



Santa Clara County Office of Education

Charles Weis, Ph.D.
County Superintendent of Schools

November 30, 2011

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

FROM: Edy Mourtos, Chief Academic Officer
Bill Conrad, Ed.D., Director, Assessment and Accountability
Jimmy Scherrer, Coordinator of Assessment and Accountability

SUBJECT: 2011 Physical Fitness Test (PFT)
California Department of Education (CDE) November 30, 2011 Release

The California Department of Education (CDE) has released the Physical Fitness Test (PFT) results for the 2010-11 school year. The data represents students who were enrolled in Spring 2011.

The 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.

Santa Clara County Office of Education's Assessment and Accountability Department prepared the following analysis of the 2010-11 PFT results for your review. Highlights of the report include:

- Over the last six years, the percentage of Santa Clara County (SCC) students who met the HFZ in all six fitness areas increased two percentage points, from 31 percent in 2005 to 33 percent in 2011. ([Figure 2](#))

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- Since 2005, the greatest increases in the proportions of SCC students who met HFZ were in the areas of aerobic capacity (from 65% of students in 2005 to 72% in 2011), flexibility (from 71% in 2005 to 76% in 2011), and upper body strength (from 72% in 2005 to 76% in 2011). ([Figure 1](#))
- The percentage of students demonstrating fitness in the area of body composition decreased in 2010-11 from the previous year by 15 percentage points. ([Figure 1](#))
- In three of the six fitness areas, greater proportions of SCC students met HFZ than did students in California as a whole: In aerobic capacity, 72 percent of students met HFZ compared to 62 percent of students in the state; in body composition 60 percent of students met HFZ compared to 56 percent of students in the state; and in upper body strength, 76 percent of students met HFZ compared to 73 percent of students in the state. ([Figure 3](#))
- The percentage of students meeting the Health Fitness Zone (HFZ) increased for all fitness areas and for all grades tested. ([Figure 5](#))
- The percentage of students meeting the Health Fitness Zone for all 6 fitness areas increased for all grades tested. ([Figure 6](#))

Table 1: 2005 – 2011 SCC Trends

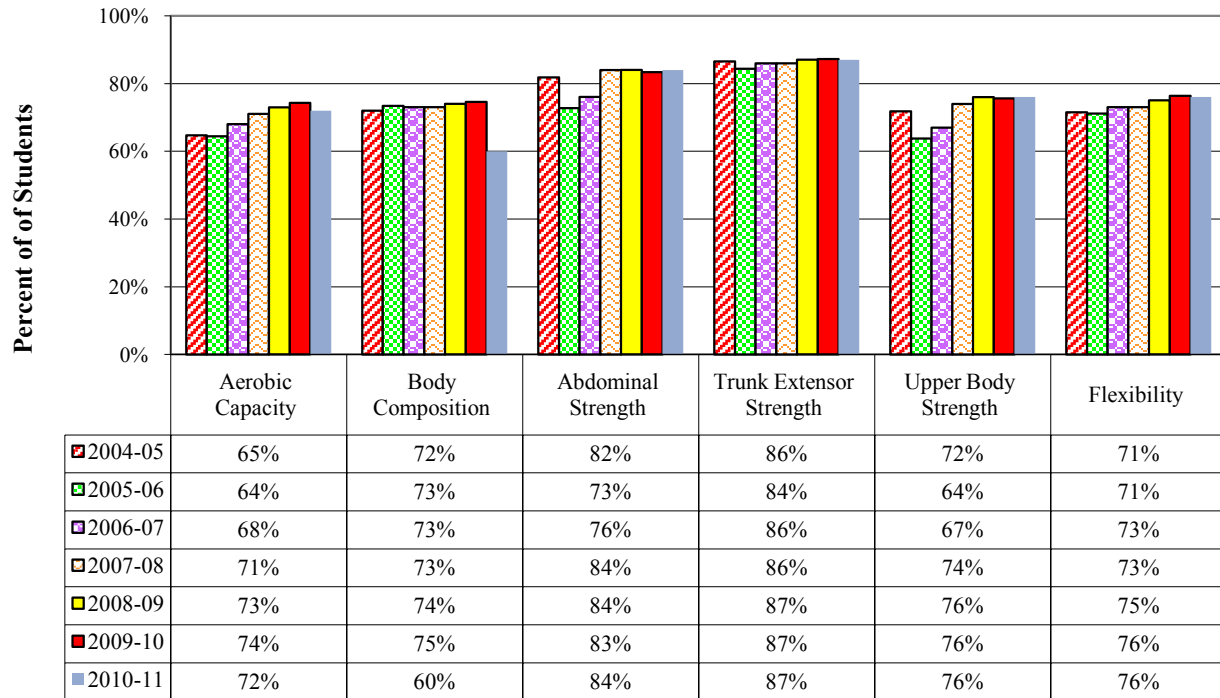
		SCC	Figure #
2005 – 2011 SCC Trends	Change in Percent of Students Meeting <i>Aerobic Capacity</i> HFZ	+ 7 percentage points	Figure 1
	Change in Percent of Students Meeting <i>Abdominal Strength</i> HFZ	+ 2 percentage points	Figure 1
	Change in Percent of Students Meeting <i>Upper Body Strength</i> HFZ	+ 4 percentage points	Figure 1
	Change in Percent of Students Meeting <i>Flexibility</i> HFZ	+ 5 percentage points	Figure 1
	Change in Percent of Students Meeting HFZ in <i>All Six Fitness Areas</i>	+ 2 percentage points	Figure 2

