

# *Connecticut Physical Fitness Assessment*

Physical fitness is an important component of Connecticut's overall educational program goals. It is expected that by the end of Grade 12 students will recognize the importance of and choose to participate regularly in physical activities designed to maintain and enhance healthy lifestyles. The Connecticut Physical Fitness Assessment (CPFA) is evidence of a commitment to the physical development of Connecticut's students, as well as a commitment to focusing on outcomes and specific performance objectives. Physical fitness should be a result of the balance of activities that are provided in the physical education programs at school and continued by the family and in other community activities. This assessment is part of the ongoing process of helping children understand and improve and/or maintain their physical health and well-being.

The Connecticut Physical Fitness Assessment Program (CPFA) includes a variety of health-related physical fitness tests designed to assess muscle strength, muscular endurance, flexibility and cardiovascular fitness. The four test components are: mile run (cardiovascular endurance), push-ups and curl-pus (muscular strength and endurance), and sit and reach (hamstring flexibility).

The fitness standards for the test items are based on gender and age and can be found on the chart below.

## Standards for Health-Related Fitness Zones

F = Health Fitness Zone (*meets health-related standard*)

H = High Fitness Performance Zone (*exceeds health-related standard*)

### Boys

Age	Mile run		Push Ups		Curl-Ups		Sit & Reach (in)
	F	H	F	H	F	H	F
10	11:30-9:00	<9:00	7-20	>20	12-24	>24	8
11	11:00-8:30	<8:30	8-20	>20	15-28	>28	8
12	10:30-8:00	<8:00	10-20	>20	18-36	>36	8
13	10:00-7:30	<7:30	12-25	>25	21-40	>40	8
14	9:30-7:00	<7:00	14-30	>30	24-45	>45	8
15	9:00-7:00	<7:00	16-35	>35	24-47	>47	8

### Girls

Age	Mile run		Push Ups		Curl Ups		Sit & Reach (in)
	F	H	F	H	F	H	F
10	12:30-9:30	<9:30	7-15	>15	12-26	>26	9
11	12:00-9:00	<9:00	7-15	>15	15-29	>29	10
12	12:00-9:00	<9:00	7-15	>15	18-32	>32	10
13	11:30-9:00	<9:00	7-15	>15	18-32	>32	10
14	11:00-8:30	<8:30	7-15	>15	18-32	>32	10
15	10:30-8:00	<8:00	7-15	>15	18-35	>35	12

