



**Scotts Valley
Unified School District**



**2011 Physical Fitness Test
Summary**

California Physical Fitness Test

California Ed. Code Section 60800 requires:

- Annual administration of the Physical Fitness Test (PFT) to all students in grades 5, 7, and 9.
- Schools administer the PFT between February 1 and May 31.
- Primary goal is to establish lifetime habits of regular physical activity.



Components of the PFT

- **Aerobic Capacity** (One-Mile Run, Walk *only for ages 13 +*)
- **Body Composition** (Skin fold measurement:% of fat: **Body mass Index: weight/height**)
- **Abdominal Strength** (Curl up)
- **Trunk Lift** (Trunk extension)
- **Upper Body Strength** (Push up, Modified pull up, Flex arm hang)
- **Flexibility** (Sit and reach, shoulder stretch)



PFT Performance Level

- Healthy Fitness Zone (HFZ) is within 70%-80%; any score above exceeds the HFZ
- Needs Improvement (below 70%)



98% Student Participation District-wide

- **5th Grade 203/206 98%**
- **7th Grade 214/218 98%**
- **9th Grade 205/211 97%**



Aerobic Capacity % in HFZ

- 5th Grade 72.9%
- 7th Grade 82.7%
- 9th Grade 80.2%



Body Composition % in HFZ

- 5th Grade 67.5%
- 7th Grade 61.2%
- 9th Grade 74.3%



Abdominal Strength % in HFZ

- 5th Grade 94.6%
- 7th Grade 97.2%
- 9th Grade 95.0%



Trunk Extension % in HFZ

- 5th Grade 94.6%
- 7th Grade 100 %
- 9th Grade 99.5%



Upper Body Strength % in HFZ

- 5th Grade 94.6%
- 7th Grade 89.7%
- 9th Grade 89.6%



Flexibility

% in HFZ

- 5th Grade 78.3%
- 7th Grade 85.5%
- 9th Grade 85.6%



State Proficiency Level 6 of 6 Fitness Standards

SVUSD

STATE

5th grade

6 of 6 = 50.7%

25.2%

5 of 6 = 19.7%

23.2%

7th grade

6 of 6 = 51.4%

32.1%

5 of 6 = 24.8%

22.8%



State Proficiency Level 6 of 6 Fitness Standards

SVUSD

STATE

9th grade

6 of 6 = 52.0%

36.8%

5 of 6 = 28.2%

22.6%



Proficiency Summaries by Gender

6 of 6 Fitness Areas

	Female	Male
● 5 th Grade	56.3%	43.6%
● 7 th Grade	56.7%	47.6%
● 9 th Grade	57.5%	47.8%



PFT Results

The PFT results can be used:

- By students to assess levels of health related fitness and to plan fitness programs.
- By teachers to design curriculum for physical education classes.
- By parents and guardians to understand their students' fitness levels.
- By teachers and guardians to monitor changes in students' fitness levels.

