

SECTION 6**PO X04 – TRACK PARTICIPATION IN PHYSICAL ACTIVITIES**

1. **Performance:** Track Participation in Physical Activities
2. **Conditions:**
 - a. Given:
 - (1) Physical Activity Tracker,
 - (2) *Canadian Physical Activity Guidelines*,
 - (3) Canadian Sedentary Behaviour Guidelines,
 - (4) Supervision, and
 - (5) 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 time for four weeks using the Physical Activity Tracker;
 - b. use the Physical Activity Tracker to compare participation in physical activities to the *Canadian Physical Activity Guidelines* and *Canadian Sedentary Behaviour Guidelines*; and
 - c. identify strategies to improve participation in physical activities.
4. **Remarks:**
 - a. The aim of this PO is to encourage cadets to be more physically active in their daily lives.
 - b. Performance Checks (304, 404, and 504 PCs) have been developed for Phase Three / Silver Star / Proficiency Level Three, Phase Four / Gold Star / Proficiency Level Four, and Phase Five / Master Cadet / Proficiency Level Five.
5. **Complementary Material:** Complementary material associated with this PO is designed to enhance the cadets' knowledge of personal fitness and healthy living through a number of activities:
 - a. EO CX04.01 (Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Fitness),
 - b. EO CX04.02 (Participate in Activities that Reinforce the Three Components of Physical Fitness),
 - c. EO CX04.03 (Participate in a Cooking Class),
 - d. EO CX04.04 (Attend a Personal Fitness and Healthy Living Presentation),
 - e. EO CX04.05 (Attend a Local Amateur Sporting Event), and
 - f. EO C504.01 (Reflect on Personal Fitness and Healthy Living). This EO is intended for Phase Five / Master Cadet / Proficiency Level Five cadets only.

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EO MX04.01 – PARTICIPATE IN 60 MINUTES OF MODERATE- TO VIGOROUS-INTENSITY PHYSICAL ACTIVITY (MVPA) AND TRACK PARTICIPATION IN PHYSICAL ACTIVITIES

1. **Performance:** Participate in 60 Minutes of Moderate- to Vigorous-Intensity Physical Activity (MVPA) and Track Participation in Physical Activities
2. **Conditions:**
 - a. Given:
 - (1) *Canadian Physical Activity Guidelines for Youth*,
 - (2) *Canadian Sedentary Behaviour Guidelines for Youth*,
 - (3) Physical Activity Tracker,
 - (4) Supervision, and
 - (5) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall:
 - a. participate in 60 minutes of MVPA;
 - b. participate in a personal fitness and healthy living activity, to include:
 - (1) Phase One / Green Star / Proficiency Level One: *Canadian Physical Activity Guidelines for Youth* and *Canadian Sedentary Behaviour Guidelines for Youth*,
 - (2) Phase Two / Red Star / Proficiency Level Two: Nutrition,
 - (3) Phase Three / Silver Star / Proficiency Level Three: Stress, and
 - (4) Phase Four / Gold Star / Proficiency Level Four: Healthy Lifestyle Tool Belt; and
 - c. track daily MVPA time for four consecutive weeks to meet the following requirements:
 - (1) Phases One and Two / Green and Red Stars / Proficiency Levels One and Two: Track their participation in MVPA over a period of four consecutive weeks;
 - (2) Phase Three / Silver Star / Proficiency Level Three: Achieve a minimum of 60 minutes of MVPA daily for at least 16 days over four consecutive weeks;
 - (3) Phase Four / Gold Star / Proficiency Level Four: Achieve a minimum of 60 minutes of MVPA daily for at least 20 days over four consecutive weeks; and
 - (4) Phase Five / Master Cadet / Proficiency Level Five: Achieve a minimum of 60 minutes of MVPA daily for at least 24 days over four consecutive weeks.

4. Teaching Points:

TP	Description	Method	Time	Refs
TP1	<p>Have the cadets participate in a series of MVPA that they could do on their own time to help them meet the <i>Canadian Physical Activity Guidelines for Youth</i>, to include:</p> <ol style="list-style-type: none"> a minimum of 10 physical activities, a focus on cardiovascular endurance, and activities that are easily conducted, with minimal equipment. 	Practical Activity	60 min	
TP2	<p>Conduct the following learning stations:</p> <ol style="list-style-type: none"> Phase One / Green Star / Proficiency Level One: <i>Canadian Physical Activity Guidelines for Youth</i> and <i>Canadian Sedentary Behaviour Guidelines for Youth</i>, Phase Two / Red Star / Proficiency Level Two: Nutrition, Phase Three / Silver Star / Proficiency Level Three: Stress, and Phase Four / Gold Star / Proficiency Level Four: Healthy Lifestyle Tool Belt. 	In-Class Activity	20 min	7a
TP3	<p>Distribute the Physical Activity Tracker and explain / review the requirements, to include:</p> <ol style="list-style-type: none"> Phases One and Two / Green and Red Stars / Proficiency Levels One and Two: Track their participation in MVPA over a period of four consecutive weeks; Phase Three / Silver Star / Proficiency Level Three: Achieve a minimum of 60 minutes of MVPA daily for at least 16 days over four consecutive weeks; Phase Four / Gold Star / Proficiency Level Four: Achieve a minimum of 60 minutes of MVPA daily for at least 20 days over four consecutive weeks; and Phase Five / Master Cadet / Proficiency Level Five: Achieve a minimum of 60 minutes of MVPA daily for at least 24 days over four consecutive weeks 	Interactive Lecture	5 min	7a 7c

