

Stanislaus County, 2006-2007. Physical Fitness Results

Additional information can be found at the Standards and Assessment Division's [California Physical Fitness Test site](#).

	Grade 5			Grade 7			Grade 9		
Physical Fitness Area	Total ¹ Tested	% In HFZ	% Not in HFZ	Total ¹ Tested	% In HFZ	% Not in HFZ	Total ¹ Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	7,971	57.1	42.9	7,769	66.6	33.4	7,672	50.1	49.9
Body Composition	7,971	63.9	36.1	7,769	64.9	35.1	7,672	65.1	34.9
Abdominal Strength	7,971	80.4	19.6	7,769	86.2	13.8	7,672	84.2	15.8
Trunk Extensor Strength	7,971	89.6	10.4	7,769	90.9	9.1	7,672	86.9	13.1
Upper Body Strength	7,971	64.8	35.2	7,769	67.6	32.4	7,672	73.5	26.5
Flexibility	7,971	63.3	36.7	7,769	72.0	28.0	7,672	72.2	27.8
	Grade 5			Grade 7			Grade 9		
Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number	Percent	Cum. Percent	Number	Percent	Cum. Percent	Number	Percent	Cum. Percent
6 of 6 fitness criteria	1,846	23.2	23.2	2,391	30.8	30.8	2,018	26.3	26.3
5 of 6 fitness criteria	1,997	25.1	48.2	2,082	26.8	57.6	2,143	27.9	54.2
4 of 6 fitness criteria	1,688	21.2	69.4	1,523	19.6	77.2	1,571	20.5	74.7
3 of 6 fitness criteria	1,245	15.6	85.0	909	11.7	88.9	981	12.8	87.5
2 of 6 fitness criteria	769	9.6	94.7	514	6.6	95.5	455	5.9	93.4
1 of 6 fitness criteria	321	4.0	98.7	217	2.8	98.3	188	2.5	95.9
0 of 6 fitness criteria	105	1.3	100.0	133	1.7	100.0	316	4.1	100.0
Total tested	7,971	100.0		7,769	100.0		7,672	100.0	

¹ Includes partially tested students

** To protect confidentiality scores are not shown when the number of students tested is 10 or less.

Results:

In the 2006-2007 school year, the California Physical Fitness Test (PFT) was administered to a total of 23,412 Stanislaus students, representing 94% of students enrolled in Stanislaus public schools for grades five, seven and nine. During this time, 7971 Grade 5 students, 7769 Grade 7 students and 7672 Grade 9 students were tested. Three components of health related physical fitness were measured: aerobic capacity; body composition; muscular strength, endurance and flexibility. All students should strive to achieve a score within the health fitness zone.

The Health Fitness Zone (HFZ) is the desired performance goal for each of the fitness area.

The most important indicator of physical fitness is Aerobic Capacity. It assesses the capacity of the cardiorespiratory system and is measured by endurance. 50- to 67 percent of students were in the HFZ across all grades

Body composition results provide an estimate of the percent of a student's weight that is fat in contrast to the "fat-free" body mass. 64- to 66- percent of students were in the HFZ across all grades

Stanislaus students are at a reasonable level of physical fitness as more than half (>50%) of the students in each grade were in the health fitness zone for all the physical fitness areas. More than half (>50%) of the students in each grade also met three or more of the six fitness criteria.

Importance of Physical Fitness:

Lack of physical activity is a risk factor to many chronic conditions such as obesity, coronary heart disease, stroke, high blood pressure and high cholesterol. Regular physical activity combined with a healthy diet will help improve your overall health and reduce your risk of premature death.