

Dr. Charles Weis
Superintendent of Schools

December 2, 2009

TO: Charles Weis, Ph.D., County Superintendent of Schools

FROM: Linda Aceves, Assistant Superintendent, Instructional Services Branch
Dale Russell, Ed.D., Director, Standards and Assessment

SUBJECT: 2009 Physical Fitness Test (PFT)
California Department of Education (CDE) November 30, 2009 Release

Background

The Physical Fitness Test (PFT) was enacted by Education Code Section 60800. California school districts are required to administer the PFT annually to all students in grades five, seven, and nine. The state-designated PFT is FITNESSGRAM[®], developed by The Cooper Institute for Aerobics Research. FITNESSGRAM[®] is a set of tests designed to evaluate health-related fitness and to assist students in establishing lifetime habits of regular physical activity.

FITNESSGRAM[®] uses criterion-referenced standards to evaluate performance for six fitness areas. Student Performance in these areas (aerobic capacity, body composition, abdominal strength, trunk extension strength, upper body strength and flexibility) is reported in two categories:

- Healthy Fitness Zone (HFZ)
- Needs Improvement (not in the HFZ)

The desired performance standard for each fitness-area test is HFZ. HFZ reflects reasonable levels of physical fitness that can be attained by most students. Aerobic capacity is considered the most important of the six areas tested.

2009 Physical Fitness Test Results

This data represents students who were enrolled in spring 2009. Statewide, 93.1% (1,383,719/1,485,804) of students enrolled in grades 5, 7 and 9 participated in the test. In Santa Clara County 94.8% (56,2003/59,306) of the students enrolled in grades 5, 7 and 9 participated in the test.

Table 1: 2004 – 2009 Santa Clara County (SCC) Trends

		SCC	Figure #
2004 – 2009 SCC Trends	Change in Percent of Students in <i>Flexibility</i> HFZ	+ 16 percentage points	Figure 1
	Change in Percent of Students in <i>Aerobic Capacity</i> HFZ	+ 10 percentage points	Figure 1
	Change in Percent of Students in <i>Upper Body Strength</i> HFZ	+ 6 percentage points	Figure 1
	Change in Percent of Students in HFZ in <i>All Six</i> Fitness Areas	+ 10 percentage points	Figure 2

Table 2: 2009 Snapshot SCC vs. CA

		SCC	CA	Figure #
2009 Snapshot	Percent of Students in <i>Aerobic Capacity</i> HFZ	73%	65%	Figure 3
	Percent of Students in <i>Body Composition</i> HFZ	74%	69%	Figure 3
	Percent of Students in <i>Trunk Extension Strength</i> HFZ	87%	89%	Figure 3
	Percent of Students in HFZ in <i>6 of 6</i> Fitness Areas	38%	34%	Figure 4
	Percent of <i>Asian</i> Students in HFZ in <i>6 of 6</i> Fitness Areas	50%	47%	Figure 7
	Percent of <i>White</i> Students in HFZ in <i>6 of 6</i> Fitness Areas	43%	42%	Figure 7
	Percent of <i>Hispanic</i> Students in HFZ in <i>6 of 6</i> Fitness Areas	27%	27%	Figure 7

Table 3: 2009 SCC Selected Subgroup Comparisons

		Subgroup 1	Subgroup 2	Figure #
2009 Snapshot	Percent of SCC Students in <i>Flexibility</i> HFZ	Grade 5: 69%	Grade 9: 84%	Figure 5
	Percent of SCC Students in <i>Abdominal Strength</i> HFZ	Grade 5: 76%	Grade 9: 89%	Figure 5
	Percent of SCC Students in HFZ in <i>6 of 6</i> Fitness Areas	Grade 5: 29%	Grade 9: 46%	Figure 6
	Percent of SCC Students in <i>Aerobic Capacity</i> HFZ	Asian: 83%	Hispanic: 64%	Figure 8
	Percent of SCC Students in <i>Body Composition</i> HFZ	Asian: 85%	Hispanic: 62%	Figure 8
	Percent of SCC Students in HFZ in <i>6 of 6</i> Fitness Areas	Female: 40%	Male: 36%	Figure 9
	Percent of SCC Students in <i>Aerobic Capacity</i> HFZ	Female: 77%	Male: 70%	Figure 10
	Percent of SCC Students in <i>Body Composition</i> HFZ	Female: 80%	Male: 68%	Figure 10

