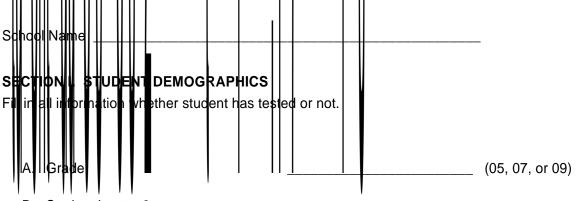
# 2015-16 Physical Fitness Test Sample Student Data Collection Form

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).



B. Student Lastam9t

### 2015-16 Physical Fitness Test Sample Student Data Collection Form

#### 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.

## 2015-16 Physical Fitness Test Sample Student Data Collection Form

#### 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 () 7 (0) 2 (;) 7 () 7 (M) -9.02.93 02.9T6 ]TJb0ity