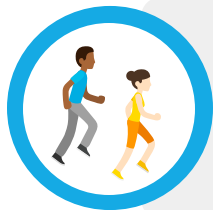


# Considerations for Alabama Physical Fitness Assessment

Alabama Administrative Code Chapter 290-3-1 p.21 (ii): The Alabama Physical Fitness Assessment must be administered to Grade 2-12 students, including students who receive exemptions from the State Superintendent of Education. Fitness data must be reported to the Alabama State Department of Education.

**When will testing occur for Grades 2-12 students?** *Pretesting will occur in the Fall with results posted by January 1 of every year. Post testing will occur in the Spring with results posted by June 1 of every year.*

## Components of the Alabama Physical Fitness Assessment (APFA)



**Aerobics Cardiovascular Endurance:** One-Mile Run or Walk or the Progressive Aerobic Cardiovascular Endurance Run (PACER)

**Muscular Strength and Endurance:** 90-Degree Push-up

**Abdominal Strength/Endurance:** Partial Curl-up

**Flexibility:** Back-Saver Sit and Reach or V-Sit and Reach

## Concerns for Face to Face Administration of APFA

### Aerobics Cardiovascular Endurance Component

- Many schools requiring masks to be worn during physical education makes it difficult to breathe during assessment
- Some schools lack an outdoor space for Mile Run

### Muscular Strength and Endurance Component

- Lack of space to properly physically distance students six feet or more apart
- Lack of time or personnel to clean shared equipment after each group

### Abdominal Strength/Endurance

- Lack of space to complete the assessment with proper physical distancing

### Flexibility Component

- Fear of not being to maintain physical distancing between teacher and student while recording scores
- Lack of time or personnel to clean shared equipment after each group

### Scheduling Considerations

Teachers have expressed concerns with scheduling and completing the assessments and recording results by January 1, 2021.

## Strategies for Face to Face Administration of APFA

**Mile Run:** This assessment can be completed outside so that students can be placed further than six feet apart. Provide lanes for the students to run in. Also, assess students in waves and not all together.

**PACER:** Limit the amount of students performing the assessment at one time, while following the cadence.

**Push-ups:** Be sure students are more than six feet apart and clean the area between each group. Students will follow the cadence.

**Curl-ups:** Have students lie on a soft mat and perform the curl-ups without a partner sitting behind them. The students should still follow the cadence. Be sure students and teachers are six feet or more apart. Clean the mat after every round of students.

**V-Sit and Reach:** Mark a straight line, two-feet long, on the floor as a baseline. Place a yardstick or draw a measuring line perpendicular to the midpoint of above line, marked off in half-inches (a line drawn or a yardstick taped to the floor may be used). The two lines should intersect at the 18-inch mark on the yardstick or measuring line. Clean the area after each use. Have students report their score to the teacher so that the teacher does not have to get close to the student.

## Concerns for Virtual Administration of APFA

### Parental/Guardian Engagement

- Some guardians may not assess their child

### Validity of Assessment Results

- The results may not be valid or reliable

### Training for Administration of APFA

- Alabama Physical Fitness Testing Manual states "The organization and administration of the testing session of the Alabama Physical Fitness Assessment (APFA) is the responsibility of the physical education teacher. Teachers must be trained in the administration of the APFA to ensure maximum consistency, accuracy, and efficiency in test administration procedures."

## Strategies for Virtual Administration of APFA

### Training

- Teachers send guardians the link to video demonstrations for each component as training for administration of the APFA.

### Administration

- Parents/Guardians administer the assessment.
- Teachers administer the assessment via live virtual meetings.

### Reporting of Results

- Parents/Guardians send results to teachers.
- Teachers record results live.
- Students submit results to teachers.

## Possible Solutions

### Administer only the curl-up and push-up components of the APFA

- Virtual students should be able to complete these two components.
- Face-to-face students should be able to complete these components while maintaining safety.
- Assessing only these two components will provide teachers more time to complete the assessment.

Due to COVID-19, we understand that it will be extremely difficult to fulfill all of the regular reporting obligations. However, we want to continue to collect as much information as possible. We have decided that waivers will be considered for the 2020-2021 school year, if requested, for the annual Alabama Physical Fitness Assessment. These are being strongly considered because of the particular difficult in collecting these particular data this year.