

SAN DIEGO UNIFIED SCHOOL DISTRICT

Date: January 11, 2018

To: All School Principals and Area Superintendents

Subject: SPRING 2018 ADMINISTRATION OF THE FITNESSGRAM®
PHYSICAL FITNESS ASSESSMENT FOR GRADES 5, 7, AND 9-12

**Department and/or
Persons Concerned:** Principals; Head Counselors; Physical Education Department Chairs; Site Test Coordinators; Teachers of Physical Education in Grades 5, 7, and 9-12; and JROTC/NROTC, Spring Sports, Cheerleading, Marching Band, and Flag/Drill Team Instructors

Due Date: March 19, 2018

Action Requested: Administer the FITNESSGRAM®; enter student scores into the FITNESSGRAM Web System; complete and return signed *Principal's Certification* form.

Attachment: FITNESSGRAM® Sample Class Roster/Score Sheet

Brief Explanation:

This circular provides background information and test administration details for the FITNESSGRAM®, physical fitness test.

A. Background

The statewide physical fitness testing program was first authorized in 1976 and reestablished in 1995 as part of the California Assessment of Academic Achievement Act (Assembly Bill [AB] 265, which added EC Section 60800). In February 1996, the State Board of Education (SBE) designated FITNESSGRAM® as the required physical fitness test that school districts must administer to students in Grades 5, 7, and 9 (Class of 2021). In addition to these designated grade levels, students in Grade 10 (Class of 2020), Grade 11 (Class of 2019), and Grade 12 (Class of 2018) who did not score in the “Healthy Fitness Zone” for 5 out of the 6 areas assessed on the FITNESSGRAM®, should also be tested. The FITNESSGRAM® is a comprehensive, health-related physical fitness battery developed by The Cooper Institute. The primary goal of the FITNESSGRAM® is to assist students in establishing lifetime habits of regular physical activity.

B. Testing Schedule and Testing Materials

Senate Bill (SB) 896 mandates districts with Grades 5, 7, and 9 to assess **all** students for physical fitness during the months of February, March, April, or May. **The testing window for SDUSD is February 12 – March 16, 2018, for schools on both traditional and year-round calendars.** This testing window was established to enable individual student score reports to be distributed to schools and students before the end of the school year.

Test materials for the FITNESSGRAM[®] will be delivered to sites during the week of February 5, 2018. The following will be included with the test materials for each school: 2017-18 Physical Fitness Test Directions for Administration, 2017-18 Physical Fitness Walk Test Instructions, and the FITNESSGRAM Web System job aid. FITNESSGRAM administration kits, including administration manuals, were distributed to schools during the 2012-13 school year. Replacement kits may be ordered by contacting Velvet Wright at vwright@sandi.net or (619) 725-7063.

C. Who Must Be Tested?

Students are to be tested regardless of the type of physical education provided. All students in Grades 5, 7, and 9 (Class of 2021) must be administered the FITNESSGRAM[®]. Additionally, Grade 10 (Class of 2020), Grade 11 (Class of 2019), and Grade 12 (Class of 2018) students who did not score in the “Healthy Fitness Zone” for 5 out of the 6 areas assessed on the FITNESSGRAM[®], should be tested. Grade 10-12 students should re-take the sections previously not passed. **Students who do not pass 5 out of 6 areas on the FITNESSGRAM[®] must continue taking physical education courses until an overall passing score is obtained.**

Performance on the state physical fitness test (FITNESSGRAM) is evaluated by the State of California in accordance with the gender reported in PowerSchool, even when the student identifies as transgender. In these events, the physical education teacher shall make every effort to maintain confidentiality of student information.

The FITNESSGRAM testing requirement includes charter schools, alternative schools, atypical schools, and magnet schools. Students who are physically disabled or physically unable to take tests shall be given as much of the test as their conditions permit.

The general opt-out provision of *California Education Code* section 60615 **does not apply** to the physical fitness testing program. Exemptions from taking the physical performance test are limited to physically handicapped students only.

D. Administration Information

Only certificated teachers may administer the FITNESSGRAM[®]. The test administration manual describes correct administration techniques for each assessment required for the FITNESSGRAM[®]. Please follow these directions closely. You may also refer to the 2017-18 Physical Fitness Test Directions for Administration included in your test materials. For additional information related to test administration, contact Lynn Barnes-Wallace, Resource Teacher, at (619) 725-7124 or lw Wallace@sandi.net.

What Tests Are Required?

The complete FITNESSGRAM[®] must be administered to students in Grades 5, 7, and 9 (Class of 2021). The full test battery includes the assessment of aerobic capacity, body composition, muscular strength, muscular endurance, and flexibility. Students in Grades 10-12 take only the test(s) previously not passed. Multiple test options are provided for most of the six fitness areas:

1. **Aerobic Capacity—select one:**
 - PACER* (Progressive Aerobic Cardiovascular Endurance Run)
 - One-Mile Run*
 - Walk Test* (only for students 13 years or older).
2. **Abdominal Strength and Endurance:** Abdominal Curl-Up
3. **Trunk Extensor Strength and Flexibility:** Trunk Lift
4. **Upper Body Strength—select one:**
 - Push-Ups
 - Modified Pull-Ups
 - Flexed-Arm Hang
5. **Flexibility—select one:**
 - Back-Saver Sit and Reach (This test is preferred)
 - Shoulder Stretch
6. **Body Composition—select one:**
 - Body Mass Index (calculated from height and weight)
 - Percent Fat (calculated from triceps and calf skinfold measurement)
 - Bioelectric Impedance Analyzer

**All three Aerobic Capacity test options will be reported in terms of VO₂ max. To calculate VO₂ max, the student's height and weight must be entered in the FITNESSGRAM Web System for the one-mile run, the PACER, and the walk test.*

Scoring Information

For the spring 2018 physical fitness testing, student scores will be entered on the district's FITNESSGRAM Web System. Packages containing the online FITNESSGRAM Web System job aid will be delivered to the sites during the week of February 5, 2018. The FITNESSGRAM Web System job aid is also posted at <https://www.sandi.net/staff/assessment-services/fitnessgram-physical-fitness-test-pft> . **Student scores should be compiled on a separate student roster and then entered into the Web System.** Please see the attached sample class roster/score sheet that may be used to record scores during testing and from which scores can be entered into the FITNESSGRAM Web System. The FITNESSGRAM[®] Sample Class Roster/Score Sheet (Attachment) may be copied for distribution to all teachers who will administer the test and/or complete the data entry online. Teachers must ensure that all data entries are correct and verified.

E. Returning Materials

NEW this year, test coordinators will generate the Principal's Certification/Apportionment Form from the FITNESSGRAM Web System. After all student data is entered into the Web System, the test coordinator will generate, print, and have his/her principal sign the form. The signed Principal's Certification/Apportionment Form must be returned to the Assessment Services Department, Annex 3, by 4:00 p.m., Monday, **March 19, 2018**. Forms may be faxed to 619-725-7070 or sent in school mail.

F. Score Reports

Before the end of the school year, schools will receive two copies of school, grade, classroom, and individual reports of student scores. Individual student reports should be distributed to students and a copy must be kept in the student's cumulative file.

Contact Velvet Wright at vwright@sandi.net or (619) 725-7063 with questions regarding administration kits and the completion of student data entry online. Please contact Lynn Barnes-Wallace, Physical Fitness Resource Teacher, at (619) 725-7124, with questions regarding the correct administration of the physical fitness tests.

Erin Gordon
Director
Assessment Services

APPROVED:



Jim Solo
Executive Director
Office of Leadership and Learning

Attachment (1)

Distribution: Lists B, D, E and F