



PHYSICAL FITNESS TESTING MANUAL

GRADES 5, 7, AND 9

For Questions Regarding PFT Testing, Please Contact:

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Important Information for Physical Fitness Testing

- Testing Window: Feb 1st – April 30th
- All testing scores to be recorded in Illuminate by April 30th
- Grades 5, 7, and 9 scores required by CDE
- Grades 8 and 10 scores not reported to the state, but used for student improvement
- All schools must administer the test, including Alternative and Charter Schools.
- Please practice for each test prior to testing so that students are conditioned adequately before being tested
- To maximize safety, determine if any students have medical conditions that must be addressed prior to each test
- Be sure to have students perform a proper warm-up prior to each test
- Only 1 test should be administered per day (Height & Weight measurements can be completed on the same day)
- Students should be given opportunity to test in all sub categories
- Students must get an opportunity to make up a missed test
- Students must be provided with a record sheet to record their individual scores and set goals for future tests
- Passing score = 5/6 or Above
- HFZ=Health Fitness Zone (Passing)
- NI= Needs Improvement (Not Passing)
- NI-HR=Needs Improvement/Health Risk (Not Passing)

Physical Fitness Testing Options

Aerobic Capacity: (3 Options)

- **Mile Run (Age 10+)**
 - Materials Needed: Stop Watch, Flat Measured Course
- **PACER (Progressive Aerobic Cardiovascular Run) (Age 10+)**
 - Materials Needed: 20 Meter PACER CD, Speaker, Cones
- **Mile Walk (Age 13+)**
 - Materials Needed: Stop Watch, Flat Measured Course

Muscular Strength (3 Options)

- **Push-Up**
 - Materials Needed: Push-Up Cadence CD, Push-Up Tester
- **Modified Pull-Up**
 - Materials Needed: Modified Pull-Up Bar
- **Flexed Arm Hang**
 - Materials Needed: Pull-Up Bar

Muscular Endurance (1 Option)

- **Curl-Ups**
 - Materials Needed: Curl-Up Cadence, Curl-Up Mat

Flexibility (2 Options)

- **Shoulder Stretch**
 - Materials Needed: None
- **Back Saver Sit & Reach**
 - Materials Needed: Sit and Reach Box, Mat

Trunk Extensor Strength & Flexibility (1 Option)

- **Trunk Lift**
 - Materials Needed: Yardstick, Mat

Body Composition Measurement

- **Body Mass Index (BMI) Height & Weight Measurements**
 - Materials Needed: Weight Scale, Measurement Tape

Mile Run

Use: To measure aerobic capacity

Objective: To run, as quickly as possible, around a mile track for time

Minimum/Maximum score: Min: 4:00 Max: 59:59

Materials Needed: Stop Watch, Flat Measured Course

Test Administration:

- Make sure there is a pre-determined, and measured, mile track set up
- Have all students participating in the mile run line up on a starting line
- Start the clock as the students start the run
- Give each student their time as they finish

Common form corrections:

- Mile track is not an accurate mile
- Not keeping track of laps/distance travelled accurately
- Time not started/recorded correctly

PACER Test

(Progressive Aerobic Cardiovascular Endurance Run)

Use: To measure aerobic capacity

Objective: To run as long as possible across a 20 meter space at a specified pace

Minimum/Maximum score: Min: 1 Max: 999

Materials Needed: 20 Meter Pacer CD, Speaker, Cones

Test Administration:

- Students line up on the starting line
- Cones/other marker on the other end measuring out 20 meters
- One lap is ONE 20 meter distance (1 meter = 65 feet 7.44 inches)
- Students need to be behind the line prior to the signal to the next lap
- Walking is allowed if the pace is maintained
- If student gets to the line before the signal they must wait
- If student DOESN'T reach the line, they turn where they are and try to get on pace

Common form corrections:

- Leaving the line too early
- Not getting behind the line before the signal
- Test is over after 2nd form correction

Mile Walk Test (Age 13+)

Use: To measure aerobic capacity

Objective: To walk around a mile track for time

Minimum/Maximum score: Min: 4:00 Max: 59:59

Materials Needed: Stop Watch, Flat Measured Course

Test Administration:

- Make sure there is a pre-determined, and measured, mile track set up
- Have all students participating in the mile walk test line up on a starting line
- Start the clock as the students start the test
- Give each student their time as they finish
- Student must take a 15 second heart rate at the completion of the test for accurate scoring

