

2018–19 Physical Fitness Test (PFT) Student Data File Layout Tab-Delimited Text

New or Changed for 2018–19

The Gender field has added “N” for non binary as a choice for 2018–19. All other fields, types, lengths, or acceptable values remain unchanged for 2018–19.

New or Changed for 2017–18

All fields, types, lengths, or acceptable values remain unchanged for 2017–18.

New or Changed for 2016–17

All fields, types, lengths, or acceptable values remain unchanged for 2016–17.

New or Changed for 2015–16

All fields, types, lengths, or acceptable values remain unchanged for 2015–16.

New or Changed for 2014–15

All fields, types, lengths, or acceptable values remain unchanged for 2014–15.

New or Changed for 2013–14

The Participation Level and Reason for Participation Level fields were no longer required as of the 2013–14 administration. Participation Level and Reason for Participation Level were renamed “Filler” in the layout and should be left blank in order to maintain the same the file layout. The Participation Level is calculated during scoring and reported in the scored file. The Reason for Participation Level is no longer collected nor reported.

**2018–19 Physical Fitness Test
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Tab-Delimited Text**

Field	Type	Length	Acceptable Values¹
County Code	Numeric	2	Two digit numbers
School District Code	Numeric	5	Five digit numbers
School Code	Numeric	7	Seven digit numbers
Charter Number	Alpha	4	0000 for dependent charters and school districts
Grade	Numeric	2	05, 07, or 09
Student Last Name	Alpha	11	Up to eleven alpha characters
Student First Name	Alpha	9	Up to nine alpha characters
Student Middle Initial	Alpha	1	One alpha character
Date of Birth (month)	Numeric	2	01 – 12
Date of Birth (day)	Numeric	2	01 – 31
Date of Birth (year)	Numeric	4	Must be a valid year, given grade of student
Gender	Alpha	1	M = Male, F = Female, N = Nonbinary
Statewide Student Identifier (SSID)	Numeric	10	Ten numeric characters
Hispanic or Latino?	Alpha	1	Y = Yes, N = No
Race - Black or African American	Alpha	1	Y = Yes, Blank
Race - American Indian or Alaska Native	Alpha	1	Y = Yes, Blank

¹ Field values must fall within the ranges specified and fields with no data must be left blank.

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Field	Type	Length	Acceptable Values¹
Race - Chinese	Alpha	1	Y = Yes, Blank
Race - Japanese	Alpha	1	Y = Yes, Blank
Race - Korean	Alpha	1	Y = Yes, Blank
Race - Vietnamese	Alpha	1	Y = Yes, Blank
Race - Asian Indian	Alpha	1	Y = Yes, Blank
Race - Laotian	Alpha	1	Y = Yes, Blank
Race - Cambodian	Alpha	1	Y = Yes, Blank
Race - Hmong	Alpha	1	Y = Yes, Blank
Race - Other Asian	Alpha	1	Y = Yes, Blank
Race - Filipino	Alpha	1	Y = Yes, Blank
Race - Native Hawaiian	Alpha	1	Y = Yes, Blank
Race - Guamanian	Alpha	1	Y = Yes, Blank
Race - Samoan	Alpha	1	Y = Yes, Blank
Race - Tahitian	Alpha	1	Y = Yes, Blank
Race - Other Pacific Islander	Alpha	1	Y = Yes, Blank
Race - White	Alpha	1	Y = Yes, Blank

¹Field values must fall within the ranges specified and fields with no data must be left blank.

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Field	Type	Length	Acceptable Values¹
Parent/Guardian Highest Educational Level	Alpha	2	Blank 10 = Graduate school/post graduate training 11 = College graduate 12 = Some college (include AA degree) 13 = High school graduate 14 = Not a high school graduate 15 = Declined to state or unknown
NSLP (National School Lunch Program – identified as eligible)	Alpha	1	Y = Yes, N = No, Blank
PFT Start Date (month)	Numeric	2	01 – 05, 11, or 12
PFT Start Date (day)	Numeric	2	01 – 31
PFT Start Date (year)	Numeric	4	Must be a valid year
Filler		1	Blank
Filler		1	Blank

¹ Field values must fall within the ranges specified and fields with no data must be left blank.

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Height and weight fields must be completed for every student because Aerobic Capacity VO₂Max for the One-Mile Run and Walk Test cannot be calculated without this information.

Field	Type	Length	Acceptable Values ¹
Height (feet)	Numeric	2	03 – 07, Blank
Height (inches)	Numeric	2	00 – 11, Blank
Weight (pounds)	Numeric	3	030 – 400, Blank

Aerobic Capacity

Field	Type	Length	Acceptable Values ¹
One-Mile Run ² (minutes)	Numeric	2	03 – 59, Blank
One-Mile Run ² (seconds)	Numeric	2	00 – 59, Blank
20m PACER ^{3,4} (# laps)	Numeric	3	001 – 190, Blank
Walk Test ² (minutes)	Numeric	2	03 – 59, Blank
Walk Test ² (seconds)	Numeric	2	00 – 59, Blank
Heart Rate (# beats per minute)	Numeric	3	030 – 250, Blank

¹ Field values must fall within the ranges specified and fields with no data must be left blank.

² For the Mile Run and Walk Test, 59 minutes and 59 seconds must only be used to indicate students who attempted the test but did not complete it.

³ If the 15m PACER was administered, the 15m PACER scores must be converted to 20m PACER scores when reporting to the California Department of Education.

⁴ A student is allowed two form breaks with the first form break counting as a lap. A student who commits two form breaks immediately after the start of the test should receive a score of 1.

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Body Composition

Field	Type	Length	Acceptable Values ¹
Skinfold Measurements Triceps (millimeters)	Numeric	2	01 – 40, Blank
Skinfold Measurements Calf (millimeters)	Numeric	2	01 – 40, Blank
Bioelectric Impedance Analyzer (percent body fat)	Numeric (including the decimal point)	4	00.1 – 99.9, Blank

Muscular Strength, Endurance, and Flexibility This area includes four test areas: abdominal strength and endurance; trunk extensor strength and flexibility; upper body strength and endurance; and flexibility.

Field	Type	Length	Acceptable Values ¹
Abdominal Strength Curl-Up ² (# completed)	Numeric	2	01 – 75 (Max = 75), Blank
Trunk Extensor Strength Trunk Lift (# inches)	Numeric	2	00 – 12 (Max = 12), Blank

¹ Field values must fall within the ranges specified and fields with no data must be left blank.

² A student is allowed two form breaks with the first form break counting as a repetition. A student who commits two form breaks immediately after the start of the test should receive a score of 1.

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Upper Body Strength

Field	Type	Length	Acceptable Values ¹
Push-Up ² (# completed)	Numeric	2	01 – 75 (Max = 75), Blank
Modified Pull-Up ² (# completed)	Numeric	2	01 – 75 (Max = 75), Blank
Flexed-Arm Hang (# of seconds)	Numeric	2	00 – 90 (Max = 90), Blank

Flexibility

Field	Type	Length	Acceptable Values ³
Sit and Reach - Left (# of inches)	Numeric	2	00 – 12 (Max = 12), Blank
Sit and Reach - Right (# of inches)	Numeric	2	00 – 12 (Max = 12), Blank
Shoulder Stretch - Left	Alpha	1	Y = Yes, N = No, Blank
Shoulder Stretch - Right	Alpha	1	Y = Yes, N = No, Blank

¹ Field values must fall within the ranges specified and fields with no data must be left blank.

² A Student is allowed two form breaks with the first form break counting as a repetition. A student who commits two form breaks immediately after the start of the test should receive a score of 1.