

# IL Physical Fitness Assessment and Data Reporting Requirements Questions and Answers (Rev. 05/22/17)

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**PLEASE NOTE:** This document is updated frequently, so you may wish to bookmark this [document](#) and check back. Also, it is advised to review this on-line as there are embedded website links (underlined wording) that will be lost if printed.

## 1. How did physical fitness testing become a requirement in Illinois?

[Public Act 98-0859](#), signed into law on August 4, 2014, created the [Stakeholder and Expert Task Force on Physical Education](#) (SETFPE) comprised of members from organizations representing physical education teachers, school officials, principals, health promotion and disease prevention advocates and experts, school health advocates and experts, and other experts with operational and academic expertise in the measurement of fitness. The SETFPE was tasked with submitting recommendations to the IL State Board of Education (ISBE) on physical fitness assessments as well as the collection and reporting of aggregate student fitness data. The SETFPE submitted its [recommendations](#) to ISBE in April 2015. After seeking public comment, ISBE adopted rules ([Part 1, Section 1.425](#)) which went into effect January 27, 2016.

## 2. Why must students be tested and districts submit data?

Students shall be tested in an effort to meet State Goal 20, where students achieve and maintain a health-enhancing level of physical fitness. Based upon continual self-assessment, fitness testing can help students identify their fitness levels and set goals for improvement. Gathering this data also enables parents and schools to better understand the health trends within their region and encourage enhancements in a school's physical education program.

## 3. What are all the new requirements for fitness assessment and data collection?

Starting with school year 2016-17, public school districts must:

- Ensure that school personnel administering the assessments participate in **training** related to the proper administration and scoring of the assessment by reviewing the chapters of the FitnessGram Test Administration Manual titled [Test Administration](#), [Aerobic Capacity](#), and [Muscular Strength, Endurance, and Flexibility](#) and, if applicable, the [Brockport Physical Fitness Test Manual](#) and the [Profiles, Test Selection Guides, Standards, and Fitness Zones](#) (click on each title for link to assessment manual). It is recommended that staff also watch training videos linked under the four required FitnessGram assessments bulleted below.
- Ensure district maintains **evidence** of individual school personnel's successful completion of the training and make it available to the ISBE upon request. Keeping a log that staff sign and date which shows what manuals and videos were read and watched is sufficient. Staff need only be trained once, although annual refresher is recommended.
- Establish procedures and protocols to ensure the **confidentiality** of individual student assessment results consistent with the requirements of the Illinois School Records Act and Family Educational Rights and Privacy Act.
- Begin administering, in the second semester and each year thereafter, the following **four required assessments** using either FitnessGram or Brockport Physical Fitness Assessment (adapted version). Click on each assessment for link for a 3-6 minute training video):
  - for [Aerobic Capacity](#) - the [PACER test](#) (recommended) or [Mile Run Test](#) (alternate) or Brockport test (any of the adapted tests for aerobic functioning for students with disabilities) for students in grades 4-12 (Note: If your district chooses the alternate Mile Run Test, student height and weight will need to be collected and entered into the free FitnessGram calculator at <http://www.pyfp.org> in order to calculate healthy fitness zones.)
    - [PACER Cadence – 15-Meter](#)
    - [PACER Cadence – 20-Meter](#)

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- for [Flexibility](#) - the [Back-Saver Sit and Reach test](#) (recommended) or [Trunk Lift test](#) (alternate), or Brockport test (any of the adapted tests for flexibility or range of motion for students with disabilities) for students in grades 3-12;
- for [Muscular Endurance](#) - the [Curl-Up test](#) or Brockport test (any of the adapted tests for strength and endurance for students with disabilities) for students in grades 3-12;
  - [Curl-Up Test Candence](#)
- for [Muscular Strength](#) – the [Push-Up test](#) or Brockport test (any of the adapted tests for strength and endurance for students with disabilities) for students in grades 3-12.
  - [Push-up Test Candence](#)

Links to training videos for Brockport test can be obtained by purchasing the Brockport manual at <http://www.humankinetics.com/products/all-products/brockport-physical-fitness-test-manual-2nd-edition-with-web-resource>

- By your district's established date and no later than June 30<sup>th</sup>, **collect and report** the aggregate data as outlined under questions #6 and #8 below.