Figure 1

**Santa Clara County Physical Fitness Test 2004 to 2009
Fifth, Seventh and Ninth Grade Students
Percent of Students in Healthy Fitness Zone (HFZ)**

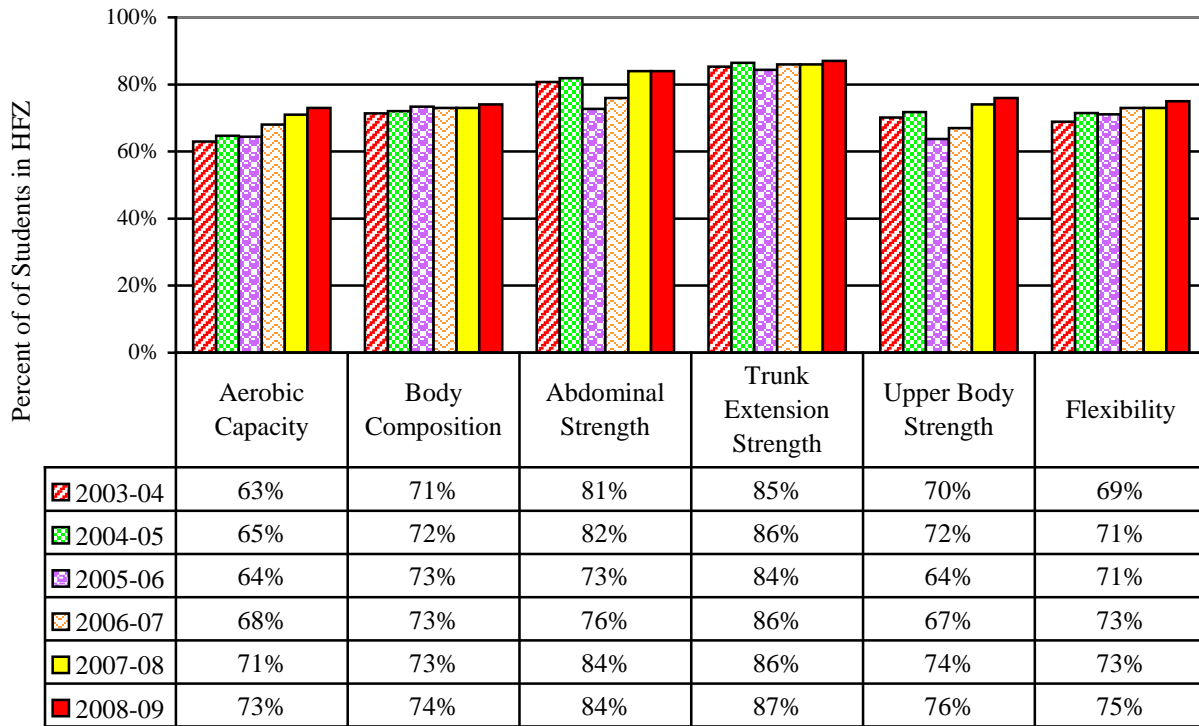


Figure 2

**Santa Clara County Physical Fitness Test 2004 to 2009
Fifth, Seventh and Ninth Grade Students
Number of Fitness Standards Achieved**

