

PO 504

1. **Performance:** Track Participation in Physical Activities
2. **Conditions:**
 - a. Given:
 - (1) Physical Activity Tracker,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet will:
 - a. track moderate- to vigorous-intensity physical activity (MVPA) time for four consecutive weeks using the Physical Activity Tracker;
 - b. complete 60 minutes of MVPA daily for 24 days over four consecutive weeks; and
 - c. identify strategies to improve personal physical fitness.
4. **Remarks:** The aim of this PO is to encourage cadets to be more physically active in their daily lives.
5. **Complementary Material:** Complementary material associated with this PO is designed to enhance the cadets' knowledge of personal fitness and healthy living, specifically EO C504.01 (Reflect on Personal Fitness and Healthy Living).

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EO M504.01

1. **Performance:** Participate in the Cadet Fitness Assessment (CFA) and Identify Strategies for Improving Personal Physical Fitness
2. **Conditions:**
 - a. Given:
 - (1) Physical Activity Tracker,
 - (2) *Individual Score Sheet for the 20-m Shuttle Run Test*,
 - (3) Cadet Fitness Assessment and Incentive Level Results,
 - (4) Supervision, and
 - (5) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Training area large enough to accommodate the entire group and suitable for conducting the CFA.
3. **Standard:** The cadet shall:
 - a. participate in the CFA IAW CATO 14-18, *Cadet Fitness Assessment and Incentive Program*;
 - b. identify areas for improvement; and
 - c. identify strategies to improve personal physical fitness.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Supervise while the cadets participate in the CFA.	Practical Activity	60 min	7a, 7b, 7c
TP2	Conduct an activity where the cadets identify how to improve their personal physical fitness.	Practical Activity	30 min	

5. **Time:** One session (3 periods) = 90 min
6. **Substantiation:** A practical activity was chosen for this lesson as it allows the cadets to participate in the CFA in a safe and controlled environment.
7. **References:**
 - a. CATO 14-18 Director Cadets 3. (2010). *Cadet fitness assessment and incentive program*. Ottawa, ON: Department of National Defence.
 - b. Meredith, M., & Welk, G. (Eds.). (2005). *Fitnessgram / activitygram: Test administration manual* (3rd ed.). Windsor, ON: Human Kinetics.
 - c. The Cooper Institute. (n.d.). *Fitnessgram / activitygram test administration kit: Fitnessgram 8.0 stand-alone test kit*. Windsor, ON: Human Kinetics.

8. Training Aids:

- a. CATO 14-18, *Cadet Fitness Assessment and Incentive Program*,
- b. Leger 20-m Shuttle Run Test CD,
- c. Measuring tape,
- d. CD player,
- e. Pylons,
- f. Gym mats,
- g. 12-cm measuring strip,
- h. Stopwatches,
- i. Paper,
- j. Metre sticks,
- k. Back-saver sit and reach test apparatuses,
- l. *Individual Score Sheet for the 20-m Shuttle Run Test*,
- m. Cadet Fitness Assessment and Incentive Level Results, and
- n. Strategies to Improve My Personal Physical Fitness handout.

9. Learning Aids:

- a. Physical Activity Tracker,
- b. Gym mats,
- c. 12-cm measuring strip,
- d. Stopwatches,
- e. Paper,
- f. Metre sticks,
- g. Back-saver sit and reach test apparatuses,
- h. *Individual Score Sheet for the 20-m Shuttle Run Test*,
- i. Cadet Fitness Assessment and Incentive Level Results, and
- j. Strategies to Improve My Personal Physical Fitness handout.

10. Test Details: Nil.

11. Remarks:

- a. The purpose of the CFA is to have cadets measure their personal fitness to help them set individual goals for improvement. Each of the three components of fitness (cardiovascular, muscular strength, and muscular flexibility) is measured, and cadets are assessed using criterion-referenced standards as to whether they are in the healthy fitness zone (HFZ) within each of these components.

- b. The HFZ is the level of fitness needed for good health. Cadets who do not fall within the HFZ for certain components should be coached and encouraged to set goals that will help them improve towards achieving the HFZ in the future.
- c. The CFA shall be set up prior to conducting this EO.
- d. Assistant instructors will be required for this lesson.

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EO C504.01

1. **Performance:** Reflect on Personal Fitness and Healthy Living
2. **Conditions:**
 - a. Given:
 - (1) Self-study package,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area suitable to complete the self-study package.
3. **Standard:** The cadet shall reflect on personal fitness and healthy living by completing a self-study package.
4. **Teaching Points:** Have the cadet complete the self-study package, which includes examining:
 - a. physical fitness, to include:
 - (1) SMART goals,
 - (2) components of physical fitness,
 - (3) *Canadian Physical Activity Guidelines*,
 - (4) Canadian Sedentary Behaviour Guidelines, and
 - (5) looking to the future;
 - b. nutritional fitness, to include:
 - (1) calories needed for optimal health,
 - (2) making wise food choices, and
 - (3) budget shopping for food;
 - c. mental fitness, to include:
 - (1) self-esteem,
 - (2) how to practice mental fitness, and
 - (3) motivational quotes.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** A self study was chosen for this lesson as it allows the cadet to examine in greater detail elements of personal fitness and healthy living at their own learning pace. This encourages the cadet to become more self-reliant and independent by focusing on their own learning instead of learning directed by the instructor.

7. **References:**

- a. Canadian Mental Health Association (2013). *Your mental health*. Retrieved from <http://www.cmha.ca/mental-health/your-mental-health/>
- b. Dieticians of Canada (2013). *Eat right Ontario: physical activity*. Retrieved from <http://www.eatrightontario.ca/en/Articles/Physical-Activity/>
- c. Health-and-Fitness Source.com. (2012) *3 Ways your body is burning calories*. Retrieved March 15, 2013 from <http://www.health-and-fitness-source.com/burning-calories.html>
- d. Health Canada (2011). *Estimated energy requirements*. Retrieved from http://hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/1_1_1-eng.php
- e. Larson, Christian (2007). *Your forces and how to use them: The promise*. Retrieved from <http://www.goodreads.com/work/quotes/2208816-your-forces-and-how-to-use-them>
- f. Mobile & Peruasive. (2008). *A brief survey of physical activity monitoring devices*. Retrieved from <http://www.icta.ufl.edu/projects/publications/chao08a.pdf>
- g. Public Health Agency of Canada (2011). *Obesity in Canada. Determinants and contributing factors*. Retrieved from <http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/oic-oac/determ-eng.php>
- h. United States Department of Agriculture. (2011). *How many calories does physical activity use?* Retrieved from http://www.choosemyplate.gov/food-groups/physicalactivity_calories_used_table.html
- i. World Health Organization. (2013). *Physical activity and adults*. Retrieved from http://www.who.int/dietphysicalactivity/factsheet_adults/en/index.html

8. **Training Aids:** Nil.

9. **Learning Aids:**

- a. Self-study package, and
- b. Pen / pencil.

10. **Test Details:** Nil.

11. **Remarks:** Nil.