#### 4. Is there a cost for FitnessGram or Brockport Physical Fitness Test?

While a district may opt to purchase a more complete package from FitnessGram or Brockport Fitness Test, ISBE only requires use of the free materials which are accessible at: <http://www.pyfp.org> (login/register in upper right corner of screen). If districts choose not to purchase FitnessGram, it is recommended that they use the state-provided template discussed under #8 below to collect student data in the second semester.

#### 5. Who must be tested, when, and how often?

All students in grades 3-12 (only grades 4-12 for aerobic capacity), unless otherwise exempted under [Sec 27.6 of the School Code](#), must be tested annually in the second semester.

#### 6. How are scores recorded and how do I know if a student has met the Healthy Fitness Zone (HFZ) or Needs Improvement (NI)?

Scores may be recorded using either the *IL Physical Fitness Assessment Data Collection Template* posted under *Quick Links* at <https://www.isbe.net/EnhancedPhysicalEducation> or FitnessGram's free online spreadsheet at <http://www.pyfp.org>. Both spreadsheets automatically convert the scores into HFZ/NI results. Note however that if your district chooses the alternate Mile Run Test, student height and weight must be collected and entered into the free FitnessGram spreadsheet at <http://www.pyfp.org> in order to calculate healthy fitness zones for the Mile Run. The Mile Run score and the results may then be recorded into the IL template if district chooses to use the IL template.

#### 7. What information needs to be reported to ISBE?

Districts must report the second semester data, in aggregate, to ISBE for each of the four tests outlined under #3 above:

- number of students tested by grade (5, 7 and 10 only) and gender;
- number of students that achieved a healthy fitness zone by grade (5, 7 and 10 only) and gender; and
- number of students that were identified as needing improvement by grade (5, 7 and 10 only) and gender.

A snapshot of the data that districts are required to enter into IWAS is included at the end of this Q&A document.

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### 8. Does the data reported to ISBE contain individual student data?

The fitness data reported to ISBE will not contain any individual student name or assessment results. Only a school's aggregate data of those tested by grade and gender will be reported. For example, if a school had four sections of fifth grade, the data submitted to ISBE would only include the total number of students tested by gender in the fifth grade at that school identified as achieving healthy fitness zone or needing improvement.

### 9. When and how will fitness data be reported to ISBE?

Schools are to record individual student data at the school level using either the *IL Physical Fitness Assessment Data Collection Template* posted under *Quick Links* at <https://www.isbe.net/Pages/Enhanced-Physical-Education.aspx> or FitnessGram's free online spreadsheet at <http://www.pyfp.org>. Both templates will automatically calculate whether a student meets the healthy fitness zone (HFZ) or needs improvement (NI) once student's score, age and gender are entered. Aggregate data shows on these sheets as well for ease in reporting to the state; if using the IL spreadsheet, aggregate counts are shown at the bottom of each grade level tab.

The district must ensure the aggregate results for grades 5, 7 & 10 for each of their applicable schools are reported electronically to ISBE through the *Student Health Data-Physical Fitness* system in IWAS by June 30<sup>th</sup>. There is a step-by-step *User Guide Quick* under *Quick Links* at <https://www.isbe.net/Pages/Enhanced-Physical-Education.aspx>. A snapshot of the data that is required to be entered into IWAS is included at the end of this Q&A document.

There is no software, including FitnessGram, from which this physical fitness data can be automatically uploaded into IWAS. Districts will determine if they want each school to report the data in IWAS and by what date (no later than June 30<sup>th</sup>) or to send the aggregate data to the district for the district to input and by what date (no later than June 30<sup>th</sup>) date they want this entered.

### 10. What tests and protocols are to be used for students with disabilities?

Schools should use the [Brockport Fitness Test](#) methodologies for any student with disabilities whose Individualized Education Program (IEP) identifies the FitnessGram as not appropriate. If schools are wanting more detail on adapted fitness testing, including instructional videos, districts may wish to purchase the [Brockport Fitness Test Manual](#). A new section (page 16 #5) has been added to the [IEP form](#) to identify students being tested using Brockport. Please also refer to the *Q&A on Fitness Testing for Students with Disabilities* under *Quick Links* at <https://www.isbe.net/Pages/Enhanced-Physical-Education.aspx>

### 11. Can fitness test results be used to grade a student or evaluate a teacher?

Any of the data resulting from the fitness testing as defined in #6 above cannot be used to grade a student or evaluate a teacher. A joint committee established pursuant to Section 24A of the School Code (105 ILCS 5/24A) may select any fitness assessment for purposes of teacher evaluation provided that the scores from the state-mandated assessment are not used as part of the teacher evaluation. Further, the scores from the state-mandated assessment are not be used for purposes of student grading.