Common form corrections:

- Mile track is not an accurate mile
- Not keeping track of laps/distance travelled accurately
- Time not started/recorded correctly
- Students moving at more than a walk

Push-up

Use: To measure upper-body strength and endurance

Objective: To complete as many push-ups as possible at a rhythmic pace

Minimum/Maximum score: Min: 1 Max: 75

Materials Needed: Push-Up Cadence CD, Push Up Tester

Test administration:

- Place push-up tester under chest of student
- Use recorded testing cadence
- One push-up every 3 seconds
- Student assumes prone position on mat
- Hands under shoulders with fingers outstretched
- Legs straight and slightly apart with toes tucked under
- Student then pushes off mat until ARMS, LEGS, and BACK are STRAGHT
- Student lowers the body, using the arms, until the elbows bend at a 90* angle and touches tester with chest
- When the student pushes back up they assume a straight arm position
- Student is stopped after the 2nd form correction

Common form corrections:

- Stopping/failing to maintain pace
- Not achieving 90* angle with elbow
- Not maintaining correct body position
- Not extending arms fully
- Hips/knees touching the mat

Modified Pull Up

Use: To test upper body strength, alternative to push-up

Objective: To perform as many modified pull-ups in a set time

Minimum/Maximum scores: Min: 2 Max: 99

Materials Needed: Modified Pull-Up Bar

Test Administration:

- Student lies with shoulders directly under the pull-up bar
- Student reaches up and grabs the bar with the palms facing outwards
- Increase bar height so that only heels remain on the ground when the arms are fully extended
- Pull up so that the chest touches an elastic band suspended 7-8 inches below the bar, then return to starting position
- Test is stopped after 2nd form correction

Common form corrections:

- Body doesn't remain straight
- Stopping or resting
- Not lifting chin above elastic band
- Not fully extending arms to starting position
- Any part of the body, besides heels, coming into contact with the floor

Flexed Arm Hang

Use: To test upper body strength, alternative to push up.

Objective: To hold your chin above the bar for as long as possible

Minimum/Maximum: Min: 2 seconds Max: 60 seconds

Materials Needed: Pull-Up Bar, Stop Watch

Test Administration:

- Student grasps bar with palms facing outward
- Spotter may assist in raising chin above bar
- Time is started when chin is above bar and student is not swinging
- Time stops when chin touches bar, head tilts back, or when chin falls below the bar

Common form corrections:

- Students legs/body are swinging during the test
- Chin does not remain above the bar during the test

Curl-up

Use: To measure abdominal muscular strength and endurance

Objective: To compete as many curl-ups as possible

Minimum/Maximum scores: Min: 2 Max: 75

Materials Needed: Curl-Up Cadence, Curl-Up Mat or Strip

Test administration:

- Student lies in supine position on a mat
- Knees bent and feet flat on the mat
- Arms straight and parallel to the trunk/torso
- Palms resting on mat with fingers stretched out
- Head in contact with the mat
- Fingers need to be in contact with the nearest edge of the testing strip
- Students HEELS MUST stay in contact with the mat, toes are allowed to come off the mat, no one can hold feet down or use a wall as a brace point
- Student slowly curls up and slides/walks fingers across the measuring strip until finger reach the other side
- Student then slowly, and controlled, curls back down until the head touches the mat
- One curl-up is completed when the students head comes back down to the mat
- Movement is set to a cadence, 1 curl-up every 3 seconds
- Continue testing until, student can no longer continue, student has completed 75, or 2nd form correction is made

Common form corrections:

- Movements not with cadence
- Any reaching/jerking motion with hands
- Pauses and rest periods are not allowed
- Head not returning to the mat
- Fingertips not touching both sides of the testing strip
- Hips coming off the ground
- Heels coming off the ground

Shoulder Stretch

Use: To measure the flexibility of the shoulder joint

Objective: To touch fingertips on both hands with arms overhead and across back

Minimum/Maximum score: Pass/Fail test

Materials Needed: None

Test administration:

- Student stands with their back facing teacher
- Student places one arm overhead with hand towards the middle of their back
- Student places other arm behind their back and reaches for their top hand
- Student performs test with both arms in the overhead and behind position

