

# General Brockport Physical Fitness Test Form

Student name: \_\_\_\_\_ Sex: \_\_\_\_ M \_\_\_\_ F Age (yr): \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Classification: \_\_\_\_\_ Subclassification: \_\_\_\_\_

This form identifies all test items on the Brockport Physical Fitness Test (BPFT). It can be used as a resource for developing a fitness test for a particular student, recording results, and matching results to fitness zones. The BPFT typically includes four to seven test items: one for aerobic functioning, one for body composition, and at least two for musculoskeletal functioning. (The Target Stretch Test items are considered as a single test for this purpose). It is recommended that an individualized specific test form for each student consisting only of the items taken on the test be subsequently developed for each student and be used for reporting results to students, parents, and guardians. The results may serve as a basis for developing individualized education programs (IEPs) for students.

## **Aerobic Functioning**

Test item	Units of measure	Test scores	Adapted fitness zone (if applicable)	Healthy fitness zone
<b>AEROBIC CAPACITY</b>				
Mile run or walk	min/sec			
20 m (laps)	#			
15 m (laps)	#			
<b>AEROBIC BEHAVIOR</b>				
TAMT	P/F		None	

## **Body Composition**

Test item	Units of measure	Test scores	Adapted fitness zone (if applicable)	Healthy fitness zone
Percent body fat	%		No AFZ for body composition	
Triceps	(mm)			
Triceps + subscapular	(mm)			
Triceps + calf	(mm)			
Body mass index				

## Musculoskeletal Functioning

Test item	Units of measure	Test scores	Adapted fitness zone (if applicable)	Healthy fitness zone
<b>STRENGTH AND ENDURANCE</b>				
Reverse curl	#			
40 m push/walk	P/F			
Ramp test	feet			
Push-ups	#			
Seated push-ups	#			
Pull-ups	#			
Modified pull-ups	#			
Dumbbell press	#			
Bench press	#			
Grip strength	kg.			
Isometric push-ups	sec.			
Extended arm hang	sec.			
Flexed arm hang	sec.			
Curl-ups	#			
Modified curl-ups	#			
<b>FLEXIBILITY OR RANGE OF MOTION</b>				
Trunk lift	#			
Shoulder stretch, right	P/F			
Shoulder stretch, left	P/F			
Back-saver sit-and-reach, right	in.			
Back-saver sit-and-reach, left	in.			
Modified Thomas test	0-3			

**Musculoskeletal Functioning** *(continued)*

Test item	Units of measure	Test scores	Adapted fitness zone (if applicable)	Healthy fitness zone
Modified Apley test	0-3			
Target stretch test	0-2			
Wrist extension, right	0-2			
Wrist extension, left	0-2			
Elbow extension, right	0-2			
Elbow extension, left	0-2			
Shoulder extension, right	0-2			
Shoulder extension, left	0-2			
Shoulder abduction, right	0-2			
Shoulder abduction, left	0-2			
Shoulder external rotation, right	0-2			
Shoulder external rotation, left	0-2			
Forearm supination, right	0-2			
Forearm supination, left	0-2			
Forearm pronation, right	0-2			
Forearm pronation, left	0-2			
Knee extension, right	0-2			
Knee extension, left	0-2			

Interpretation: \_\_\_\_\_

\_\_\_\_\_

Needs: \_\_\_\_\_

\_\_\_\_\_