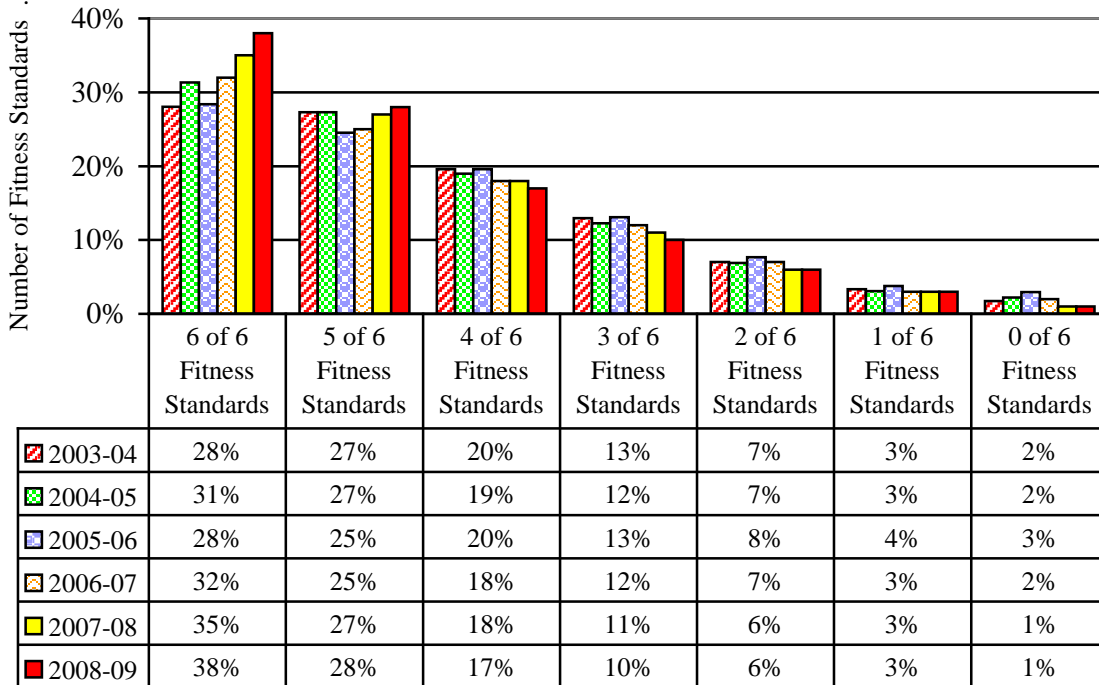


Figure 3

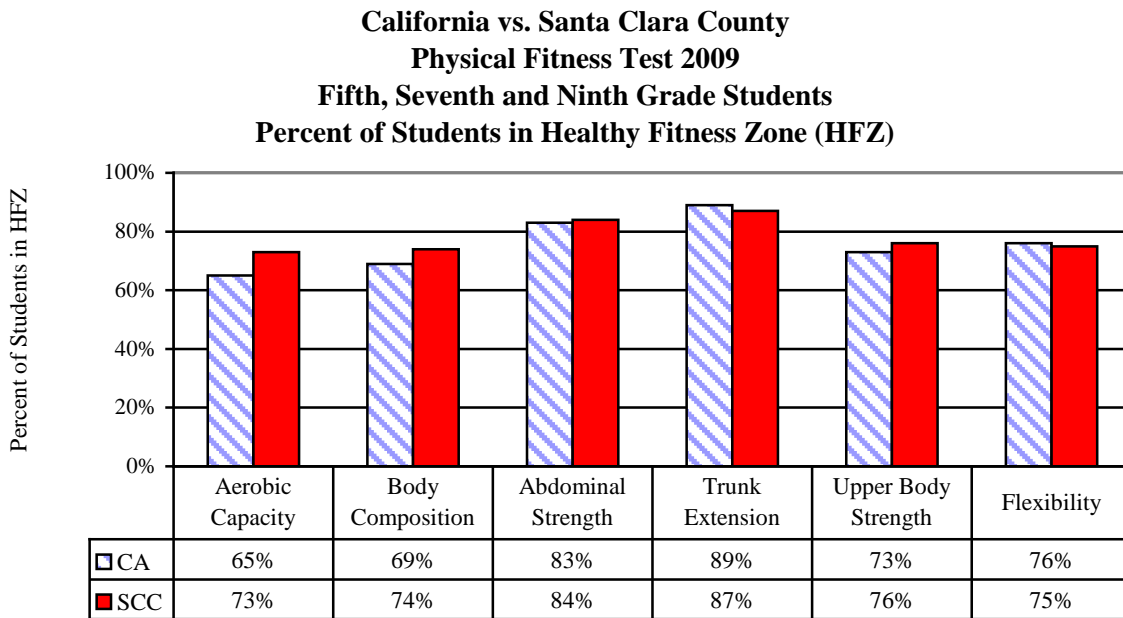


Figure 4

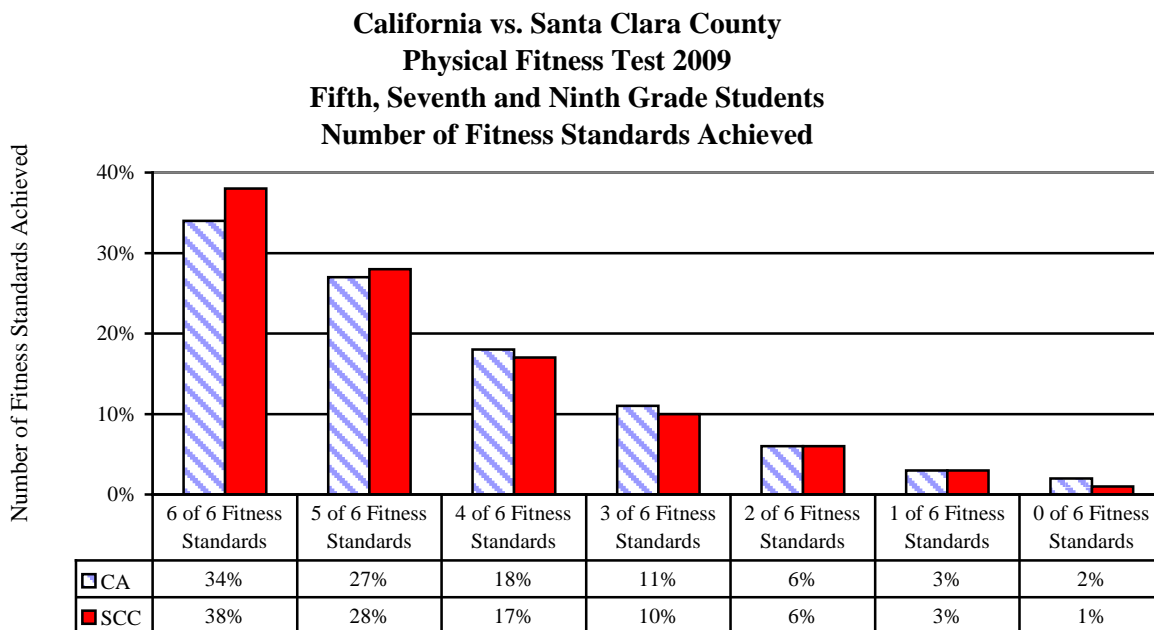


Figure 5

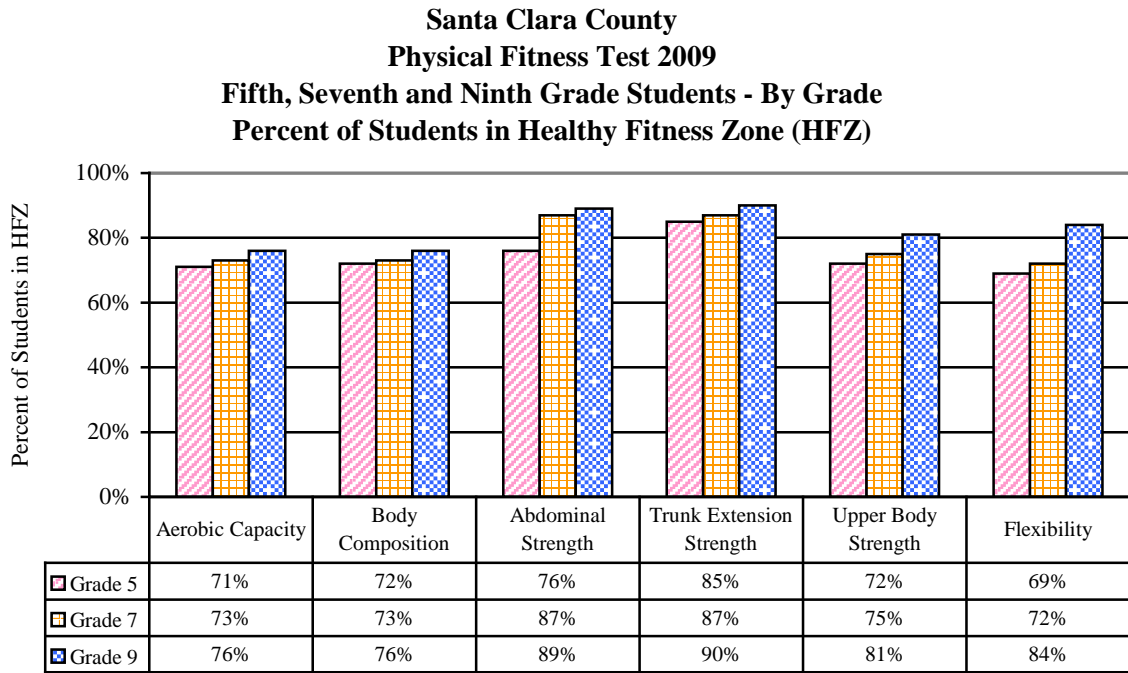


