

# Brockport Physical Fitness Test

## Supplementary Standards

September 30, 2015

### Body Composition

	Percent body fat (%)		Sum of the triceps and subscapular skinfolds (mm)		Triceps (only) skinfolds (mm)	
	Healthy Fitness Zone		Healthy Fitness Zone		Healthy Fitness Zone	
Age	Boys	Girls	Boys	Girls	Boys	Girls
10	8.9-22.4	11.6-24.3	10-25	12-28	6-17	7-18
11	8.8-23.6	12.2-25.7	11-27	13-30	6-18	7-19
12	8.4-23.6	12.7-26.7	11-28	13-32	6-18	8-20
13	7.8-22.8	13.4-27.7	11-27	14-34	6-17	8-20
14	7.1-21.3	14.0-28.5	11-26	14-35	5-16	8-21
15	6.6-20.1	14.6-29.1	11-25	15-36	5-15	9-21
16	6.5-20.1	15.3-29.7	11-26	16-37	5-15	9-20
17	6.7-20.9	15.9-30.4	11-27	16-38	5-16	9-21

Note: The skinfold standards presented here do not appear in the second edition of the *Brockport Physical Fitness Test (BPFT)*, 2014) but may be helpful to testers who select these test items because standards attempt to match skinfold thicknesses to the percent body fat standards in the manual (and shown here). The Healthy Fitness Zone standards presented for the sum of the triceps and subscapular skinfolds were matched to the percent body fat standards using equations previously published in *Adapted Physical Activity Quarterly* (October 2005). The triceps-only skinfold values presented here were derived by extrapolating skinfold standards from the first edition of the *BPFT* (1999) to the revised percent body fat standards, as provided by Fitnessgram, in the second edition of the test.

## Aerobic Capacity

	$\dot{V}O_2$ max (ml/kg/min)		Mile run (min:sec)		Mile Run (min:sec)	
	General population		General population		Blind population	
	Healthy Fitness Zone		Healthy Fitness Zone		Healthy Fitness Zone	
Age	Boys	Girls	Boys	Girls	Boys	Girls
10	>40.2	>40.2	<12:00	<12:00	<13:15	<13:15
11	>40.2	>40.2	<11:30	<11:30	<12:30	<12:30
12	>40.3	>40.1	<11:00	<11:00	<12:00	<12:00
13	>41.1	>39.7	<10:15	<10:30	<11:15	<11:30
14	>42.5	>39.4	<9:30	<9:45	<10:30	<10:45
15	>43.6	>39.1	<8:45	<9:30	<9:45	<10:30
16	>44.1	>38.9	<8:00	<9:00	<8:45	<10:00
17	>44.2	>38.8	<8:00	<9:00	<8:45	<10:00

Note: The mile-run standards presented here for the general and blind populations do not appear in the second edition of the *Brockport Physical Fitness Test (BPFT, 2014)* but may be helpful to testers who select this test because the standards attempt to match mile-run times to the maximum oxygen consumption ( $\dot{V}O_2$ max) standards in the manual (and shown here). Following the lead of Fitnessgram,  $\dot{V}O_2$ max values in the *BPFT* manual are calculated with both mile run times and the BMI of the student, so calculations can be laborious without a computer program. The Healthy Fitness Zone standards presented here are from a different prediction process used in the first edition of the *BPFT* (1999) that considers only times for the mile run (and *not* BMI) and were derived by extrapolating mile-run times from the first edition of the *BPFT* to the revised  $\dot{V}O_2$ max standards, as provided by Fitnessgram, in the second edition of the test. The adapted fitness zone standards for youngsters who are blind and who run with some kind of assistance are 10% "slower" than the HFZ values to approximate a 3% reduction in  $\dot{V}O_2$ max.