TP	Description	Method	Time	Refs
TP4	Conduct an activity where cadets identify strategies to improve participation in physical activities, such as: <ol style="list-style-type: none"> a. identifying enjoyable activities; b. finding an activity partner; c. setting goals; d. tracking progress; e. joining a community or school recreational program; f. trying a new physical activity; g. building physical activity into daily routine; and h. planning for physical activity 	In-Class Activity	5 min	7b

5. **Time:** One session (3 periods) = 90 min.

6. **Substantiation:**

- a. A practical activity was chosen for TP 1 as it is a fun and interactive way to stimulate interest in physical activities.
- b. An in-class activity was chosen for TPs 2 and 4 as it is a fun and interactive way to stimulate interest in personal fitness and healthy living and in ways to improve participation in physical activity.
- c. An interactive lecture was chosen for TP 3 to orient the cadets to the Physical Activity Tracker requirements.

7. **References:**

- a. Canadian Society for Exercise Physiology. (2013). *Guidelines*. Retrieved from: <http://www.csep.ca>
- b. Health Canada. (2013). *Physical Activity*. Retrieved from: <http://www.hc-sc.gc.ca/hl-vs/physactiv/index-eng.php>
- c. ParticipACTION. (2011). *Get moving*. Retrieved November 28, 2011 from www.participaction.com/en-us/Get-Moving/Easy-Ways-To-Start.aspx

8. **Training Aids:**

- a. As per physical activities selected,
- b. Learning stations material,
- c. *Canadian Physical Activity Guidelines for Youth*,
- d. Canadian Sedentary Behaviour Guidelines for Youth, and
- e. Physical Activity Tracker.

9. **Learning Aids:**

- a. *Canadian Physical Activity Guidelines for Youth*,
- b. Canadian Sedentary Behaviour Guidelines for Youth, and

c. Physical Activity Tracker.

10. **Test Details:** Nil.

11. **Remarks:**

- a. Over the next four weeks, check in with the cadets regularly, reminding them to track their participation in physical activities and assisting them with any difficulties they encounter.
- b. Colour copies of the *Canadian Physical Activity Guidelines* and the *Canadian Sedentary Behaviour Guidelines* can be accessed and printed at www.csep.ca/guidelines.

EO MX04.02 – IDENTIFY STRATEGIES TO IMPROVE PARTICIPATION IN PHYSICAL ACTIVITIES AND PARTICIPATE IN THE CADET FITNESS ASSESSMENT (CFA)

1. **Performance:** Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)
2. **Conditions:**
 - a. Given:
 - (1) Completed Physical Activity Tracker,
 - (2) *Canadian Physical Activity Guidelines for Youth*,
 - (3) Canadian Sedentary Behaviour Guidelines for Youth,
 - (4) Individual Score Sheet for the 20-m Shuttle Run Test,
 - (5) Cadet Fitness Assessment and Incentive Level Results,
 - (6) Supervision, and
 - (7) 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. use the Physical Activity Tracker to compare participation in moderate- to vigorous-intensity physical activities (MVPA) to the *Canadian Physical Activity Guidelines for Youth* and *Canadian Sedentary Behaviour Guidelines for Youth*;
 - b. identify barriers to physical activity;
 - c. identify strategies and set a SMART goal to improve participation in physical activities; and
 - d. participate in the CFA IAW CATO 14-18, *Cadet Fitness Assessment and Incentive Program*.
4. **Teaching Points:**

TP	Description	Method	Time	Refs
TP1	Conduct an activity where cadets compare their participation in physical activities to the <i>Canadian Physical Activity Guidelines for Youth</i> and the <i>Canadian Sedentary Behaviour Guidelines for Youth</i> .	In-Class Activity	15 min	7a
TP2	Conduct an activity where the cadets set a SMART goal to improve their participation in physical activity.	Practical Activity	15 min	
TP3	Supervise while the cadets participate in the Cadet Fitness Assessment.	Practical Activity	60 min	7b, 7c, 7d.