Figure 6

**Santa Clara County Physical Fitness Test 2009
Fifth, Seventh and Ninth Grade Students - By Grade
Number of Fitness Tests Standards Achieved**

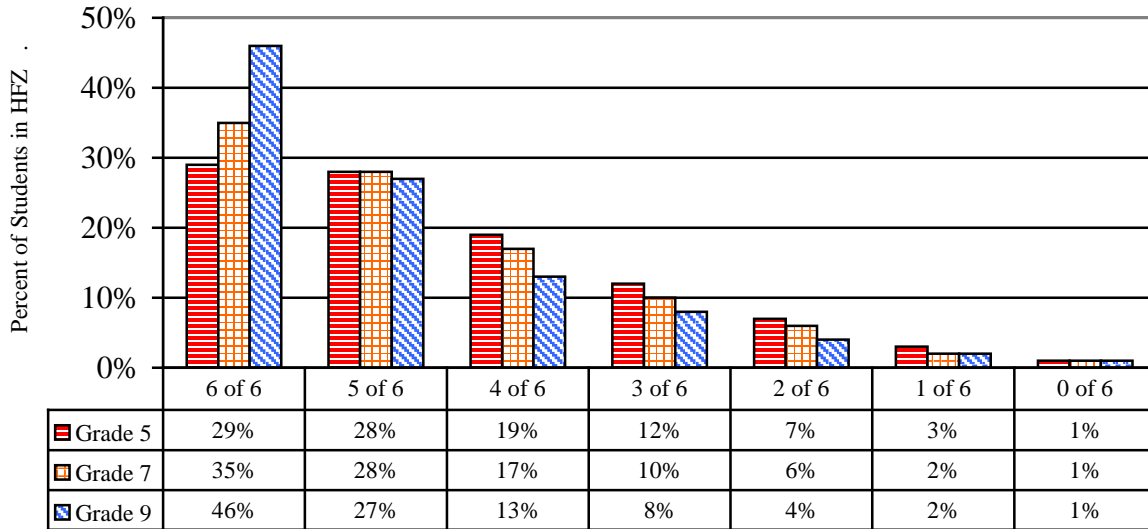


Figure 7

**California vs. Santa Clara County Physical Fitness Test 2009
Fifth, Seventh and Ninth Grade Students By Ethnicity
Percent of Students Achieving 6 of 6 Standards**

