

# Impact of Mandated Physical Fitness

## Testing on Mental Health

### 6 Categories of Physical Fitness Test

California Education Code Section 60800 requires that all public local educational agencies in California administer the Physical Fitness Test (PFT) annually to all students in grades five, seven, and nine (PFT Frequently Asked Questions and Answers - Physical Fitness Testing (PFT) (CA Dept of Education), n.d.).

Cardiovascular  
Endurance.

Muscular Strength

Muscular  
endurance.

Flexibility.

Body Composition.

"While the California Department of Education (CDE) continues to encourage The Cooper Institute to develop standards for our nonbinary students, the PFT performance standards of the FITNESSGRAM® are based on female and male biological sexes..."

**73%** OF GIRLS REPORT BEING  
"UNHAPPY WITH THEIR  
BODIES" BY THE AGE OF 17

**2-4x more at risk**

### Call for Additional Research

- Additional research to determine effects of Physical Fitness Testing on Mental Health
- Effects of using biological sexes during testing on nonbinary & transgender students
- Attitudes towards body image after receiving Physical Fitness Test results

Transgender and gender non-binary populations are 2-4 times greater risk of experiencing eating disorder symptoms

(Murray et al., 2021, p.261)