

**2019–20 Physical Fitness Test –  
Student Scored File Layout (Tab-Delimited)**

Field Label	Field Description	Type	Size	Valid Range
CCode	County Code	nvarchar	2	
DCode	School District Code	nvarchar	5	
SCode	School Code	nvarchar	7	
ChSchCode	Charter Number	nvarchar	4	0000 for dependent charter schools and school districts
Grade	Grade	nvarchar	2	05, 07, 09
LastName	Student Last Name	nvarchar	11	
FirstName	Student First Name	nvarchar	9	
MiddleIni	Student Middle Initial	nvarchar	1	
StuID	Statewide Student Identifier (SSID)	nvarchar	10	
Gender	Gender	nvarchar	1	M, F
DOB	Student Date of Birth	nvarchar	10	MM/DD/YYYY
TestDate	PFT Start Date	nvarchar	10	MM/DD/YYYY, 04/01/2012
HSPLT	Ethnicity - Hispanic or Latino	nvarchar	1	Y, N, Blank
AfrAmer	Race – Black or African American	nvarchar	1	Y, Blank
AmerIndian	Race - American Indian or Alaska Native	nvarchar	1	Y, Blank
AsianChinese	Race - Chinese	nvarchar	1	Y, Blank
AsianJapanese	Race - Japanese	nvarchar	1	Y, Blank
AsianKorean	Race - Korean	nvarchar	1	Y, Blank
AsianVietnamese	Race - Vietnamese	nvarchar	1	Y, Blank
AsianIndian	Race - Asian Indian	nvarchar	1	Y, Blank
AsianLaotian	Race - Laotian	nvarchar	1	Y, Blank
AsianCambodian	Race - Cambodian	nvarchar	1	Y, Blank
AsianHmong	Race - Hmong	nvarchar	1	Y, Blank
AsianOther	Race - Other Asian	nvarchar	1	Y, Blank
Filipino	Race - Filipino	nvarchar	1	Y, Blank
PacIslanderHawaiian	Race - Native Hawaiian	nvarchar	1	Y, Blank
PacIslanderGuamanian	Race - Guamanian	nvarchar	1	Y, Blank
PacIslanderSamoan	Race - Samoan	nvarchar	1	Y, Blank
PacIslanderTahitian	Race - Tahitian	nvarchar	1	Y, Blank
PacIslanderOther	Race - Other Pacific Islander	nvarchar	1	Y, Blank
White	Race - White	nvarchar	1	Y, Blank
Ethnicity	Reporting Ethnicity	nvarchar	3	100=American Indian or Alaskan Native 200=Asian 300=Native Hawaiian or Pacific Islander 400=Filipino 500=Hispanic or Latino 600=Black or African American 700=White 800=Two or More Races

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Field Label	Field Description	Type	Size	Valid Range
ParentEducationLevel	Parent or Guardian Highest Educational Level	nvarchar	2	10=Graduate school/post graduate training 11=College graduate 12=Some college (include AA degree) 13=High school graduate 14=Not a high school graduate 15=Declined to state or unknown Blank
NSLPEligible	National School Lunch Program – identified as eligible	nvarchar	1	Y, N, Blank
EconoStatus	Economically Disadvantaged Status	nvarchar	1	Y=Economically Disadvantaged N=Not Economically Disadvantaged U=Unknown, insufficient information to determine
PartLevel	Participation Level	nvarchar	1	1=Complete 2=Partial 3=None
PartLevelReason	Reason for Participation Level	nvarchar	1	1=Absent on test date and make-up sessions 2=Individualized education program (IEP)/Section 504 plan/Disabilities 3=Extraordinary circumstances 4=Medical excuse Blank (if Participation Level is 1=Complete)
20MPACER	20-Meter Progressive Aerobic Cardiovascular Endurance Run [PACER] (number of laps)	nvarchar	3	001–190, Blank
MileRunMin	Mile Run Time (minutes)	nvarchar	2	03–59, Blank
MileRunSec	Mile Run Time (seconds)	nvarchar	2	00–59, Blank
WalkTestMin	Walk Test Time (minutes)	nvarchar	2	03–59, Blank
WalkTestSec	Mile Test Time (seconds)	nvarchar	2	00–59, Blank
WalkTestHeart Rate	Heart Rate (number of beats in 1 minute)	nvarchar	3	030–250, Blank
Triceps	Triceps Measurement (millimeters)	nvarchar	2	01–40, Blank
Calf	Calf Measurement (millimeters)	nvarchar	2	01–40, Blank
HeightFeet	Height (feet)	nvarchar	2	03–07, Blank
HeightInches	Height (inches)	nvarchar	2	00–11, Blank
Weight	Weight (pounds)	nvarchar	3	030–400, Blank
BioImpedance	Bioelectric Impedance Analyzer (percent body fat)	nvarchar	4	00.1–99.9, Blank