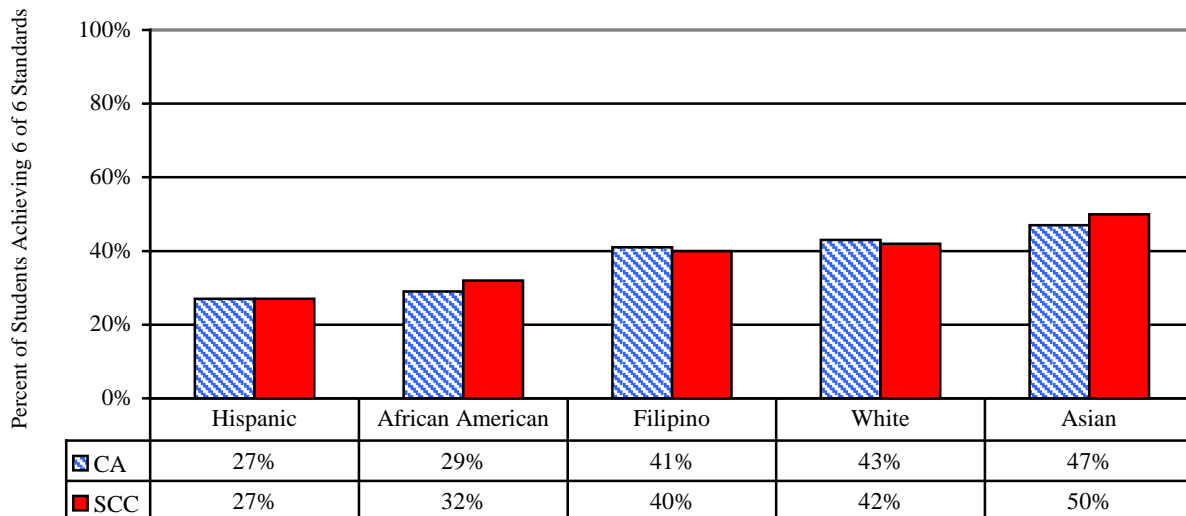


Figure 8

**Santa Clara County Physical Fitness Test 2009
Percent of Students in Healthy Fitness Zone by Ethnicity**

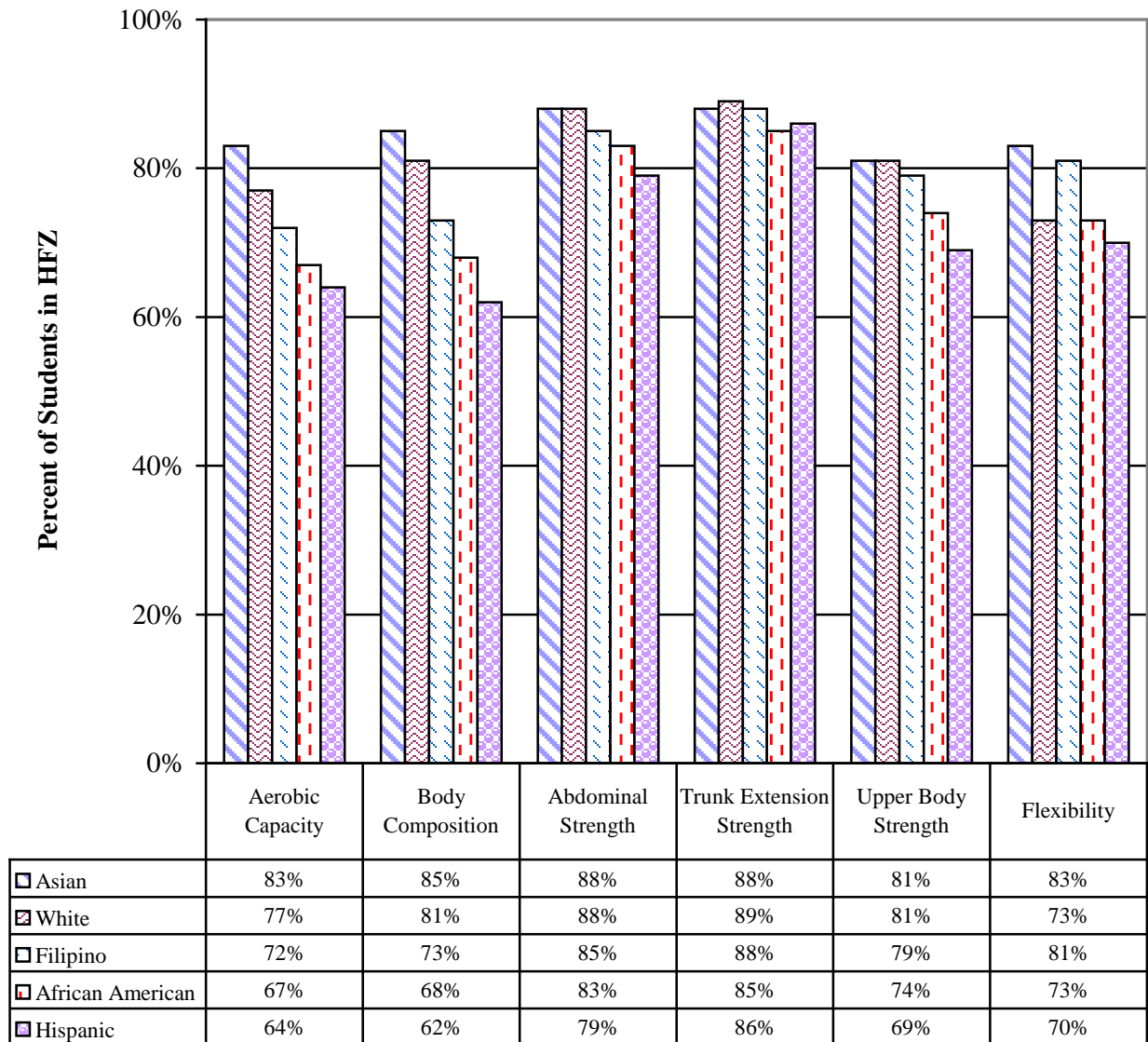


Figure 9

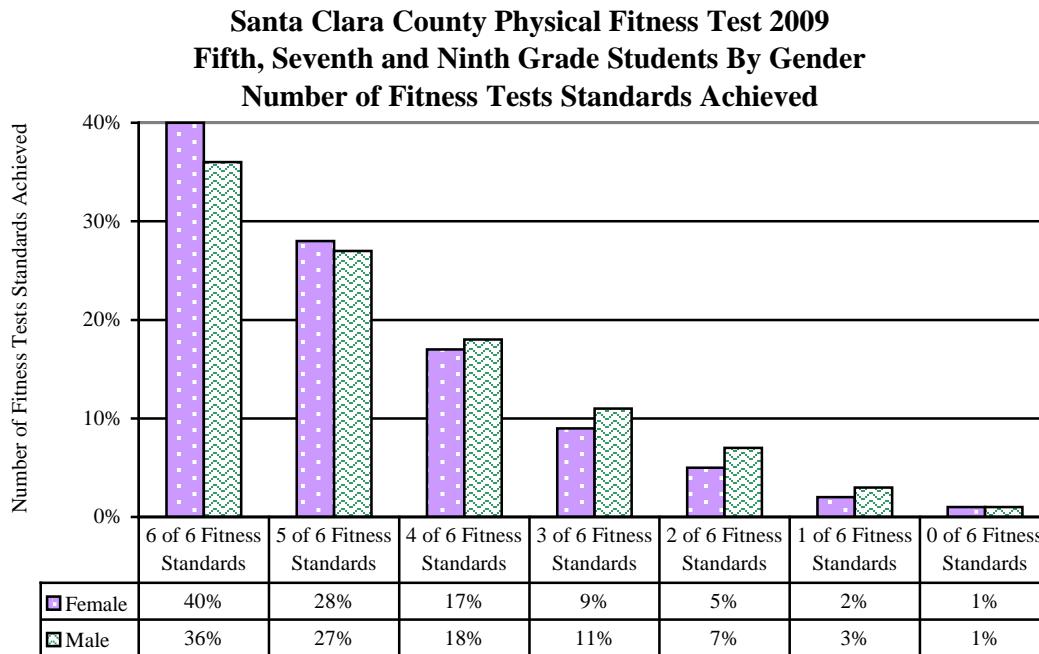