Common form corrections:

- Student must touch skin, not nails, on both hands to have passed the test
- If student fails to touch on one or both sides they must complete the sit and reach test

Back Saver Sit and Reach Test

Use: To measure the flexibility of the hamstring muscles

Objective: To reach the specified distance of the left and right sides of the body

Minimum/Maximum score: Min: 1 Max: 12

Materials Needed: Sit and Reach Box, Mat

Test administration:

- Test only one leg at a time
- Zero end of the scale is nearest the student
- Student removes both shoes
- Square hips with the box for alignment
- Student keeps one leg straight and bends the other knee with the sole of the foot flat on the floor
- Arms are extended forwards over the measuring surface, placed one on top of the other with palms down
- Student SLOWLY reaches directly forward with both hands
- Hand must stay together
- Bent knee is allowed to move to the side but the foot must stay in contact with the floor
- The final reach position should be held for at least one second
- Student gets 3 tries per side with the highest score recorded
- After leg one is tested, student switches to other leg and test is repeated

Common form corrections:

- Hands separate
- Foot is not flat with the floor
- Knee on tested leg bends

Trunk Lift

Use: To measure trunk extensor strength and flexibility

Objective: To lift the upper body off the floor using the back muscles and hold the position for measurement

Minimum/Maximum scores: Min: 1 inch Max: 12 inch

Materials Needed: Yardstick, Mat

Note:

- Not advisable to encourage hyperextension
- Use a yardstick or 15-inch ruler
- DO NOT use a 12 in ruler, it may cause injury to the chin

Test administration:

- Student lies in a prone position on the mat
- Toes points
- Hands under the thighs
- Student should tuck chin to the chest and **look down** at the mat
- Student lifts the upper body off the floor in a very slow and controlled manner
- Student holds the position long enough to allow the tester to measure the height
- Measurement taken from floor to chin
- Student returns to starting position in a controlled manner
- Two trials are allowed with the highest score being recorded

Common form corrections:

- Feet come off the mat
- Student bounces/uncontrolled movement
- Chin not tucked into chest/neck extension

BMI

Body Mass Index

Use: To indicate appropriateness of child's weight relative to their height

Objective: Analyze formula for height to weight ratio

Materials Needed: Weight Scale, Measurement Tape

Test Administration:

- All students remove shoes for testing
- Test one student at a time in an area where their height and weight cannot be easily read by others
- Use whole numbers for height and weight

To find your BMI, locate where your height and weight intersect; your BMI is listed at the top of that column.

BMI	HEALTHY BMI					OVERWEIGHT BMI					OBESITY BMI					EXTREME OBESITY BMI																
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
		WEIGHT (IN POUNDS)																														
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	169	173	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	174	180	185	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	192	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	243	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410

← REDUCED RISK INCREASED RISK →

Physical Fitness Testing

Personal Record Sheet

Name: _____ Date: _____

Grade: _____ Age: _____ School: _____

Activity	Score	Healthy Fitness Zone? (circle one)		
1. Aerobic Capacity				
<i>(Choose One)</i>				
• Mile Run		HFZ	NI	NI-HR
• Pacer		HFZ	NI	NI-HR
• Mile Walk (13 years or older)		HFZ	NI	NI-HR
2. Abdominal Strength				
• Curl-Ups		HFZ	NI	NI-HR
3. Upper Body Strength & Endurance				
<i>(Choose one)</i>				
• Push Up		HFZ	NI	NI-HR
• Modified Pull Up		HFZ	NI	NI-HR
• Flexed Arm Hang		HFZ	NI	NI-HR
4. Flexibility				
<i>(Choose one)</i>				
• Shoulder Stretch <i>(Must Pass Both Sides)</i>	Right=Y N Left= Y N	HFZ	NI	NI-HR
• Back Saver Sit & Reach	Right= Left=	HFZ	NI	NI-HR
5. Trunk Extensor Strength & Flexibility				
• Trunk Lift		HFZ	NI	NI-HR
6. Body Composition				
• Body Mass Index	Height= Weight=	HFZ	NI	NI-HR

HFZ= Healthy Fitness Zone (PASSING)

NI = Needs Improvement (NOT PASSING)

NI-HR= Needs Improvement Health Risk (NOT PASSING)

Total Number of Fitness Areas Passed: _____ out of 6
