



LOS ANGELES UNIFIED SCHOOL DISTRICT
REFERENCE GUIDE

TITLE: Fitnessgram Administration Training for 2013-14

NUMBER: REF-6226.0

ISSUER: Cynthia Lim, Executive Director
 Office of Data and Accountability

Matt Hill, Chief Strategy Officer

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ROUTING

ESC Superintendents
 ESC Administration
 Principals
 Assistant Principals
 School Coordinators
 Physical Education Teachers

PURPOSE: The purpose of this reference guide is to announce the availability of the 2014 Fitnessgram web-based training.

MAJOR CHANGES: The following is a change for the 2013-14 Fitnessgram administration:

- The *State Testing Program Requirements* section of the *Principal's Portal* system now includes the Fitnessgram. Principals must identify their Fitnessgram designee/coordinator and verify the completion of the required Learning Zone training before the administration of the test.

INSTRUCTIONS: I. BACKGROUND

The State Board of Education designated the *FITNESSGRAM* as the Physical Fitness Test (PFT) for students in California public schools. 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.

The *FITNESSGRAM* is composed of the following six fitness areas, with a number of test options provided for most areas:

- Aerobic Capacity (select one)
 - PACER (Progressive Aerobic Cardiovascular Endurance Run)
 - One-Mile Run
 - Walk Test (only for ages 13 or older)
- Abdominal Strength and Endurance (required)
 - Curl-Up
- Upper Body Strength and Endurance (select one)
 - Push-Up
 - Modified Pull-Up
 - Flexed-Arm Hang



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- Body Composition (required)
 - Body Mass Index
- Trunk Extensor Strength and Flexibility (required)
 - Trunk Lift
- Flexibility (select one test; both left and right sides must be administered to meet the criteria)
 - Back-Saver Sit and Reach
 - Shoulder Stretch

II. STATE AND DISTRICT REQUIREMENT

All students in grades 5, 7, and 9 are required to participate whether or not they are enrolled in a physical education class. Only these state-mandated grades will be scored through the district's Physical Fitness Test contractor. All students in grades 5, 7, and 9 who are on a block schedule, in alternate programs including continuation, independent study, CDS, and non-public schools are required to participate.

All students must take physical education classes in high school for 2 years (freshman and sophomore). Freshman students in 2008 were the first class required to "pass" *FITNESSGRAM* in order to receive the exemption for physical education classes for 2 years (junior and senior). A "passing" score is defined as meeting the healthy fitness zone for 5 out of 6 components. Students who do not meet the healthy fitness zone in grades 9 or 10 will continue to take physical education classes until they either "pass" the *FITNESSGRAM* or graduate.

Schools are responsible for tracking and testing students in grades 10, 11, and 12 who have not met the healthy fitness zone in 5 out of 6 components of the *FITNESSGRAM*. Students only need to retake those components they did not pass in order to meet the healthy fitness zone in 5 out of 6 components of the *FITNESSGRAM* to qualify for the two-year physical education exemption.

III. TRAINING AND CERTIFICATE OF COMPLETION

PFT Coordinators and other school staff who will be coordinating and/or administering the PFT must complete the 2014 Fitnessgram Training before the test is administered. The training is available through the Learning Zone. Participants must register to access the online presentation.



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Follow the online registration instructions below to register for the training:

- Log into the Learning Zone System using your LAUSD Single Sign-On username and password. The Learning Zone can be reached at <http://lz.lausd.net>.
- Click on “Courses”
- Click on “Class Offerings”
- Select “Student Testing Unit” under Program
- Click “Search”
- Select “2014 Fitnessgram Training”
- Click on “Enroll Now”
- You will be sent a registration confirmation email

After viewing the entire presentation, participants will need to successfully complete the online assessment to obtain a certificate of completion. Participants must log into the Learning Zone to access the assessment. Follow these steps to take the assessment and print the certificate of completion:

- Log into the Learning Zone
- Select the “My Assessment” tab
- Click on “Start” next to the title of the class
- After successfully passing the test, go to the “My History” tab
- Select “Print Certificate
- Keep certificate for your records

RELATED RESOURCES:

- REF-6062.3, *2013-14 State, Local, and National Mandated Testing Calendars*, dated January 17, 2014.
- The California Department of Education (CDE) web-site is <http://www.cde.ca.gov>.
- CDE PFT Resources at <http://www.cde.ca.gov/ta/tg/pf/>.

ASSISTANCE:

For assistance please contact the Student Testing Unit, at (213) 241-4104.