

California PFT Content Explanation

The *Fitnessgram* was developed by the Cooper Institute for Aerobics Research in Dallas, Texas and endorsed by the American Alliance for Health, Physical Education, Recreation, and Dance. The primary goal of the *Fitnessgram test* is to assist students in establishing physical activity as part of their daily lives. Because of this goal, *Fitnessgram* provides a number of options for each performance task so that all students, including those with special needs, have the maximum opportunity to complete the test.

A brief description of the major areas of *Fitnessgram* and the alternative tasks are included here.

Aerobic Capacity. This is perhaps the most important indicator of physical fitness and assesses the capacity of the cardiorespiratory system by measuring endurance. You must do

1. *The Pacer (Progressive Aerobic Cardiovascular Endurance Run).* This is a multi-stage fitness test set to music, which provides a valid, engaging alternative to the customary distance run. It is strongly encouraged for students K - 3 but may be used for all ages. The objective is to run as long as possible back and forth across a 20-meter distance at a specified pace that increases each minute.
2. *One Mile Walk/Run.* The objective is to walk and/or run a mile distance at the fastest pace possible (this is most common in cadet classes)
3. *Walk Test.* The objective is to walk a one mile distance as quickly as possible while maintaining a constant walking pace the entire distance. This test is for students ages 13 and older. It is scored in minutes, seconds, and heart rate.

Body Composition. Body composition results provide an estimate of the percent of a student's weight that is fat in contrast to the "fat-free" body mass made up of muscles, bones, and organs. *Body Mass Index.* This test provides an indication of a student's weight relative to his or her height. Height and weight measurements are used to calculate a body mass index number. See the chart in 3-T-2 for an easy way to calculate BMI.

Abdominal Strength and Endurance. Abdominal strength and endurance are important in promoting good posture and correct pelvic alignment. Strength and endurance of the abdominal muscles are important in maintaining lower back health. You must complete the Curl-up Test by completing as many curl-ups as possible, up to a maximum of 75, at a specified pace.

Trunk Extensor and Flexibility. This test is related to lower back health and alignment. You must complete the Trunk Lift test. The objective of this test is to lift the upper body 12 inches off the floor using the muscles of the back and to hold the position to allow

Upper Body Strength and Endurance. This test measures the strength and endurance of the upper body and is related to maintenance of correct posture. It is important to have strong muscles that can work forcefully and/or over a period of time. You must complete ONE of the following four tests.

1. *Push-up.* The objective of this test is to complete as many push-ups as possible.
2. *Modified Pull-up.* The objective of this test is to successfully complete as many modified pull-ups as possible.
3. *Pull-up.* The objective of this test is to correctly complete as many pull-ups as possible.
4. *Flexed Arm Hang.* The objective of this test is to hang with the chin above a bar as long as possible.

Overall Flexibility. This Test measures joint flexibility which is important to functional health. You must complete one of the TWO tests that follows:

1. *Back Saver Sit and Reach.* The objective is to assess the flexibility of the lower back and posterior thigh. The student should be able to reach a specified distance while sitting at a sit-and-reach box. Both the right and left side of the body are measured.
2. *Shoulder Stretch.* This is a simple test of upper body flexibility. The student should be able to touch the fingertips together behind the back by reaching over the shoulder and under the elbow.