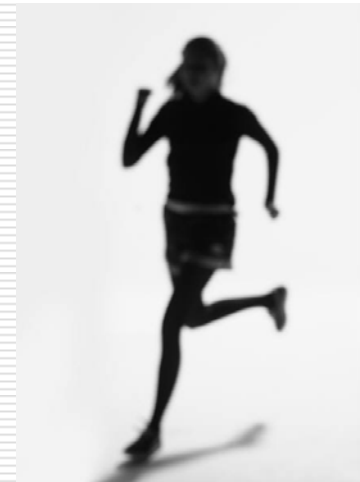
Needs Improvement

Needs Improvement – High Risk

Muscle Strength, Endurance, and Flexibility

Healthy Fitness Zone

Needs Improvement

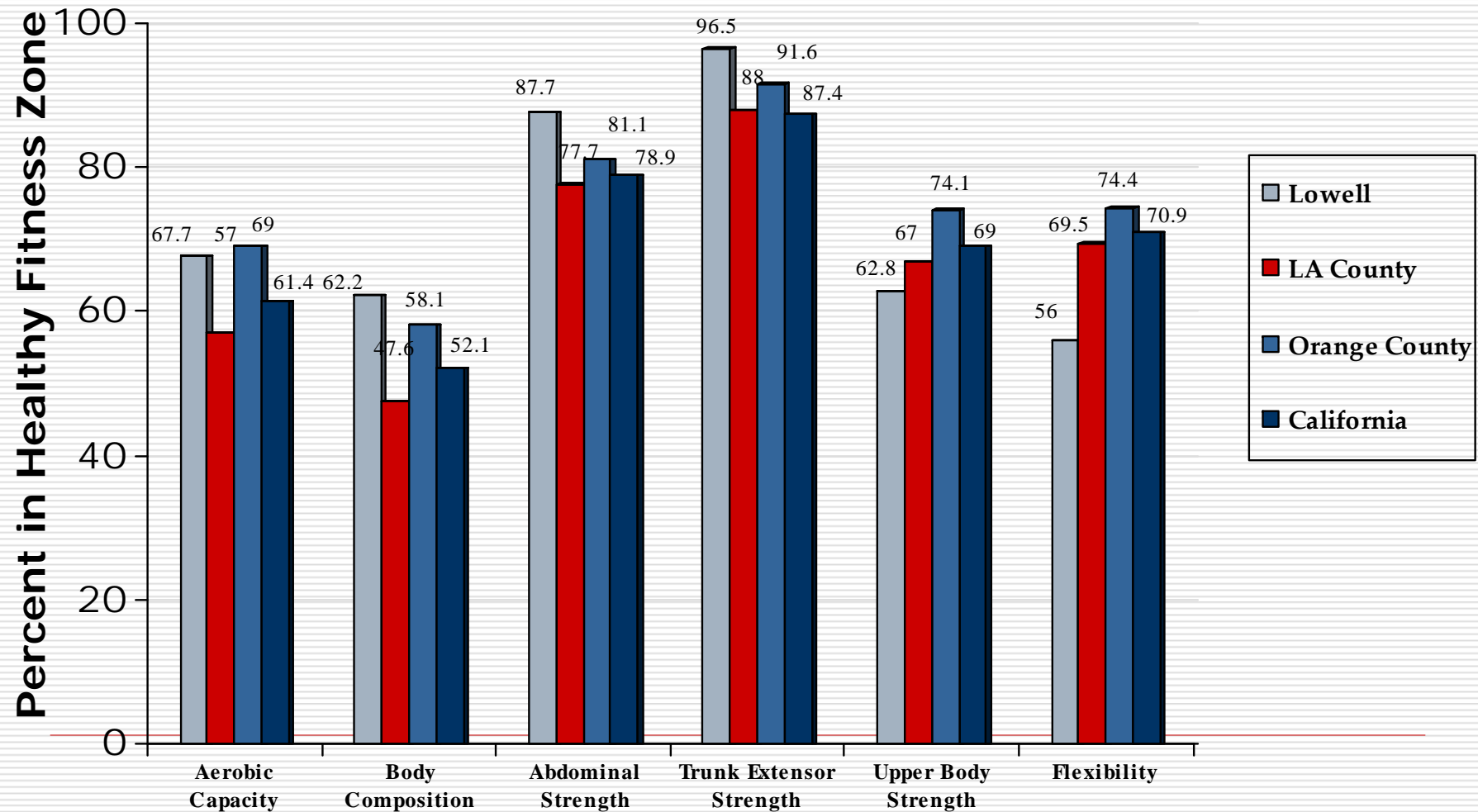


Performance Standards

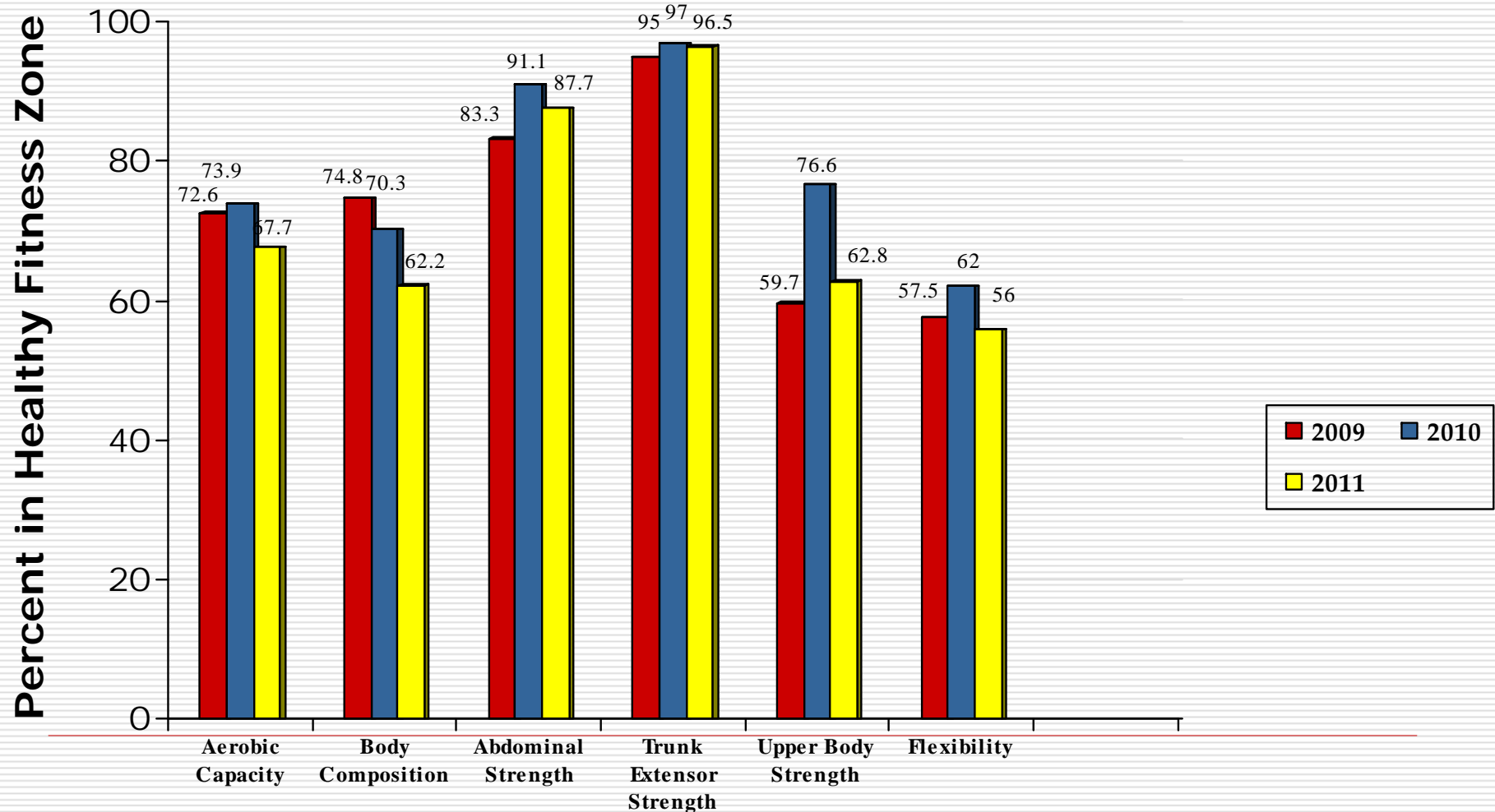
- ❑ Desired performance standard for each test option is the Healthy Fitness Zone
 - ❑ NI – High Risk specifically indicates increased health risks due to the student's level of fitness.
 - ❑ Criterion-referenced performance standards have been established according to gender and age
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5th Grade Results

