



LOS ANGELES UNIFIED SCHOOL DISTRICT

REFERENCE GUIDE

TITLE: Fitnessgram Administration Training for 2014-15

NUMBER: REF-6456

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

DATE: February 12, 2015

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 2015 *Fitnessgram* web-based training.

MAJOR CHANGES: The *State Testing Program Requirements* section of the *Principal's Portal* system 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
- Body Composition (required)
 - Body Mass Index



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- 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 *2014-15 Fitnessgram Training* before the test is administered. The training is available through the Learning Zone. Participants must register to access the online presentation.

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>.



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- Click on “Courses”
- Click on “Class Offerings”
- Select “Student Testing Unit” under Program
- Click “Search”
- Select “2014-15 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-6299.1, *2014-15 State, District and National Mandated Testing Calendars*, dated October 28, 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 Branch, at (213) 241-4104.