

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:

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

For detailed information and assistance, please see [the QuickStart 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, ~~mus~~ 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)

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> 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?

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 PFA Application

13. How do I access the PFA application?

Details for accessing the PFA application are located in the “Accessing the PFA” in the QuickStart Guide: Physical Fitness Initiative (PFAI).

14. Do I need a TEAL account?

Yes please see the “Accessing the PFA” section in the QuickStart 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 TEA

20. Can the physical fitness data file be reloaded 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 pfaiprogramsupport@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.