

Educator’s Guide: Implementing the Reinstated Presidential Physical Fitness Test

Overview

On July 31, 2025, President Donald J. Trump signed an executive order reinstating the Presidential Physical Fitness Test. Oversight will be managed by Health and Human Services Secretary Robert F. Kennedy Jr. with support from the President’s Council on Sports, Fitness, and Nutrition, chaired by golfer Bryson DeChambeau.

Why It’s Back

Declining Fitness Levels	Over 70% of U.S. children (and 85% of teens) fail to meet daily physical activity guidelines.
Chronic Disease Concerns	Rising rates of obesity, diabetes, and heart conditions are emerging in children.
National Priority	Trump and Kennedy Jr. frame fitness as both a health emergency and a matter of national

Why It Was Phased Out in 2012

Under President Obama, the program was replaced by the Presidential Youth Fitness Program (PYFP). The old test was criticized for ranking students against national standards rather than encouraging personal growth. The PYFP emphasized individual progress and long-term healthy habits.

Components of the Test

One-Mile Run	Cardiovascular endurance
Sit-Ups (1 minute)	Abdominal strength
Push-Ups or Pull-Ups	Upper body strength
Shuttle Run	Agility and speed
Sit-and-Reach	Flexibility

Purpose of the Test

- Provide a national benchmark for youth fitness.
- Inspire students to build lifelong physical activity habits.
- Collect school- and district-level data to inform health initiatives.
- Promote the message that youth fitness is critical for national health and resilience.

What Educators Need to Do

Before Testing: Integrate preparation into regular PE lessons. Emphasize skill-building and practice.

During Testing: Ensure fairness and encouragement. Track raw scores and individual improvement.
After Testing: Share results constructively. Celebrate both achievement and progress.

Key Takeaways for Teachers

- The test revives a national tradition while tackling a modern health crisis.
- Teachers should focus on making the test supportive and motivating.
- Growth, preparation, and encouragement are essential.
- The initiative ties into broader efforts including health tracking apps and national fitness campaigns.