

# PHYSICAL FITNESS TEST

## at Morgan McKinzie High School



### 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, and Flexibility.



### WHY IS THE PHYSICAL FITNESS TEST GIVEN?

The FITNESSGRAM® results are one piece of information students and their families can use, along with other information, to monitor overall fitness.

The results are also useful for schools to monitor their physical education programs.



### WHO TAKES THE PHYSICAL FITNESS TEST?

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 PHYSICAL FITNESS TEST 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?

**March**

**Testing Day**

March 18, 2019

All day on Morgan McKinzie Campus

If you have questions about the PFT, please contact Morgan McKinzie High School and Physical Fitness Assessment Office by e-mail at [pft@cde.ca.gov](mailto:pft@cde.ca.gov) or by phone at 916-445-9449.