

California PFT Content Explanation

Fitnessgram Test

Aerobic Capacity

The Pacer

One Mile Walk / Run

Walk Test

Body Composition

Body Mass Index

Abdominal Strength

Curl-up

Trunk Extensor and Flexibility

Trunk-lift

Upper Body Strength and Endurance

Push-up

Modified Pull-up

Pull-up

Flexed Arm Hang

Overall Flexibility

Back Save Sit and Reach

Shoulder Stretch