



**Scotts Valley  
Unified School District**



**2009 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%)



## **99% Student Participation District-wide**

- **5<sup>th</sup> Grade 218/219 99%**
- **7<sup>th</sup> Grade 191/193 99%**
- **9<sup>th</sup> Grade 193/194 99%**



# Aerobic Capacity

- 5<sup>th</sup> Grade 77.2%
- BK 80.2%
- VH 74.1%
- 7<sup>th</sup> Grade 92.7%
- 9<sup>th</sup> Grade 77.3%



# Body Composition

- 5<sup>th</sup> Grade 78.5%
- BK 80.2%
- VH 76.9%
- 7<sup>th</sup> Grade 85.0%
- 9<sup>th</sup> Grade 84.5%



# Abdominal Strength

- 5<sup>th</sup> Grade 91.3%
- BK 94.6%
- VH 88.0%
- 7<sup>th</sup> Grade 95.3%
- 9<sup>th</sup> Grade 95.9%



# Trunk Extension

- 5<sup>th</sup> Grade 94.5%
- BK 99.1%
- VH 89.8%
- 7<sup>th</sup> Grade 97.4%
- 9<sup>th</sup> Grade 98.5%



# Upper Body Strength

- 5<sup>th</sup> Grade 89.0%
- BK 98.2%
- VH 79.6%
- 7<sup>th</sup> Grade 91.2%
- 9<sup>th</sup> Grade 93.3%



# Flexibility

- 5<sup>th</sup> Grade 79.0%
- BK 79.3%
- VH 78.7%
- 7<sup>th</sup> Grade 81.9%
- 9<sup>th</sup> Grade 91.2%



# State Proficiency Level 6 of 6 Fitness Standards

SVUSD

STATE

5<sup>th</sup> grade

6 of 6 = 49.3%

29.1%

5 of 6 = 27.9%

26.6%

7<sup>th</sup> grade

6 of 6 = 67.9%

34.1%

5 of 6 = 18.1%

26.3%



# State Proficiency Level 6 of 6 Fitness Standards

SVUSD

STATE

9<sup>th</sup> grade

6 of 6 = 61.3%

37.9%

5 of 6 = 23.7%

26.9%



# Proficiency Summaries by Gender

## 6 of 6 Fitness Areas

	Female	Male
● 5 <sup>th</sup> Grade	57.8%	43.4%
● 7 <sup>th</sup> Grade	81.5%	58.0%
● 9 <sup>th</sup> Grade	64.8%	58.3%



# 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.

