

Presidential Fitness Test

Requirements and Guidance 2026

[Chapter 598 of the Public Acts of 2026 \(PC 598\)](#), codified at Tenn. Code Ann. § 49-6-317, requires each local education agency (LEA) and public charter school to administer the Presidential Fitness Test (PFT), developed by the Presidential Council on Sports, Fitness & Nutrition. This guidance outlines the requirements for students to earn the Presidential Fitness Award and offers best practices for fitness test administration.

Award Requirements

A student can earn the Presidential Fitness Award by meeting one performance benchmark chosen by the student in all three fitness categories available on the [White House website](#).

Performance benchmarks are based on age and sex. An overview of the [specific benchmarks](#) is available.

Additional Requirements based on PC 598

- Students with an IEP or Section 504 plan must be provided with reasonable and appropriate accommodations. If these students are unable to participate in the PFT safely, with or without an accommodation, they are not required to participate.
- A student's performance on the PFT must not negatively affect the student's grade in any class or subject, including physical education.
- De-identified PFT data will be collected by the Tennessee Department of Education on an annual basis to meet the reporting requirements of PC 598.

Frequently asked questions regarding the implementation of PC 598

1. What ages need to participate in the PFT?

The Presidential Council on Sports, Fitness & Nutrition has established [benchmarks](#) for ages 6 and up.

2. When during the school day should the PFT be administered?

PC 598 permits the PFT to be administered during a physical education class or any other period of physical activity pursuant to Tenn. Code Ann. § 49-6-1021, so LEAs and public charter schools may determine when the PFT is administered.

3. How often should the test be administered?

PC 598 requires the PFT to be administered once each school year.

4. Do students need to attempt all six fitness assessments that make up the Presidential Fitness Test (Curl Ups, Plank, One-Mile Run, Beep Test, Push Ups, Pull Ups)?

No. Students may choose one assessment from each [category](#) to attempt.

5. Does the test need to be administered in one sitting, or can it be split across multiple class periods/days?

PC 598 does not prescribe any specific testing schedule requirements so, LEAs and public charter schools may choose the schedule that is most appropriate for their students.

6. What if the school doesn't have a safe area for a mile run and/or doesn't have a pull-up bar?

If options are limited due to equipment/safe space, the other assessment option in the category becomes the default.

7. What do students do while they are not being tested?

Fitness testing is non-performative. Students not being assessed should be safely engaging in alternate activities appropriate to the environment where testing is being administered.

8. Can students/families opt out of participation?

PC 598 does not include an opt-out option.

9. Does the school have to re-administer the test for students who are absent on administration day(s)?

PC 598 requires the PFT to be administered once annually. Schools should follow their local attendance policy when determining how to address student absences.

10. We already collect 20m beep test results for certain grades; can those results be used?

Yes. However, for reporting purposes, each individual student's data should be broken down and categorized based on their specific age and sex for their [specific assessment](#) category performances.

11. What certificate options are available?

Three certificates are available to [download](#) from the President's Council. The Presidential Fitness Award (highest benchmarks), the National Fitness Award (moderate benchmarks), and the Participation Award (completion of all three assessment categories, no benchmarks).

12. Does the requirement apply to virtual schools?

Yes. PC 598 does not include an exception for virtual schools.