

# PFT Regulations

Regulations for the Physical Fitness Test approved by the Office of Administration Law on July 31, 2006.

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**TITLE 5. Education**  
**Division 1. California Department of Education**  
**Chapter 2. Pupils**  
**Subchapter 4. Statewide Testing of Pupils and Evaluation Procedures**  
**Article 2. Physical Performance Testing Programs**

§ 1040. Definitions

For the purpose of the physical performance test required by *Education Code* Section 60800, and also referred to as the Physical Fitness Test (PFT), the following definitions shall apply:

- (a) "Accommodations" means any variation in the assessment environment or process that does not fundamentally alter what the test measures or affect the comparability of scores.
- (b) "Annual assessment window" begins on February 1 and ends on May 31 of each school year.
- (c) "Block schedule" is a restructuring of the school day whereby pupils attend half as many classes, for twice as long.
- (d) "District Physical Fitness Test Coordinator" is an employee of the school district designated by the superintendent of the district to oversee the administration of the PFT within the district.
- (e) "*FITNESSGRAM*®" November, 2005, is the California Physical Fitness Test designated by the State Board of Education (SBE), a document incorporated by reference.
- (f) "Grade" for the purpose of the PFT means the grade assigned to the pupil by the school district at the time of testing.
- (g) "Modification" means any variation in the assessment environment or process that fundamentally alters what the test measures or affects the comparability of scores.
- (h) "Pupil" is a person in grades 5, 7, or 9, enrolled in a California public school or placed in a non-public school through the individualized education program (IEP) process pursuant to *Education Code* Section 56365.
- (i) "School district" includes elementary, high school, and unified school districts, county offices of education, any charter school that for assessment purposes does not elect to be part of the school district or county office of education that granted the charter, and any charter school chartered by the SBE.
- (j) "Test administration manual" is the Updated Third Edition *FITNESSGRAM/ACTIVITYGRAM*, a document incorporated by reference. A copy is available for review from California Department of Education staff in the Standards and Assessment Division.
- (k) "Test examiner" is an employee of the school district who administers the PFT.
- (l) "Variation" is a change in the manner in which a test is presented or administered, or in how a test taker is allowed to respond, and includes, but is not limited to accommodations and modifications.  
NOTE: Authority cited: Section 33031, *Education Code*. Reference: sections 60603 and 60608, *Education Code*.

§ 1041. Required Program.

- (a) During the annual assessment window, the governing board of each school district maintaining grades 5, 7, and 9, or any one or more of such grades, shall administer to each pupil in those grades the physical performance

test, *FITNESSGRAM*®, designated by the SBE. This includes pupils who attend schools that are on a block schedule and whose pupils may not be enrolled in physical education classes during the annual assessment window.

(b) All pupils in grades 5, 7, and 9 shall only take the test once during the annual assessment window.

(c) School districts shall test all pupils in alternative education programs conducted off the regular school campus, including, but not limited to continuation schools, independent study, community day schools, and county community schools.

(d) No test shall be administered in a home or hospital except by a test examiner. No test shall be administered to a pupil by the parent or guardian of that pupil.

(e) Pupils shall be tested in each fitness component included in the PFT unless exempt by the pupil's IEP or Section 504 plan.

NOTE: Authority cited: Section 33031, *Education Code*. Reference: sections 60615 and 60800, *Education Code*.

#### § 1043. Methods of Administration.

(a) The tests shall be administered and scored by employees of the district or the employees of the county superintendent of schools. The scoring thereof shall be in compliance with the instructions of the publisher or developer for scoring, and the scores shall be submitted to the governing board of the school district on the dates required by, and on forms prescribed or approved by, such governing board.

(b) Districts may provide an alternative date for make-ups based on absence or temporary physical restriction or limitations (e.g., recovering from illness or injury).

NOTE: Authority cited: Section 33031, *Education Code*. Reference: Section 60800, *Education Code*.

#### § 1043.2. Test Administration Training.

(a) For valid results, districts shall use the test administration manual provided for the test designated by the SBE.

NOTE: Authority cited: Section 33031, *Education Code*. Reference: Section 60800, *Education Code*.

#### § 1043.4. District Physical Fitness Test Coordinator.

(a) On or before November 1 of each school year, the superintendent of each school district, county office of education, and independent charter school may designate from among its employees a District Physical Fitness Test Coordinator. If a District Physical Fitness Test Coordinator is designated, the superintendent shall notify the contractor for the PFT of the identity and contact information of the District Physical Fitness Test Coordinator. The District Physical Fitness Test Coordinator shall be available throughout the year and shall serve as the liaison between the school district and the CDE for all matters related to the PFT.

