

# 2015-16 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 (San Joaquin 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 Lastname

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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.

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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)