Table 2: 2011 Snapshot SCC vs. CA

		SCC	CA	Figure #
2011 Snapshot	Percent of Students Meeting <i>Aerobic Capacity</i> HFZ	72%	62%	Figure 3
	Percent of Students Meeting <i>Body Composition</i> HFZ	60%	56%	Figure 3
	Percent of Students Meeting <i>Upper Body Strength</i> HFZ	76%	73%	Figure 3
	Percent of Students Meeting HFZ in <i>All 6 Fitness Areas</i>	33%	31%	Figure 4

Figure 1

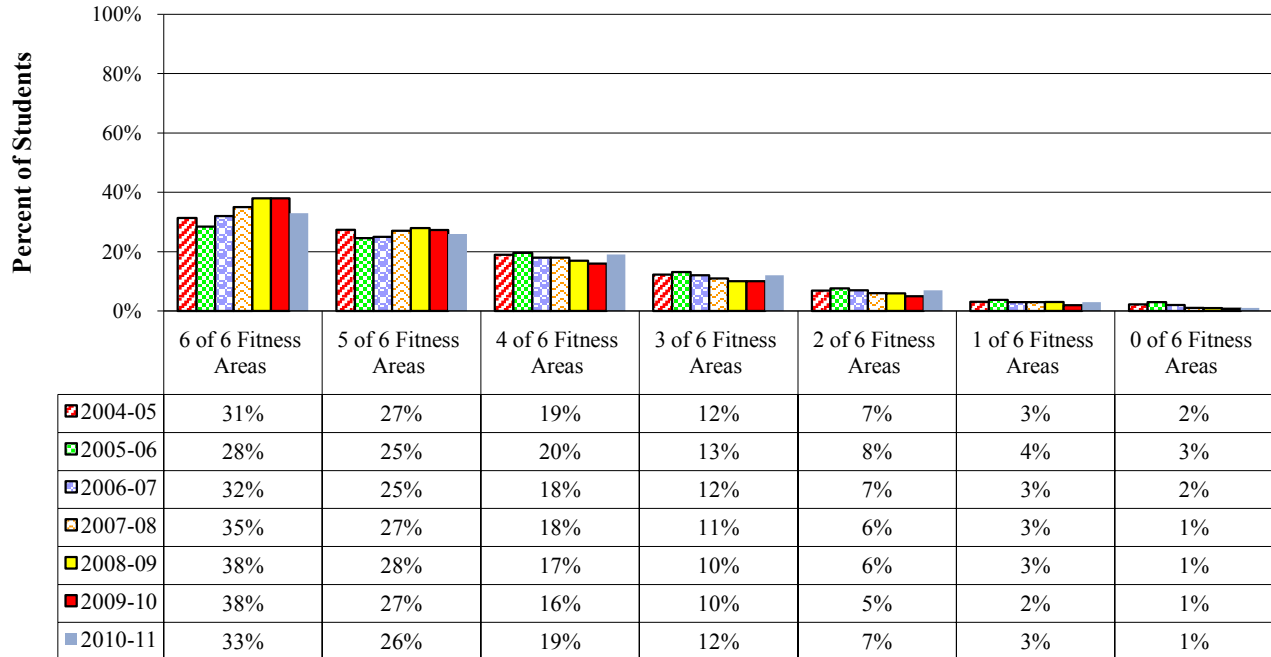
**Physical Fitness Test 2005 to 2011
Percent of Students Meeting Healthy Fitness Zone (HFZ)
SCC**



