

Physical Fitness Tests: Students Reaching Health Standard Report Notes

The percentage of students reaching the health standard on the Connecticut Physical Fitness Assessment (CPFA) overall and for individual tests (Sit & Reach, Curl Up, Push Up and Mile Run/Progressive Aerobic Cardiovascular Endurance Run (PACER)).

Terms:

Term	Notes
Connecticut Physical Fitness Assessment (CPFA)	The Connecticut Physical Fitness Assessment (CPFA) is administered to all students in Grades 4, 6, 8 and HS. The health-related fitness scores gathered through the CPFA should be used to educate and motivate children and their families to increase physical activity and develop lifetime fitness habits.

For more information, see [Data Dictionary](#)

Source: Connecticut School Data Report (ED165)