

Physical Fitness Test Sample Student Data Collection Form

This form is for your convenience in collecting data for electronic submission.

Do not send this form to the state PFT contractor (Sacramento County Office of Education).

School Name _____

I. STUDENT DEMOGRAPHICS

Fill in all information whether the student has tested or not.

A. Grade (05, 07, or 09): _____

B. Student Last Name: _____

C. Student First Name: _____

D. Student Middle Initial: _____

E. Gender (M, F, or N): _____

F. PFT Start Date: _____ (MM) _____ (DD) _____ (YYYY)

NOTE: Date of birth, statewide student ID, ethnicity, race, parent/guardian highest level of education, and eligibility for the National School Lunch Program are required and will be provided from the local educational agency's student information system.

*** * * Continue to Section II if the student participates in any test. * * ***

Physical Fitness Test

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II. INDIVIDUAL STUDENT SCORES

- Fill in all applicable data for each item below.
- Leave the score blank to indicate that the student did not attempt the test.
- Only use a zero (0) for test areas where allowed to indicate a test taken with a resulting score of 0.

Student Name: _____

A. Height and Weight

The following data is required for the One-Mile Run and Walk Test.

Height _____ (03–07 ft.) _____ (00–11 in.)

Weight _____ (030–400 lbs.)

B. Aerobic Capacity

(Select one test)

1) One-Mile Run: Minutes _____ (03–59) Seconds _____ (00–59)

2) PACER (20-meter): Laps _____ (# of laps. Min = 1; Max = 190)

3) Walk Test: Minutes _____ (03–59) Seconds _____ (00–59)
Heart Rate _____ (# of beats per minute. Min = 30; Max = 250)

Notes:

- If the student begins but cannot finish the One-Mile Run or the Walk Test, fill in 59 minutes and 59 seconds for the time.
- If the 15-meter PACER is administered, these scores must be converted to 20-meter PACER scores.

C. Body Composition

(Select one test)

1) Skinfold Measurement (median number)

Triceps _____ (01–40mm) Calf _____ (01–40mm)

2) Body Mass Index (BMI)

BMI will automatically be calculated with the student's height and weight provided in section II.A.

3) Bioelectric Impedance/Automated Skinfold Calipers

Percent Body Fat _____.____% (00.1–99.9)

Note: Percent Body Fat is not the same as Body Mass Index.

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D. Abdominal Strength

- 1) Curl-Up _____ (# of curl-ups. Min. = 01; Max. = 75)

E. Trunk Extensor Strength

- 1) Trunk Lift _____ (# of inches. Min. = 00; Max = 12)

F. Upper Body Strength

(Select one test)

- 1) Push-Up _____ (# of push-ups. Min. = 01; Max. = 75)
2) Modified Pull-Up _____ (# of modified pull-ups. Min. = 01; Max. = 75)
3) Flexed-Arm Hang _____ (# of seconds. Min. = 00; Max. = 90)

G. Flexibility

(Select one test)

- 1) Back-Saver Sit and Reach (Left and right sides are required.)
Left Side _____ (# of inches. Min. = 00; Max. = 12)
Right Side _____ (# of inches. Min. = 00; Max. = 12)
2) Shoulder Stretch (Left and right sides are required. Y = if student is able to touch fingertips. N = if student is not able to touch fingertips.)
Left Side _____ (Y = Yes; N = No)
Right Side _____ (Y = Yes; N = No)