(b) The District Physical Fitness Test Coordinator responsibilities include, but are not limited to, the following:

(1) Responding to correspondence and inquiries from the contractor in a timely manner and as provided in the contractor's instructions.

(2) Determining school district and individual school test and test material needs.

(3) Overseeing the administration of the PFT to pupils.

(4) Overseeing the collection and return of all test data to the contractor.

(5) Ensuring that all test data are received from school test sites within the school district in sufficient time to satisfy the reporting requirements.

(6) Ensuring that all test data are sent to the test contractor by June 30 of each year.

NOTE: Authority cited: Section 33031, *Education Code*. Reference: Section 60800, *Education Code*.

§ 1043.6. Data for Analysis of Pupil Proficiency

(a) Each school district shall provide the contractor of the PFT the California School Information Services (CSIS) student identification number and demographic information for each pupil tested for purposes of the analyses and reporting.

(b) The demographic information required by subdivision (a) is for the purpose of aggregate analyses and reporting only.

(c) School districts shall provide the same information for each pupil enrolled in an alternative or off-campus program, or for pupils placed in nonpublic schools, as provided for all other pupils.

NOTE: Authority cited: Section 33031, *Education Code*. Reference: sections 49061, 60605 and 60800, *Education Code*; 20 USC section 1232g.

§ 1043.8. Reporting Test Scores.

No aggregate or group scores or reports that are compiled pursuant to *Education Code* Section 60800 shall be reported electronically, in hard copy, or in other media, to any audience other than the school or school district where the pupils were tested, if the aggregate or group scores or reports are composed of ten (10) or fewer individual pupil scores. In each instance in which no score is reported for this reason, the notation shall appear: "The number of pupils in this category is too small for statistical accuracy or privacy protection." In no case shall any group score be reported that would deliberately or inadvertently make public the score or performance of any individual pupil.

NOTE: Authority cited: sections 33031 and 60605, *Education Code*. Reference: Sections 49061, 60605 and 60800, *Education Code*; 20 USC section 1232g; 34 CFR part 99; and 20 USC section 6311(b)(3)(C)xiii.

§ 1043.10. Reports of Results

Results shall be provided to each pupil after completing the test. The results may be provided orally or in writing.

NOTE: Authority cited: Section 33031, *Education Code*. Reference: Section 60800, *Education Code*.

§ 1044. Recording Test Scores.

The district superintendent or the county superintendent of schools, as the case may be, shall require that the pupil's scores on each of the tests given him or her in the physical performance testing program be included in the pupil's cumulative record. This requirement may be met by maintaining the regular physical performance testing program card with the cumulative record form.

NOTE: Authority cited: Section 33031, *Education Code*. Reference: Section 60800, *Education Code*.

Article 2.5. Testing Variations/Accommodations

§ 1047. Testing Variations and Accommodations Available to Pupils.

(a) Each pupil with an IEP or Section 504 plan shall be given as much of the test as his or her condition will permit.

(b) School districts may provide all pupils the following test variations:

- (1) extra time within a testing day.
- (2) test directions that are simplified or clarified.

(c) All pupils may have the following testing variations if regularly used in the classroom:

- (1) audio amplification equipment.
- (2) test individual student separately provided that the pupil is directly supervised by the test examiner.
- (3) Manually Coded English or American Sign Language to present directions for test administration.

(d) School districts may provide pupils with disabilities the following accommodations if specified in the pupil's IEP or Section 504 plan when administering the PFT:

(1) Administration of the PFT at the most beneficial time of day to the pupil after consultation with the test contractor.

(2) Administration of the PFT by a test examiner to the pupil at home or in the hospital.

(3) Any other accommodation specified in the pupil's IEP or Section 504 plan for the PFT.

NOTE: Authority cited: Section 30331, *Education Code*. Reference: 20 USC section 1400, et seq.; 29 USC section 794; and 42 USC section 12132 and 12133.

§ 1048. Testing Variations Available to English Learners.

School districts may provide identified English learner pupils the following additional testing variations if regularly used in the classroom or for assessment:

(1) English learners may have the opportunity to be tested separately with other English learners provided that the pupil is directly supervised by the test examiner.

(2) English learners may have the opportunity to hear the test directions printed in the test contractor's manual translated into their primary language. English learners may have the opportunity to ask clarifying questions about the test directions in their primary language.

NOTE: Authority cited: Section 33031, *Education Code*. Reference: Section 60800, *Education Code*.

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