Physical Fitness Tasks

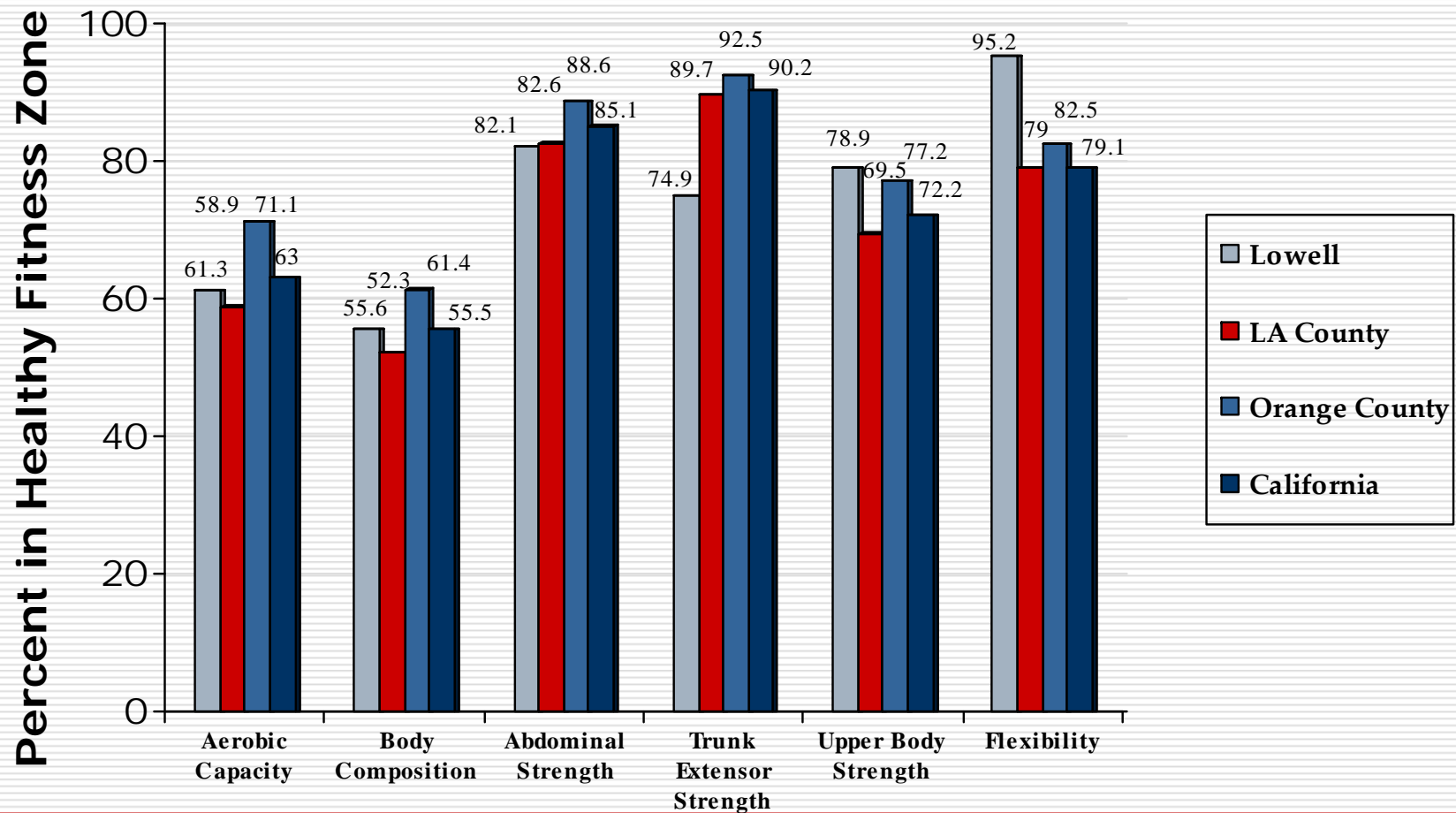


5th Grade Results Physical Fitness Tasks Three-year Comparison

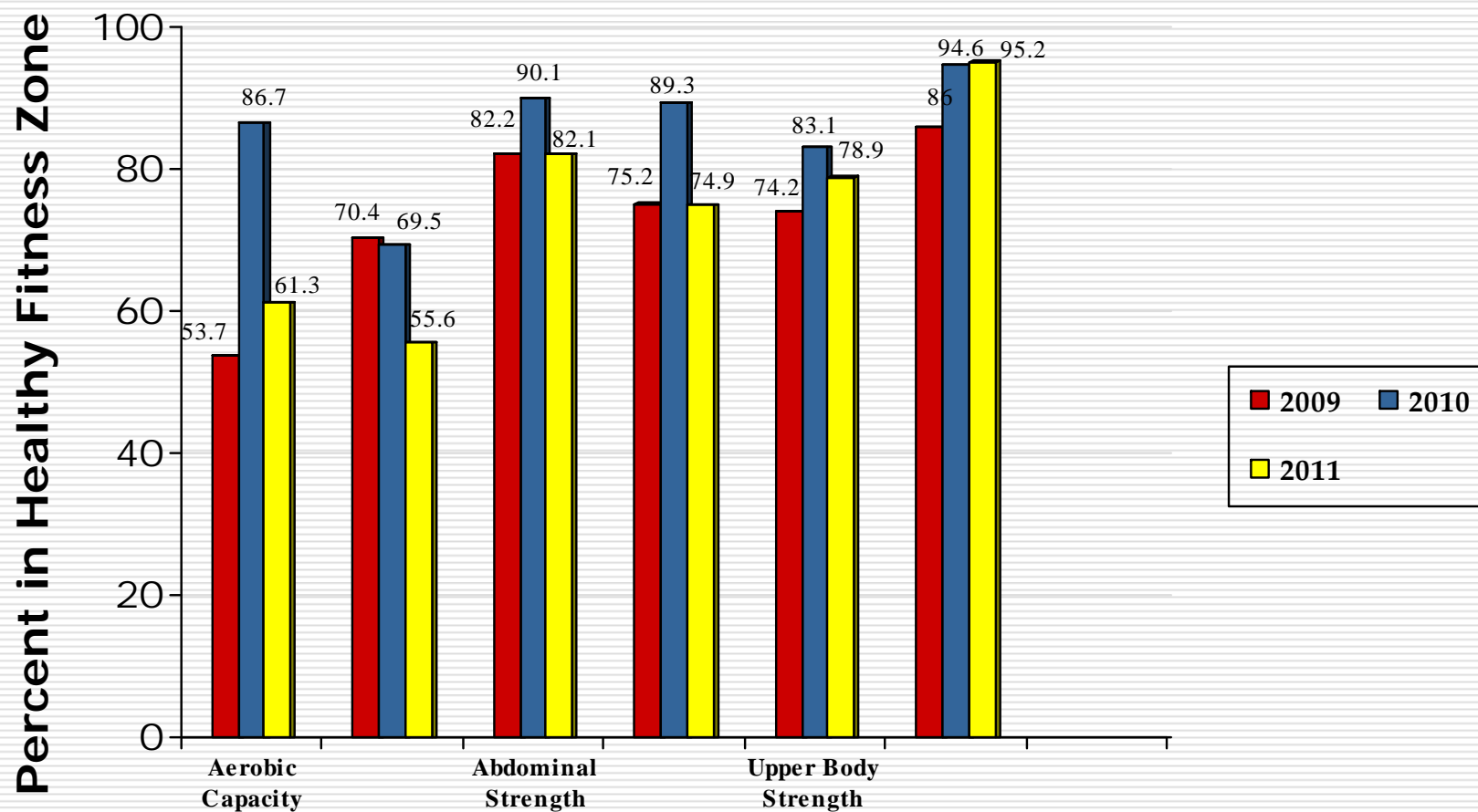


7th Grade Results

Physical Fitness Tasks



7th Grade Results Physical Fitness Tasks Three-year Comparison

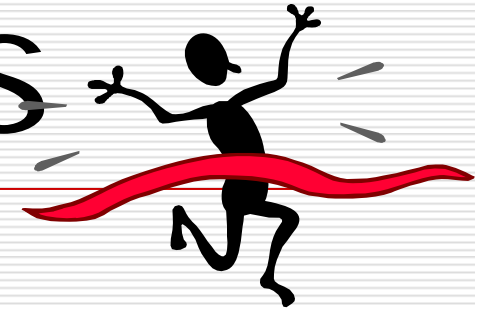


Conclusions

5th Grade Results

- 25.5% of District students achieved 6 of 6 standards as compared to 25.2% in the State
 - 27.3% of District students achieved 5 of 6 standards as compared to 23.2% in the State
 - District students were above the State average in the areas of aerobic capacity, body composition, abdominal strength, and trunk extensor strength
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Conclusions



7th Grade Results

- 29.1% of District students achieved 6 of 6 standards as compared to 32.1% in the State
 - 32.1% of District students achieved 5 of 6 standards as compared to 22.8% in the State
 - District students were above the State average in the areas of body composition, upper body strength, and flexibility
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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
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