# California Physical Fitness Test (PFT) Components, Test Options, and Equipment

## Aerobic Capacity

| Test Options | Equipment Needed |
| --- | --- |
| One-Mile Run or  One-Mile Walk | * Flat, measured running course * Stopwatch |
| Progressive Aerobic Cardiovascular Endurance Run (PACER) | * Stopwatch |

## Abdominal Strength and Endurance

| Test Options | Equipment Needed |
| --- | --- |
| Curl-Up | * 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 | * Gym mat * Yard stick or 15-inch ruler |

## Upper Body Strength and Endurance

| Test Options | Equipment Needed |
| --- | --- |
| Push-Up | * Gym mat * CD player with adequate volume * CD with cadence |
| Modified Pull-Up | * Gym mat * Modified pull-up stand with elastic band |
| Flexed-Arm Hang | * 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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