



Arizona Department of Education Fitness Testing Guidelines

Overview:

Legislative House Bill 2395 ([HB2395](#)) Establishes the Arizona School Fitness Program (Program) in the Arizona Department of Education (ADE) to recognize public schools participating in a nationally recognized physical fitness test or event.

The law states:

Be it enacted by the Legislature of the State of Arizona:

Section 1. Title 15, chapter 2, article 2, Arizona Revised Statutes, is amended by adding section 15-249.20, to read:

15-249.20. Arizona school fitness program; school report cards

A. The Arizona School Fitness Program is established in the Department of Education to recognize public schools that elect to participate in a nationally recognized physical fitness test or event. The department shall develop guidelines and identify best practices and resources for schools that participate in the program.

B. A school that elects to participate in the program established by subsection A of this section may include the Arizona School Fitness Program designation in the school report card required by section 15-746.

History:

On July 31, 2025, President Trump issued an executive order (EO) that reestablished the President's Council on Sports, Fitness and Nutrition (Council) and the Presidential Fitness Test. The EO details the functions of the Council, which include developing strategies for reestablishing the Presidential Fitness Test and for promoting presidential challenges and school-based programs that reward excellence in physical education. The Secretaries of the U.S. Department of Health and Human Services and the U.S. Department of Education were tasked with administering the Presidential Fitness Test ([EO 2025-14327](#)).

The minimum course of study requirements for students in common school grades requires students to demonstrate competency in specified subject areas, including health/physical education ([A.A.C. R7-2-301](#) page11).

Each school must annually distribute a report card to parents of enrolled students. ADE is tasked with developing a standardized format for the report card that includes statutorily prescribed information, such as a description of the school's regular, magnet and special instructional programs and current academic goals ([A.R.S. § 15-746](#)).



Physical Fitness Testing (PFT)

The physical fitness test (PFT) for students in Arizona schools can be any nationally recognized fitness test, or any comparable school or district created fitness assessment that meets the guidelines. The main goal of the PFT is to help students in starting life-long habits of regular physical activity. This document is for guidance purposes only, and fitness testing is not a required assessment for Arizona schools and districts.

PFT Administration

Administration and data reporting requirements of PFT should include the following areas:

- **Core & Abdominal Strength:** which include tests such as curl-ups, typically measured by the amount performed during a one-minute period, or planks measured by how long the student can hold the proper plank position
- **Cardiovascular Fitness:** which includes tests that measure heart and lung capacity, including the one mile run or walk, or the 20m beep test
- **Upper Body Strength:** which includes tests such as pull-ups or right-angle push-ups

Additional tests that may be included, but are not required to receive the PFT school report card designation include:

- **Agility & Speed:** which includes tests like the shuttle run (picking up blocks and running between two parallel lines)
- **Flexibility:** which include tests like the sit-and-reach stretch (assessing lower back and hamstring flexibility)
- **Power:** which includes tests like the standing long jump, or vertical jump

Reporting:

- School participation will be reported by the school as a component of the [AZ School Report Cards](#) system as part of their annual school reporting
- *Schools are not required to collect or report PFT data to ADE*
- *Schools are not required to collect or report height and weight, including body mass index (BMI)*
- *Schools are not required to collect or report gender data*
- *Schools are not required to collect or report age data*