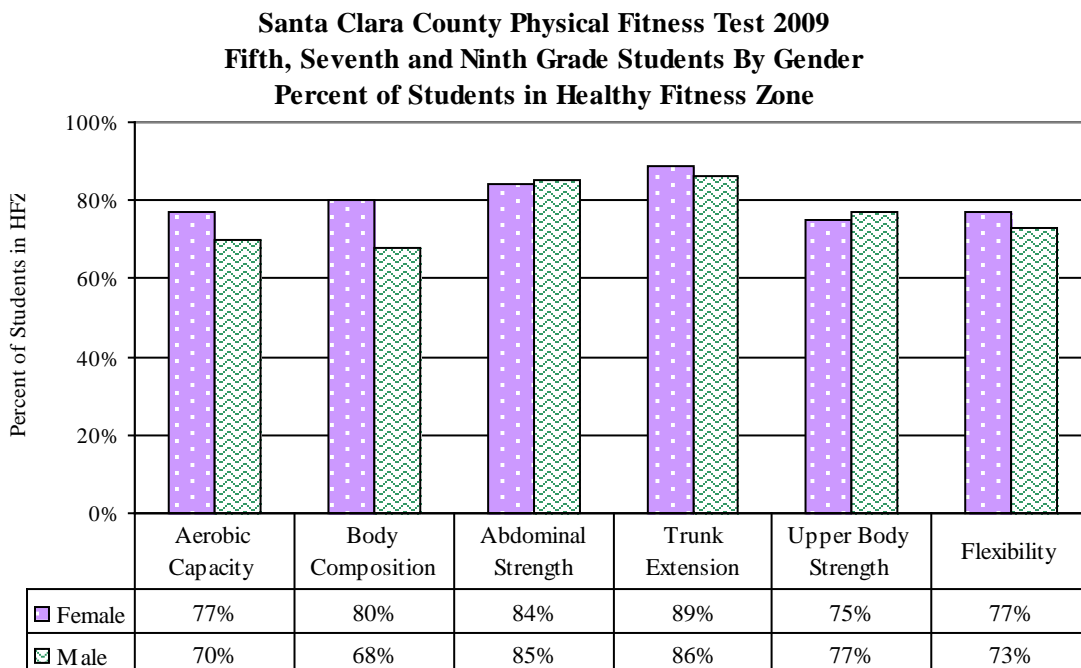


Figure 10



Subgroup	State	County
Female	675,539	27,326
Male	708,152	28,874
Hispanic	695,632	20,486
White	389,920	14,497
Asian	120,212	14,482
Filipino	41,116	3,114
African American	103,332	1,863

Description	State	County
Grade 5 Enrollment	467,278	19,882
Grade 7 Enrollment	479,359	19,495
Grade 9 Enrollment	539,167	19,929
Total Enrollment Grades 5, 7 and 9	1,485,804	59,306
2009 Physical Fitness Test Total # Tested	1,383,719	56,200
% Tested	93.1%	94.8%