# **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) nor to the district LEA.**

School Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## STUDENT DEMOGRAPHICS

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

1. Grade (05, 07, or 09): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Student Last Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Student First Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Student Middle Initial: \_\_\_\_\_\_\_\_
5. Gender (M, F, or N): \_\_\_\_\_\_\_\_
6. 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. \* \* \***

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## 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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### **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:~~

1. ~~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.~~
2. ~~If the 15-meter PACER is administered, these scores must be converted to~~

~~20-meter PACER scores.~~

### **Abdominal Strength**

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

### **Trunk Extensor Strength**

1. Trunk Lift \_\_\_\_\_\_\_\_ (# of inches. Min. = 00; Max = 12)

### **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)

### **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)

1. 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)