# 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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