

Data Entry Form

This form is a quick and easy way to record student information and develop an appropriate fitness test for students. All possible tests from the Brockport Physical Fitness Test are listed. Simply fill in data for the tests you have a student perform. You can then use this record when completing an individualized Brockport Physical Fitness Test form for analysis of each student's results.

Student name: _____ Sex: ___ Male ___ Female

ID No.: _____ IEP (yes or no): _____ Grade (if applicable): _____

Height (feet and inches): _____ Weight: _____ Month and year: _____

Classification (check one)

_____ general (without disability) _____ intellectual disability _____ visual disability

_____ spinal cord injury _____ cerebral palsy _____ congenital anomaly or amputation

Subclassification (check subclassification necessary for test item selection and for reporting results)

Visual (check one)

_____ runs with assistance

_____ runs without assistance

Spinal cord injury (check one)

_____ low-level quadriplegia (LLQ)

_____ paraplegia: wheelchair (PW)

_____ paraplegia: ambulatory (PA)

Cerebral Palsy (check one)

___C1 ___C2 ___C3 ___C4 ___C5 ___C6 ___C7 ___C8

Congenital Anomaly (check one)

___ one arm only ___ two arms only ___ one leg only ___ two legs only ___ one arm, one leg (same side)

___ one arm, one leg (opposite sides)

Scores

I. Aerobic Functioning

_____ Mile: run/walk time (min/sec)

_____ 20 m (laps)

_____ 15 m (laps)

_____ TAMT (P/F)

II. Body composition

_____ Height (feet and inches)

_____ Weight (lbs.)

_____ Percent body fat (%)

_____ Triceps (mm)

_____ Triceps + subscapular (mm)

_____ Triceps + calf (mm)

_____ BMI

Scores *(continued)*

III. Musculoskeletal Functioning

A. Strength and Endurance

- _____ Reverse curl (#)
- _____ 40 m push/walk (P/F)
- _____ Ramp test (feet)
- _____ Push-ups (#)
- _____ Seated push-ups (sec.)
- _____ 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 (#)

B. Flexibility or Range of Motion

- _____ Trunk lift (in.)
- _____ Shoulder stretch, right (P/F)
- _____ Shoulder stretch, left (P/F)
- _____ Back-saver, right (in.)
- _____ Back-saver, left (in.)
- _____ Modified Thomas test (0-3)
- _____ Modified Apley test (0-3)
- _____ Target stretch test (0-2)
- _____ Wrist extension, right
- _____ Wrist extension, left
- _____ Elbow extension, right
- _____ Elbow extension, left
- _____ Shoulder extension, right
- _____ Shoulder extension, left
- _____ Shoulder abduction, right
- _____ Shoulder abduction, left
- _____ Shoulder external rotation, right
- _____ Shoulder external rotation, left
- _____ Forearm supination, right
- _____ Forearm supination, left
- _____ Forearm pronation, right
- _____ Forearm pronation, left
- _____ Knee extension, right
- _____ Knee extension, left