# Presidential Fitness Test Act

The [Physical Fitness Test Act (70 O.S. § 11-103.9c)] directs the State Department of Education to create guidelines for administering the Presidential Fitness Test in schools, based on recommendations from the President's Council on Sports, Fitness, & Nutrition. The guidelines include personnel training, exemption guidelines for students whose disabilities, medical conditions, or other factors impact participation, & an opt-out option. School districts must administer the Presidential Fitness Test or a comparable nationally recognized fitness assessment program designed for school-aged children to test cardiovascular fitness, muscular strength & endurance, flexibility, & body composition. The school district shall utilize the performance results to promote physical activity & healthy habits, exercise, & good nutrition, modify participation in physical activities available for students, & encourage participation in physical activities inside and outside of school.

## Implementation Guidelines

### 1 PERSONNEL TRAINING

- Training covers standardized test procedures, equipment use, student safety, accommodations, & accurate data collecting.
- OSDE will provide asynchronous training through OSDE Connect & regional in-person trainings.

### 2 EXEMPTION GUIDELINES

- Full or partial exemptions from fitness testing are available for documented disabilities, medical conditions, injuries, illnesses, etc.
  - Note: Accommodations and modifications should be considered before exemptions whenever appropriate.
- Districts should establish exemption procedures (e.g., reviewing, documenting requests).
- Temporary exemptions are periodically reviewed & updated as a student's condition or participation status changes.

### 3 OPT-OUT OPTION

- Parents or guardians may choose to opt their child out of participating in fitness assessments.
- Districts & schools should establish & communicate clear local procedures for submitting opt-out requests.
- Students who opt out of fitness testing should continue to participate in appropriate physical education learning activities.
- Schools should maintain records of opt-out requests in accordance with local district procedures.

### USING RESULTS

School Districts shall utilize fitness performance results to:

1. Promote the physical and mental benefits of daily movement, exercise, and good nutrition;
2. Modify physical activity opportunities offered to students; and
3. Encourage participation in physical activities available to students inside and outside the school setting.

## Implementation Information & Resources

Find the assessment options, developmentally appropriate procedures, & more detailed information on [OSDE's Physical Education Resources webpage].