

Student Name: _____

SSID: _____

Physical Fitness Test (PFT) 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.

School Name: _____

STUDENT DEMOGRAPHICS

Grade Level: Grade 5 Grade 7 Grade 9

Student Last Name: _____

Student First Name: _____ Student Middle Initial: _____

PFT Test Date: _____

INDIVIDUAL STUDENT SCORES

Use the sections below to track student scores as well as test area participation.

Aerobic Capacity

Scores for One-Mile Run or One-Mile Walk should be recorded in minutes and seconds.

For example, eight minutes and fifty-five seconds should be recorded as 8:55. If the student begins but cannot finish, fill in 59:59 for the time.

One-Mile Run or One-Mile Walk

Raw Score: _____ Counted as participating? Yes No

Scores for Progressive Aerobic Cardiovascular Endurance Run (PACER) should be recorded as the number completed.

PACER Test

Raw Score: _____ Counted as participating? Yes No

Abdominal Strength

Scores for Curl-Up should be recorded as the number completed.

This score has a minimum of 1 and a maximum of 75.

Curl-Up

Raw Score: _____ Counted as participating? Yes No

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SSID: _____

Trunk Extensor Strength

Scores for Trunk lift should be recorded as the number completed.

This score has a minimum of 0 and a maximum of 12.

Trunk Lift

Raw Score: _____ Counted as participating? Yes No

Upper Body Strength

Scores for Push-Up and Modified Pull-Up should be recorded as the number completed.

These scores have a minimum of 1 and a maximum of 75.

Push-Up

Raw Score: _____ Counted as participating? Yes No

Modified Pull-Up

Raw Score: _____ Counted as participating? Yes No

Scores for Flexed Arm Hang should be recorded as the number completed.

This score has a minimum of 0 seconds and a maximum of 90 seconds.

Flexed Arm Hang

Raw Score: _____ Counted as participating? Yes No

Flexibility

Scores for Back-Saver Sit and Reach should be recorded as the number of inches on each side.

These scores have a minimum of 0 and a maximum of 12.

Back-Saver Sit and Reach

Raw Score (Left) : _____ Raw Score (Right) : _____

Counted as participating? Yes No

Scores for Shoulder Stretch should be recorded as a Yes or No on each side.

Shoulder Stretch

Raw Score (Left): Yes No Raw Score (Right): Yes No

Counted as participating? Yes No