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Figure 2

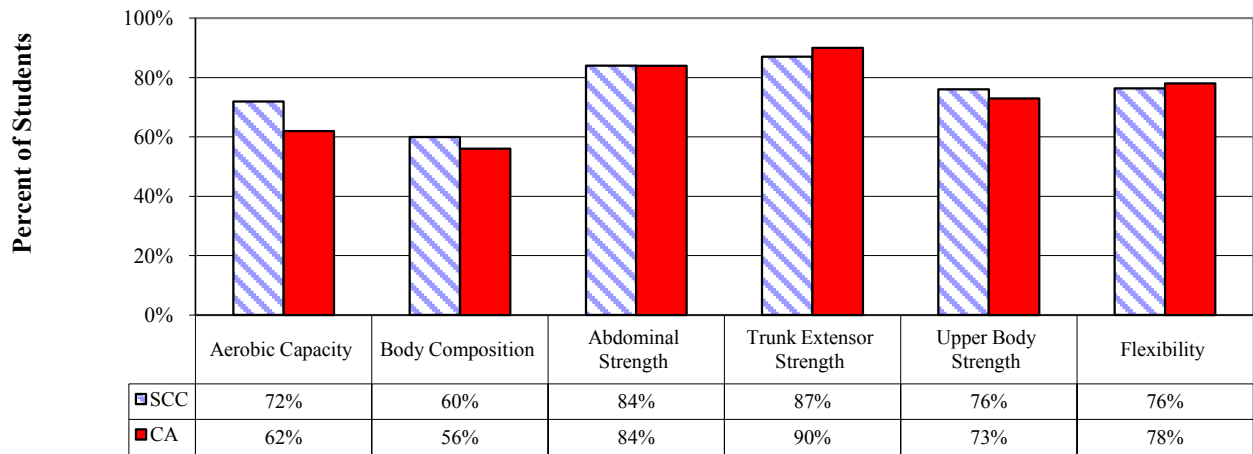
Physical Fitness Test 2005 to 2011
Percent of Students Meeting HFZ for Any Number of Six Fitness Areas
SCC



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Figure 3

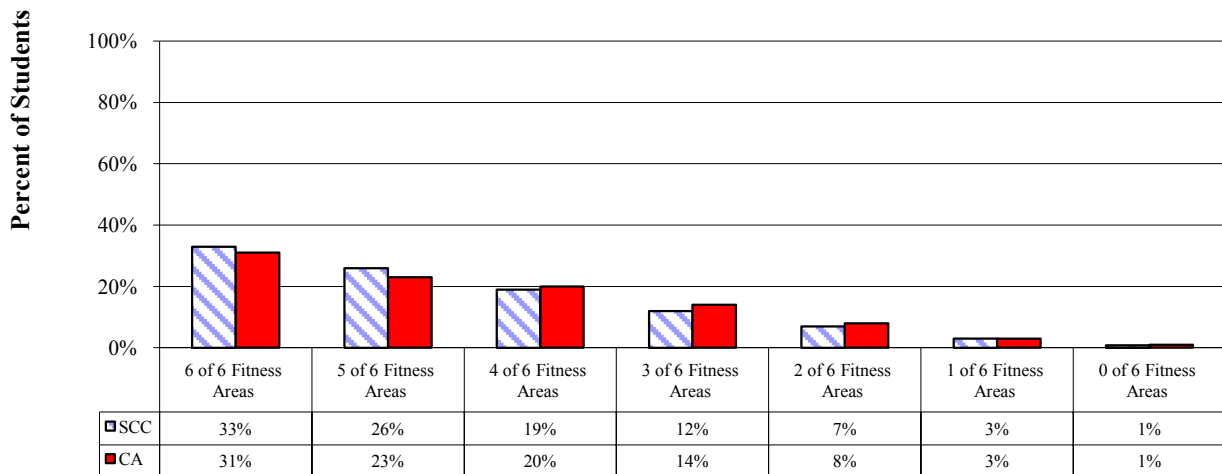
**Physical Fitness Test 2011
Percent of Students Meeting Healthy Fitness Zone (HFZ)
SCC vs. CA**



