



Physical Fitness Assessment Initiative (PFAI) Data Submission FAQs October 31, 2023

This document is intended to provide answers to the most commonly asked questions from local education agencies (LEAs) that use TEA's PFAI application for submitting physical assessment data. Questions are organized into the following categories:

- [General](#)
- [Remote Instruction](#)
- [Accessing the PFAI Application](#)
- [Using the PFAI System](#)

For detailed information and assistance, please see the [Quick-Start Guide: Physical Fitness Assessment Initiative \(PFAI\)](https://tea.texas.gov/texas-schools/health-safety-discipline/physical-fitness-assessment-initiative) posted at <https://tea.texas.gov/texas-schools/health-safety-discipline/physical-fitness-assessment-initiative>.

Questions about the FitnessGram® application should be directed to support@fitnessgram.net. You may also visit <https://help.fitnessgram.net/texas/> to submit a help desk ticket. Questions about other data collection tools should be directed to the vendor of those tools.

General

1. What physical fitness assessments are required?

TEC [§38.102\(b\)](#) states that the assessment must be based on factors related to student health, including aerobic capacity, body composition, muscular strength and endurance, and flexibility. Please see below for options on how to assess these specific areas.

AEROBIC CAPACITY

1. Progressive Aerobic Cardiovascular Endurance Run (PACER)

OR

One-mile run or one-mile walk test

BODY COMPOSITION

2. Skin fold test **OR** Body mass index (BMI)

MUSCULAR STRENGTH AND ENDURENCE

3. Curl up

- 4. Trunk lift
- 5. Push-up

OR

Modified pull-up or flexed arm hang

FLEXIBILITY

- 6. Back-saver sit and reach **OR** Shoulder stretch

2. What do I do if students are absent on the testing day?

The LEA should make every effort to have a make-up date.

3. Are schools required to submit fall and spring fitness data?

The decision to assess a student’s physical fitness during the fall and spring is a local district decision. Schools are only required to submit physical fitness data to TEA once per year. The most recent assessment results should be reported.

4. What is the deadline for submitting physical fitness data to the TEA?

Physical Fitness Data is due on the second Friday of June each year by 5:00 pm.

5. Can districts request a waiver from the Commissioner for the physical fitness assessment requirements?

No, TEC [§7.056](#), establishes that a school campus or district may not receive an exemption or waiver from the Commissioner for health and safety requirements in TEC, Chapter 38.

6. Are charter schools and districts of innovation required to meet the physical fitness assessment requirements?

Yes, TEC [§12.056\(b\)\(2\)\(H\)](#) and TEC [§12.104\(b\)\(3\)\(K\)](#) both state that an open enrollment charter school is subject to all regulations in Chapter 38, Health and Safety, of education code. This would include TEC §38.101 which requires students to be assessed and TEC 38.103 which requires results to be reported to TEA.

The physical fitness assessment is also applicable to a district of innovation (DOI). A district designated as a DOI may not be exempted from a state or federal requirement, imposed by statute or rule, applicable to an open-enrollment charter school operating under TEC, Chapter 12, Subchapter D.

7. What if parents request their student’s physical fitness assessment results?

The district is responsible for providing requested fitness assessment results to parents using district data.

8. If I need technical assistance, who do I contact for support?

For assistance with PFAI, please email pfaiprogramsupport@tea.texas.gov.

9. If I need technical assistance with my TEAL account, who do I contact for support?

For assistance with TEAL, please contact the TEAL help desk for assistance by submitting by visiting <https://helpdesk.tea.texas.gov/AccountAccess/#AccountAccess> to submit a help desk ticket.

Remote Instruction

10. Are students who are receiving remote instruction still required to be tested under the physical fitness assessment?

Yes, state law requires school districts and open-enrollment charter schools to annually assess the physical fitness of students in grades three and higher who are enrolled in a physical education course or substitute activity. The physical fitness assessment requirement applies to all students whether they are receiving instruction remotely or in person.

11. Are students required to come to campus to be administered the physical fitness assessment?

There is nothing in law or rule that limits the location of the physical fitness assessment or that guides who may administer the assessment. Consequently, school districts have the authority to determine where physical fitness assessments will occur, including using remote options.

12. Does TEA have guidance for how to administer the physical fitness assessment components in a remote setting?

Local districts and schools may determine that some or all of the assessment components may be assessed remotely. Schools are encouraged to provide detailed guidance to parents for how to conduct each component safely in a remote setting. Schools implementing remote instruction when they would normally conduct physical fitness testing may wish to conduct some components of the physical fitness assessment in a virtual setting, and then complete the rest upon return to in-person instruction. If all components are not completed during the school year, schools should still report the data they have available for each

student. For additional information on the six components of the physical fitness assessment, see the [Physical Fitness Assessment Initiative Testing Information and Standards](#).

Accessing the PFAI Application

13. How do I access the PFAI application?

Details for accessing the PFAI application are located in the “Accessing the PFAI” section in the Quick-Start Guide: Physical Fitness Initiative (PFAI).

14. Do I need a TEAL account?

Yes, please see the “Accessing the PFAI” section in the Quick-Start Guide: Physical Fitness Initiative (PFAI).

15. How do I get a TEAL account?

See “Applying for a New TEAL account” in the Quick Start Guide: Physical Fitness Initiative (PFAI).

16. Can I expedite the process when applying for a TEAL account?

No, once the application is completed, the district superintendent or designee responsible for approving TEAL accounts must approve the request before TEA staff can make the final approval. The TEA approves requests daily.

17. How do I reset my password if I have a TEAL account?

Your username or email address must be registered with the system to retrieve your password. A reset password option is available from the TEAL login page at <https://tealprod.tea.state.tx.us/>.

18. How do I retrieve my username if I have a TEAL account?

A retrieve username option is available from the TEAL login page at <https://tealprod.tea.state.tx.us/>.

Using the PFAI System

19. How do I upload a data file to TEA via PFAI?

See “Using the PFAI Application in the Quick Start Guide”.

20. Can the physical fitness data file be re-uploaded in PFAI? What if our district uploaded the wrong data or incomplete data?

Data files that are uploaded in PFAI **cannot** be overwritten. If data must be deleted to allow for a new upload, please contact pfaprogramsupport@tea.texas.gov and include the district and/or campus name of data to be deleted.

21. Can the fitness data template be modified by changing the order of the columns or by adding and deleting columns?

No, the template must not be modified in any way. The data should be entered in both the order and format as listed in the quick start guide and sample template.

22. What student data is required in the fitness data file?

The student's date of birth, grade, and gender are required. Any additional student data, such as student name or identification number, should be tracked in a local system to provide student fitness reports upon parent request.