

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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## Trunk Extensor Strength

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**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

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**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

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**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