



Physical Fitness Test: Frequently Asked Questions

What's on the test?

Students are assessed in six fitness areas: aerobic capacity, abdominal strength and endurance, upper body strength and endurance, body composition, trunk extensor strength and flexibility, and flexibility.

How is the test scored?

Student performance in each fitness area on the PFT will be classified as (1) Meeting the PFT performance standard, or in the Healthy Fitness Zone, (2) Not meeting the PFT performance standard, or (3) Test results not scorable. The Healthy Fitness Zone refers to a level of fitness that offers some protection against the diseases related to physical inactivity.

How will results be used?

The PFT provides one indication of students' physical fitness levels. Results may help students assess and plan personal fitness programs, help teachers design the curriculum for physical education programs, and help parents/guardians understand their children's fitness levels. Students are encouraged to talk about these results with their parents or guardians and their physical education teacher, and to use them in planning appropriate fitness activities.

What can I do to help prepare my child for the test?

Developing good exercise habits is important to maintaining lifelong health. Parents can help their children develop these habits by encouraging regular participation in physical exercise, supporting healthy nutritional choices and promoting regular sleep patterns.

Families can also support their children in making healthy nutritional choices at school. Parents can see a record of what their children are purchasing at school by going to www.iusd.org/district_services/food_services/TransactionHistory.html and following the prompts. Food allergies and/or religious restrictions can also be noted.

Where can I find additional information?

For additional information about the Physical Fitness Test, including test options, information about healthy fitness zones, and other resources, please visit the California Department of Education website at the following link: [Physical Fitness Test – California Department of Education](https://www.cde.ca.gov/ps/physical/physical_fitness_test.asp)