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Field Label	Field Description	Type	Size	Valid Range
CurlUp	Curl-Ups (number completed)	nvarchar	2	01–75, Blank
TrunkLift	Trunk Lift (inches)	nvarchar	2	00–12, Blank
PushUp	Push-Ups (number completed)	nvarchar	2	01–75, Blank
ModPullUp	Modified Pull-Ups (number completed)	nvarchar	2	01–75, Blank
FlexArmHang	Flexed-Arm Hang (seconds)	nvarchar	2	00–90, Blank
SitReachLeft	Sit and Reach Left (inches)	nvarchar	2	00–12, Blank
SitReachRight	Sit and Reach Right (inches)	nvarchar	2	00–12, Blank
ShoulderStrLeft	Shoulder Stretch Left	nvarchar	1	Y=Yes, N=No
ShoulderStrRight	Shoulder Stretch Right	nvarchar	1	Y=Yes, N=No
Source1 <sup>1</sup>	Aerobic Capacity Tests	nvarchar	1	1=PACER, 2=Mile Run, 3=Walk Test
Source2 <sup>1</sup>	Body Composition Tests	nvarchar	1	4=Skinfold, 5=BMI, 6=Bioelectric Impedance
Source3	Abdominal Strength Test	nvarchar	1	7=Curl-Up
Source4	Trunk Extensor Strength Test	nvarchar	1	8=Trunk Lift
Source5 <sup>1</sup>	Upper Body Strength Tests	nvarchar	1	9=Push-Up, A=Modified Pull-Up, B=Pull-Up <sup>2</sup> , C=Flexed-Arm Hang
Source6 <sup>1</sup>	Flexibility Tests	nvarchar	1	D=Sit and Reach, E=Shoulder Stretch
Result1	Aerobic Capacity Result	nvarchar	1	Blank (Not Tested), H=in the Healthy Fitness Zone, N=Needs Improvement, X=Needs Improvement–High Risk, I=Insufficient or Invalid
Result2	Body Composition Result	nvarchar	1	Blank (Not Tested), H=in the Healthy Fitness Zone, N=Needs Improvement, X=Needs Improvement–High Risk, I=Insufficient or Invalid
Result3	Abdominal Strength Result	nvarchar	1	Blank (Not Tested), H=in the Healthy Fitness Zone, N= Needs Improvement, I=Insufficient or Invalid

<sup>1</sup> Order of Selecting Results for Source 1, 2, 5, and 6 – Some students will end up with multiple valid and equivalent results within fitness areas that have options. For example, students may have One-Mile Run, PACER, and Walk Test all in the HFZ® or Back-Saver Sit and Reach and Shoulder Stretch all in the HFZ®. The following order is used when equivalent results are provided for reporting Source 1, 2, 5, and 6:

Source 1: One-Mile Run, PACER, Walk Test

Source 2: BMI, Skinfold Measurements, Bioelectric Impedance Analyzer

Source 5: Push-Ups, Modified Pull-Ups, Flexed-Arm Hang

Source 6: Back-Saver Sit and Reach, Shoulder Stretch

<sup>2</sup> The Pull-Up is no longer a test option available on the *FITNESSGRAM*®; therefore, the code of B is no longer used in reporting results for Source5.

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Field Label	Field Description	Type	Size	Valid Range
Result4	Trunk Extensor Strength Result	nvarchar	1	Blank (Not Tested), H=in the Healthy Fitness Zone, N=Needs Improvement, I=Insufficient or Invalid
Result5	Upper Body Strength Result	nvarchar	1	Blank (Not Tested), H=in the Healthy Fitness Zone, N= Needs Improvement, I=Insufficient or Invalid
Result6	Flexibility Result	nvarchar	1	Blank (Not Tested), H=in the Healthy Fitness Zone, N= Needs Improvement, I=Insufficient or Invalid
Score	Achieved the Healthy Fitness Zone (number out of six fitness areas)	nvarchar	1	0–6
StuAge	Student Age at Time of Testing	nvarchar	2	00–99
MileVO2Val	Rounded result of One-Mile Run VO <sub>2</sub> max calculation	nvarchar	5	000.0–100.0
PACERVO2Val	Rounded result of PACER VO <sub>2</sub> max calculation	nvarchar	5	000.0–100.0
WalkVO2Val	Rounded result of Walk Test VO <sub>2</sub> max calculation	nvarchar	5	000.0–100.0
PercentFat	Rounded result of Skinfold Percent Body Fat calculation	nvarchar	5	000.0–100.0
BodyMassIndex	Rounded result of Body Mass Index calculation	nvarchar	5	000.0–999.9
District ID	LEA District ID	nvarchar	10	
Aerobic Pass Flag	Met/Not Flag	nvarchar	1	1=MET, 0=NOT MET
Body Comp Pass Flag	Met/Not Flag	nvarchar	1	1=MET, 0=NOT MET
Abdominal Pass Flag	Met/Not Flag	nvarchar	1	1=MET, 0=NOT MET
Trunk Pass Flag	Met/Not Flag	nvarchar	1	1=MET, 0=NOT MET
Upper Body Pass Flag	Met/Not Flag	nvarchar	1	1=MET, 0=NOT MET
Flexibility Pass Flag	Met/Not Flag	nvarchar	1	1=MET, 0=NOT MET
Test Pass Flag	Passed/Not Passed Flag	nvarchar	1	1=PASSED, 0=NOT PASSED