

California Physical Fitness Test (PFT) Fitness Areas, Test Options, and Equipment

Aerobic Capacity

Test Options	Equipment Needed
One-Mile Run or One-Mile Walk	<ul style="list-style-type: none">– Flat, measured running course– Stopwatch
Progressive Aerobic Cardiovascular Endurance Run (PACER)	<ul style="list-style-type: none">– Stopwatch

Abdominal Strength and Endurance

Test Options	Equipment Needed
Curl-Up	<ul style="list-style-type: none">– Gym mat– 3-inch measuring strip for students ages five through nine– 4.5-inch measuring strip for students ages nine and older– CD player with adequate volume– CD with cadence

Trunk Extensor Strength and Flexibility

Test Options	Equipment Needed
Trunk Lift	<ul style="list-style-type: none">– Gym mat– Yard stick or 15-inch ruler

Upper Body Strength and Flexibility

Test Options	Equipment Needed
Push-Up	<ul style="list-style-type: none">– Gym mat– CD player with adequate volume– CD with cadence
Modified Pull-Up	<ul style="list-style-type: none">– Gym mat– Modified pull-up stand with elastic band
Flexed-Arm Hang	<ul style="list-style-type: none">– Horizontal bar– Chair or stool– Stopwatch

Flexibility

Test Options	Equipment Needed
Back-Saver Sit and Reach	– Sit-and-Reach box
Shoulder Stretch	– None

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