

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 Run¹ Min. _____ Sec. _____
- 2) PACER² (20 meter) Laps _____ (# of laps. Min = 1; Max = 190)
- 3) Walk Test¹ 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)