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Figure 4

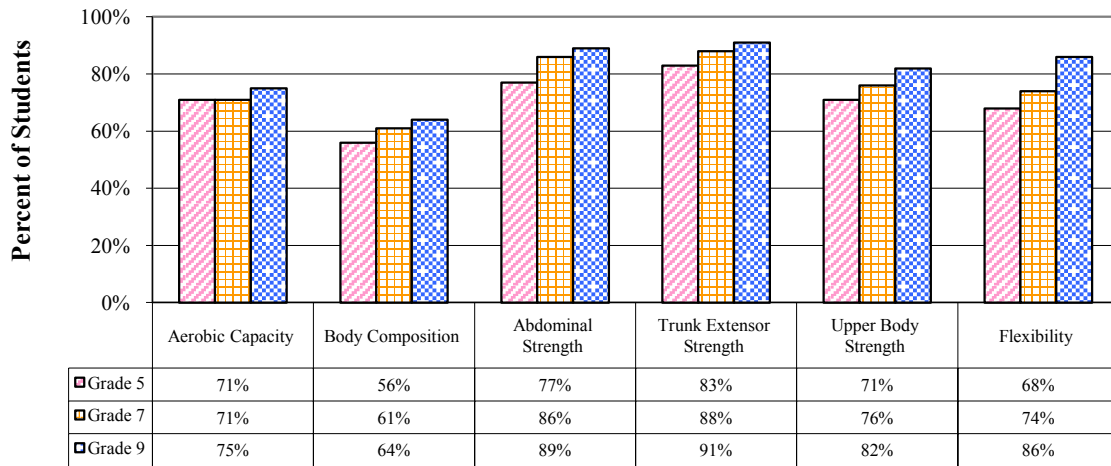
**Physical Fitness Test 2011
Percent of Students Meeting HFZ for Any Number of Six Fitness Areas
SCC vs. CA**



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Figure 5

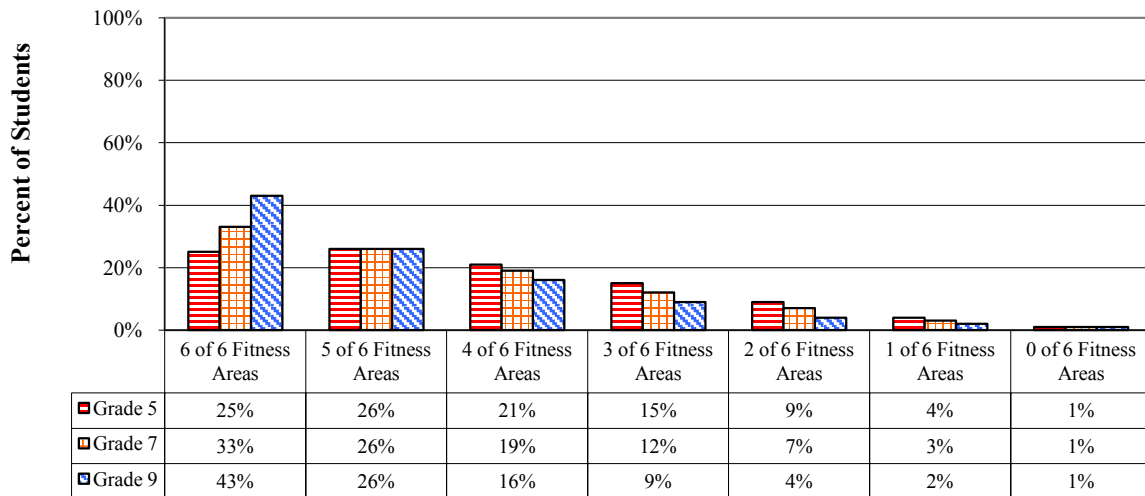
**Physical Fitness Test 2011
Percent of Students Meeting Healthy Fitness Zone (HFZ), by Grade
SCC**



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Figure 6

**Physical Fitness Test 2011
Percent of Students Meeting HFZ for Any Number of Six Fitness Areas, by Grade
SCC**



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