

# How to Calculate Physical Fitness Test (PFT) Participation Rate

In January 2022, the State Board of Education passed PFT regulations which changed the definition of PFT results to indicate that **local educational agencies (LEAs) will report participation rates only on their School Accountability Report Card (SARC).**

## ABOUT THE PFT

The PFT is administered to all students in grades 5, 7, and 9 and contains five fitness areas: Aerobic Capacity, Abdominal Strength, Trunk Extensor Strength, Upper Body Strength, and Flexibility.

## WHO IS INCLUDED IN THE CALCULATION?

The state PFT testing window opens on February 1 and closes on May 31. LEAs can designate a shorter local window within the state testing window; however, this is a local decision.

All students who participated during the local window are included in the numerator, and all eligible students who are enrolled at the time of testing are included in the denominator.

## HOW DO I CALCULATE PARTICIPATION RATE?

Participation rates are calculated for each fitness area and grade level. For each grade level and fitness area, the participation rate equals the number of students who participated in each of the fitness areas divided by the total number of students enrolled in each grade level at the time of testing.

<b>Number of Students Who Participated in the FITNESSGRAM Component</b>		<b>Participation Rate</b>
—————	<b>DIVIDED BY</b> —————	<b>(percentage of students rounded to the nearest tenth)</b>
<b>Number of Students Enrolled in the Grade Level at the Time of Testing</b>	<b>MULTIPLIED BY 100</b>	<b>EQUALS</b>

## WHAT IS SUBMITTED TO SARC AND WHEN?

Data from the 2021–22 PFT administration must be entered into the 2021–22 SARC by the SARC coordinator no later than February 1, 2023. The PFT data required for the SARC submission are shown below.

## STUDENT PARTICIPATION RATE FOR EACH COMPONENT BY GRADE LEVEL

All values should be entered as a percentage rounded to the nearest tenth.

	<b>Aerobic Capacity</b>	<b>Abdominal Strength and Endurance</b>	<b>Trunk Extensor Strength and Flexibility</b>	<b>Upper Body Strength and Endurance</b>	<b>Flexibility</b>
<b>Grade 5</b>	_____	_____	_____	_____	_____

	<b>Aerobic Capacity</b>	<b>Abdominal Strength and Endurance</b>	<b>Trunk Extensor Strength and Flexibility</b>	<b>Upper Body Strength and Endurance</b>	<b>Flexibility</b>
<b>Grade 7</b>	_____	_____	_____	_____	_____

	<b>Aerobic Capacity</b>	<b>Abdominal Strength and Endurance</b>	<b>Trunk Extensor Strength and Flexibility</b>	<b>Upper Body Strength and Endurance</b>	<b>Flexibility</b>
<b>Grade 9</b>	_____	_____	_____	_____	_____

For further information, you may visit the following California Department of Education web pages:

- School Accountability Report Card (SARC) web page at <https://www.cde.ca.gov/ta/ac/sa/>
- SARC Frequently Asked Questions web page at <https://www.cde.ca.gov/ta/ac/sa/questions.asp>
- Physical Fitness Testing (PFT) web page at <https://www.cde.ca.gov/ta/tg/pf/>

