

Brockport Physical Fitness Test Planner

Instructions:

Use this form to help identify the protocols used for administering a Brockport Physical Fitness Test. If none of the protocols are appropriate for use with your student, consult with the student's health care providers/specialists and use the Individual Fitness Assessment (IFA). If a student is unable to be assessed due to lack of ability or safety concern, please apply for a medical exemption. If the medical exemption request is approved by the AOE, mark the student EXEMPT for the applicable domain(s). Enter 'non-participant' if student was able to be assessed but refused to participate.

Brockport Classification (check all categories that apply, and use the blanks to add additional diagnoses)

- Sub classification:** (check sub-classification necessary for test item selection and for reporting results) General (without disability)
- Intellectual disability
- Spinal cord injury
- Cerebral palsy
- Visual disability
- Congenital anomaly or amputation

Visual

- Runs with assistance
- Runs without assistance

Spinal cord injury

- Low-level quadriplegia (LLQ)
- Paraplegia: wheelchair (PW)
- Paraplegia: ambulatory (PA)

Cerebral Palsy (C1 – 8)

- _____

Congenital Anomaly

- One arm only
- Two arms only
- One leg only
- Two legs only
- One arm, one leg (same side)
- One arm, one leg (opposite side)

Intellectual Disability: Based on the student's IEP, in the space below, describe the student's limitations that may impact fitness testing.

Contact Information:

If you have questions about this document or would like additional information please contact: Gabriel McGann at gabriel.mcgann@vermont.gov

Aerobic Capacity: Identify BPFT protocol or Alt-VTPEA activity (FitnessGram protocols are included in BPFT)

- Mile Run/Walk
- PACER 20
- PACER 15
- TAMT (P/F) (Description of activity: _____)

Upper Body Muscular Strength and Endurance: Identify BPFT protocol or Alt-VTPEA activity (FitnessGram protocols are included in BPFT)

- 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.)

Abdominal Muscular Strength and Endurance: Identify BPFT protocol or Alt-VTPEA activity (FitnessGram protocols are included in BPFT)

- Curl-ups (#)
- Modified curl-ups (#)

Flexibility: Identify BPFT protocol or Alt-VTPEA activity (FitnessGram protocols are included in BPFT)

- Back-saver sit and reach, right (inches)
- Back-saver sit and reach, left (inches)
- Shoulder stretch, right (P/F)
- Shoulder stretch, left (P/F)
- 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

Data Reporting

Scores will be reported to the Agency of Education using the Alt-VTPEA Data Reporting Spreadsheet by the District Test Administrator. This form will be submitted to the Agency as an attachment to the data reporting tool for each student assessed using the Alt-VTPEA.