

# 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 \_\_\_\_\_

## SECTION I. STUDENT DEMOGRAPHICS

Fill in all information whether 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)

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 National School Lunch Program are required and will be provided from the local educational agency's student information system.

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

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## SECTION 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

This data is required for One-Mile Run, Walk Test, and Body Mass Index calculations.

- 1) Height \_\_\_\_\_ (3 – 7 ft.) \_\_\_\_\_ (0 – 11 in.)
- 2) Weight \_\_\_\_\_ (30 – 400 lbs.)

### B. Aerobic Capacity (select one test)

- 1) One-Mile Run<sup>1</sup> Min. \_\_\_\_\_ Sec. \_\_\_\_\_
- 2) PACER<sup>2</sup> (20 meter) Laps \_\_\_\_\_ (# of laps. Min = 1; Max = 190)
- 3) Walk Test<sup>1</sup> Min. \_\_\_\_\_ Sec. \_\_\_\_\_  
Heart Rate \_\_\_\_\_ (# of beats per minute. Min = 30; Max = 250)

### C. Body Composition (select one test)

- 1) Skinfold Measurement (median number)  
Triceps \_\_\_\_\_ (1 – 40mm) Calf \_\_\_\_\_ (1 – 40mm)
- 2) Body Mass Index<sup>3</sup>  
Height and weight provided in II.A.
- 3) Bioelectric Impedance/Automated Skinfold Calipers  
Percent Body Fat<sup>3</sup> \_\_\_\_\_ %

### D. Abdominal Strength

- 1) Curl-Ups \_\_\_\_\_ (# of curl-ups. Min = 1; Max = 75)

### E. Trunk Extensor Strength

- 1) Trunk Lift \_\_\_\_\_ (# of inches. Min = 0; Max = 12 in.)

<sup>1</sup> If the student begins, but cannot finish the One-Mile Run or the Walk Test, fill in 59 min. and 59 sec. for the time.

<sup>2</sup> If the 15-meter PACER is administered, these scores must be converted to 20-meter PACER scores.

<sup>3</sup> Percent Body Fat is not the same as Body Mass Index.

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## F. Upper Body Strength (select one test)

- 1) Push-Ups\_\_\_\_\_ (# of push-ups. Min = 1; Max = 75)
- 2) Modified Pull-Ups\_\_\_\_\_ (# of modified pull-ups. Min = 1; Max = 75)
- 3) Flexed-Arm Hang\_\_\_\_\_ (# of seconds. Min = 0; Max = 90)

## G. Flexibility (select one test)

- 1) Back-Saver Sit and Reach (Left and right sides required.)  
Left Side\_\_\_\_\_ (# of inches. Min = 0; Max = 12 in.)  
Right Side\_\_\_\_\_ (# of inches. Min = 0; Max = 12 in.)
  
- 2) Shoulder Stretch (Left and right sides 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)