### 12. Where can I find information about FitnessGram tests and protocol?

Links to instructional manuals and training videos on administering the assessments are provided within questions #3 above. Additional free materials are available at <http://www.pyfp.org> (login/register in upper right corner of screen).

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- 12. What are the requirements involving FitnessGram “training” and the required documentation of the “training”?**  
See first and fourth bullets under #3 above which include training requirements as well embedded links to training manuals and videos.
- 13. What about schools that have a P.E. waiver?**  
ISBE does not have any waiver that totally eliminates P.E. from the curriculum. For that reason, any district, whether it is offering daily P.E. or a reduced portion of P.E., must comply with [Sec 27-6.5 of the School Code](#) and [Sec 1.425 of the Administrative Code](#)) pertaining to P.E./fitness testing.
- 14. What about students with exemptions or activities that take them out of P.E?**  
If some subset of students never participate in P.E. during the entire school year due to exemptions under [Sec 27-6 of the School Code](#), they would not have to take the assessment. ISBE has not exempted any student enrolled in P.E. from these assessments. Neither the law nor the rule relieves districts of their duties to assess students in P.E. “part time” (e.g. behind-the-wheel, sports, vocational education, etc). This may mean having more than one window for testing.
- 15. Does the physical fitness assessment requirement apply to both public and private school students? What if public student attends an outplacement center?**  
No; this requirement applies only to public school students in any one of the following settings: a) a public school, b) possibly a charter school if the certified charter (agreement) requires that the charter school authorized by a school district use the same assessments as all other schools in the district and that it offer daily P.E, and c) an ISBE approved non-public special education program. Children sent from a public school district must be assessed, however the assessment can be done either at the home district or at the special education facility. If the outplacement center assesses the student, they are report the state to the home school or district as the home district is ultimately responsible for reporting the data for these students to ISBE, same as it would with other health-related data.
- 16. Has a letter been developed to notify parents of this upcoming assessment?**  
Sample language which schools can modify and incorporate into newsletters, website postings, etc. is posted under *Quick Links* at <https://www.isbe.net/Pages/Enhanced-Physical-Education.aspx>.
- 17. How long is a school or district required to keep the individual student physical fitness assessment data?**  
As defined under [105 ILCS 10/2 and 10/4](#), physical fitness data is deemed part of student’s temporary record and shall be retained for not less than 5 years after the student has transferred, graduated, or otherwise withdrawn from the school.
- 18. If after reading through this Q&A document, I still have questions, who do I contact?**  
If further assistance is needed, please contact Mrs. Shawn Backs, Principal Consultant in Nutrition & Wellness Programs Division at IL State Board of Education, at [sbacks@isbe.net](mailto:sbacks@isbe.net).

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**Student Health Data - Physical Fitness System in IWAS  
(Annual Due date: June 30th)**

**Data will be entered for grades 5, 7 and 10 for each school in a district.**

SCHOOL: \_\_\_\_\_  
GRADE: \_\_ 5 \_\_ 7 \_\_ 10

Aerobic Capacity

PACER test (Recommended) / Mile Run test (Alternate) / Brockport test (Any adapted test

Male                  Female

Total Number of Students tested for Aerobic Capacity	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>

Flexibility

Back-Saver Sit and Reach test (Recommended) / Trunk Lift test (Alternate)  
/ Brockport test (Any adapted test for Flexibility or Range of Motion)

Male                  Female

Total Number of Students tested for Flexibility	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>

Muscular Endurance

Curl-Up test / Brockport test (Any adapted test for Strength and Endurance)

Male                  Female

Total Number of Students tested for Muscular Endurance	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>

Muscular Strength

Push-Up test / Brockport test (Any adapted test for Strength and Endurance)

Male                  Female

Total Number of Students tested for Muscular Strength	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>