



STATE OF CONNECTICUT
STATE DEPARTMENT OF EDUCATION



TO: Elementary, Middle and High School Principals

FROM: Charlene Russell-Tucker, Associate Commissioner
Division of Family and Student Support Services

DATE: September 18, 2009

SUBJECT: 2009-10 Physical Fitness Assessment Program

A handwritten signature in blue ink, appearing to read "Russell Tucker".

This memorandum provides the testing dates and information for the **Connecticut Physical Fitness Assessment (CPFA)** as well as program changes for the **2009-10** school year. Every physical education teacher responsible for administering the test should have a copy of the **new Test Administrator's Manual: The Third Generation Connecticut Physical Fitness Assessment**. The entire document is available on the Connecticut State Department of Education Web site and can be accessed at: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320980>.

The CPFA is to be administered **from September 21 through November 13, 2009, to all students in Grades 4, 6, 8 and 10**. Physical educators must submit the Summary Report Form to building administrators by November 20, 2009, for inclusion on the Connecticut School Data Report (ED-165). For those students in Grades 6, 8 and 10 who are not scheduled for physical education during the fall semester but who take physical education later in the school year, the reporting period is extended to March 31, 2010.

It is essential that consistent test administration continue to be emphasized. The validity of the data is compromised if the tests are incorrectly administered, if there are errors in recording the results or if the examiners and students do not take the testing process seriously. Please encourage your staff to be especially diligent in maintaining the integrity and authenticity of this testing process.

Beginning September 2009, the new CPFA will be implemented. Improvements to tests are expected to increase validity and reliability as well as administrative manageability. Highlights of the notable changes are summarized below.

For the **2009-10** school year:

1. There will be a significant change in the aerobic capacity test: districts will have a school-by-school option of using the one-mile run/walk **or** the Progressive Aerobic Cardiovascular Endurance Run (P.A.C.E.R) to determine aerobic capacity. An e-mail request will be sent to each district coordinator to elicit their choice of aerobic capacity test for each school.
2. The performance criteria for the curl-up test have been revised.
3. The performance criteria for the sit-and-reach have been revised.
4. The shoulder stretch has been added as an optional activity (results not reported to state database) for instructional purposes.

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During the 2008-09 school year, there were numerous opportunities for professional development, demonstrations and explanations, as well as resource and management sharing forums to learn about the updated test. Among other venues, the Connecticut Association of Health, Physical Education, Recreation and Dance (CTAHPERD) hosted a relevant session on both days of its statewide fall conference. Resource materials have been distributed to all districts in the state and are also accessible online at: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2618&q=320980>.

The health-related fitness scores gathered through the CPFA should be used to educate and motivate children and their families to increase physical activity, to develop lifetime fitness habits and to become confident, competent, joyful movers for a lifetime. It is strongly recommended that the interpretation of the test results be based on the individual child's health status as it relates to his or her physical activity.

Improvements to the fitness assessment represent one component of a larger physical fitness promotion program statewide. Connecticut's fitness assessment aligns with the national movement to encourage adults to assess their own health-related physical fitness. The primary purposes of the physical fitness assessment program continue to be: individual fitness assessment and monitoring; identification of strengths and weaknesses in health-related physical fitness; informing students and their families of health-related physical fitness status and ways to improve; and informing program improvement.

Obesity and lack of physical activity are growing concerns for the state's students, thus calling attention to the need for increased physical activity and improved physical fitness. In addition to physical education classes, please note that the Connecticut General Statutes Section 10-221o requires school districts to include in the regular school day for each student enrolled in Grades K-5, inclusive, a period of physical exercise.

Your support of this initiative and your assurance of consistent test administration are appreciated. For further information, contact Dr. Jean Mee at the Connecticut State Department of Education at 860-807-2016 or jean.mee@ct.gov.

CRT:jm

cc: Mark K. McQuillan, Commissioner of Education
George A. Coleman, Deputy Commissioner of Education
Superintendents of Schools
Physical Education Coordinators