

Curl-Up. This is the only test option for abdominal strength and endurance. The objective of the curl-up is to complete as many curl-ups as possible at a specified pace, up to a maximum of 75 curl-ups.

Trunk Extensor Strength and Flexibility

This is an important aspect of fitness because it predicts first time and recurrent lower back pain, a major source of disability and discomfort. Awareness and attention to trunk strength and flexibility may reduce the risk for future back problems. There is only one option for this fitness area.

Trunk Lift. The goal of this test is to lift the upper body a maximum of 12 inches off the floor using the muscles of the back. Students hold this position long enough to allow for the measurement of the lift distance.

Upper Body Strength and Endurance

Upper body strength and endurance is an important fitness area because of reported benefits in maintaining functional health and good posture. There are three options available to assess this fitness area.

Push-Up. Students are asked to complete as many push-ups as possible and at a specified pace, up to a maximum of 75 push-ups.

Modified Pull-Up. Students are instructed to complete as many modified pull-ups as possible. The student performs the test by lying on his or her back directly under a bar, and grasping the bar to pull up until the chin reaches a specified level, up to a maximum of 75 modified pull-ups. (The modified pull-up is shown in the upper left photo on the cover.)

Flexed-Arm Hang. To complete this test, students hang by the arms with their chin above a bar for as long as possible, up to a maximum of 90 seconds.

Flexibility

Flexibility of the joints is an important component of fitness that contributes to functional health. There are two options for this fitness area.

Back-Saver Sit and Reach. The goal of this task is to assess the flexibility of the lower back and posterior thigh. Using a special box designed for this test, students are asked to reach forward as far as possible and to a maximum distance of 12 inches. The actual reach distance is measured for both the left and right sides of the body.

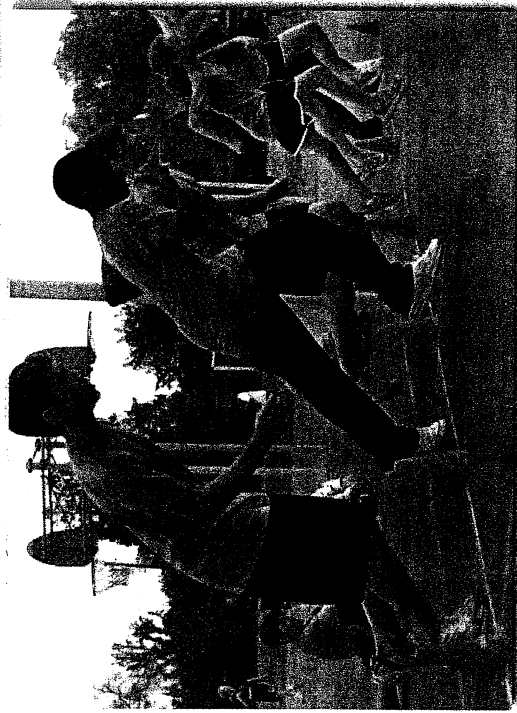
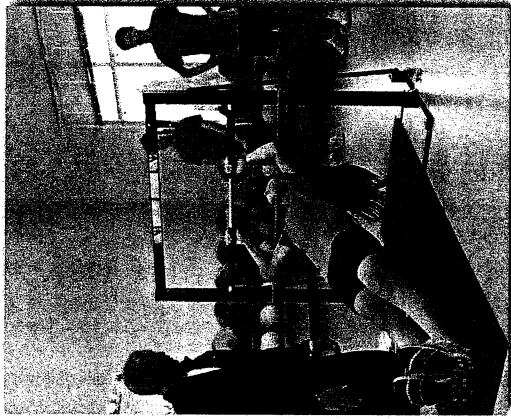
Shoulder Stretch. This simple test of upper body flexibility involves asking students to touch their fingertips behind the back by reaching over both the left and right shoulders and under the elbow. (The shoulder stretch is shown in the upper right photo on the cover.)

Additional information about the California PFT is available on the CDE PFT Web page at <http://www.cde.ca.gov/ta/tg/pft/>. Additional information about the *FITNESSGRAM*[®], including the philosophy and administration of the fitness tests, is available on the Human Kinetics *FITNESSGRAM*[®] Web page at <http://www.fitnessgram.net/home/> (Outside Source).

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2011 California Physical Fitness Test



Parent and Guardian Guide to the Physical
Fitness Test and the *FITNESSGRAM*[®]