

2011-12 Physical Fitness Test 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 _____

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)

G. Participation Level: _____ (1= Complete, 2 = Partial, 3 = None)

H. Reason for None (3) or Partial (2) Participation Level – Circle one:

1 - Absent on test date and make-up sessions

2 - Individualized education program (IEP)/Section 504 plan/Disabilities

3 - Extraordinary circumstances (e.g., temporary school closure)

4 - Medical excuse (e.g., temporary illness, injury, doctor's note)

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 has Participation Level 1 (Complete) or 2 (Partial). *****

2011–12 Physical Fitness Test

Sample Student Data Collection Form

II. INDIVIDUAL STUDENT SCORES – 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 a 0 is allowed and to indicate a test taken with a resulting score of 0.

Student Name: _____

A. Height and Weight

This data is required for Aerobic Capacity and Body Mass Index calculations.

Height _____ (3 – 7 ft.) _____ (0 – 11 in.) Weight _____ (30 – 400 lbs.)

B. Aerobic Capacity (select one test) Must have Section A completed to calculate Aerobic Capacity.

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

NOTES:

- i) 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.
- ii) If the 15-meter PACER is administered, these scores must be converted to 20-meter PACER scores. The 15-meter PACER conversion table document can be viewed and downloaded from the Human Kinetics *FITNESSGRAM* PACER Conversion Web document at http://www.FITNESSGRAM.net/PACER_Conversion.pdf (Outside Source).

C. Body Composition (select one test)

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

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.)

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)