5. **Time:** One session (3 periods) = 90 min.

6. **Substantiation:**

- a. An in-class activity was chosen for TP 1 as it is a fun and interactive way for cadets to compare their physical activity to the *Canadian Physical Activity Guidelines for Youth* and the *Canadian Sedentary Behaviour Guidelines for Youth*.
- b. A practical activity was chosen for TPs 2 and 3 as it is a fun and interactive way to build on the cadets' knowledge of personal fitness and healthy living.

7. **References:**

- a. Canadian Society for Exercise Physiology. (2013). *Guidelines*. Retrieved from: <http://www.csep.ca>
- b. CATO 14-18 Director Cadets 3. (2010). *Cadet fitness assessment and incentive program*. Ottawa, ON: Department of National Defence.
- c. Meredith, M., & Welk, G. (Eds.). (2005). *Fitnessgram / activitygram: Test administration manual (3rd ed.)*. Windsor, ON: Human Kinetics.
- d. 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. Smart Goals Guide handout.

9. **Learning Aids:**

- a. Completed Physical Activity Tracker,
- b. *Canadian Physical Activity Guidelines for Youth*,
- c. Canadian Sedentary Behaviour Guidelines for Youth,
- d. Individual Score Sheet for the 20-m Shuttle Run Test,

- e. Cadet Fitness Assessment and Incentive Level Results, and
 - f. Smart Goals Guide 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 lesson.
 - d. CFA results will be required during lesson MX04.03 (Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness).
 - e. Assistant instructors will be required for this lesson.
 - f. Retain cadets' CFA results for use in EO MX04.03 (Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness).

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EO MX04.03 – PARTICIPATE IN THE CADET FITNESS ASSESSMENT (CFA) AND IDENTIFY STRATEGIES FOR IMPROVING PERSONAL PHYSICAL FITNESS

1. **Performance:** Participate in the Cadet Fitness Assessment (CFA) and Identify Strategies for Improving Personal Physical Fitness
2. **Conditions:**
 - a. Given:
 - (1) *Individual Score Sheet for the 20-m Shuttle Run Test*,
 - (2) Cadet Fitness Assessment and Incentive Level Results,
 - (3) Supervision, and
 - (4) 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. Individual Score Sheet for the 1600-m Run Test,
- n. Cadet Fitness Assessment and Incentive Level Results, and
- o. Strategies to Improve My Personal Physical Fitness handout.

9. **Learning Aids:**

- a. Gym mats,
- b. 12-cm measuring strip,
- c. Stopwatches,
- d. Paper,
- e. Metre sticks,
- f. Back-saver sit and reach test apparatuses,
- g. Individual Score Sheet for the 20-m Shuttle Run Test,
- h. Individual Score Sheet for the 1600-m 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 CX04.01 – PARTICIPATE IN THE CADET FITNESS ASSESSMENT AND IDENTIFY STRATEGIES FOR IMPROVING PERSONAL FITNESS

1. **Performance:** Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Fitness

An additional session (3 periods) of EO MX04.03 (Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Fitness) may be scheduled as complementary training.

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EO CX04.02 – PARTICIPATE IN ACTIVITIES THAT REINFORCE THE THREE COMPONENTS OF PHYSICAL FITNESS

1. **Performance:** Participate in Activities that Reinforce the Three Components of Physical Fitness
2. **Conditions:**
 - a. Given:
 - (1) Activity equipment,
 - (2) Supervision, and
 - (3) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Any.
3. **Standard:** The cadet shall participate in activities that reinforce the three components of fitness, to include:
 - a. cardiovascular activities,
 - b. muscular strength activities, and
 - c. muscular flexibility activities.
4. **Teaching Points:**
 - a. Have the cadets participate in a warm-up session, composed of light cardiovascular exercises and stretches.
 - b. Have the cadets participate in fun physical activities that reinforce the three components of fitness, to include:
 - (1) cardiovascular endurance,
 - (2) muscular strength, and
 - (3) muscular flexibility.
 - c. Have the cadets participate in a cool-down.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** A practical activity was chosen for this lesson as it is a fun and interactive way to stimulate interest in the three components of physical fitness.
7. **Reference:** Panicucci, J. (2008). *Achieving Fitness: An Adventure Activity Guide*. Beverly, MA: Project Adventure, Inc.
8. **Training Aids:** As per activities selected.
9. **Learning Aids:** As per activities selected.
10. **Test Details:** Nil.
11. **Remarks:** Nil.

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EO CX04.03 – PARTICIPATE IN A COOKING CLASS

1. **Performance:** Participate in a Cooking Class
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Kitchen or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall participate in a cooking class.
4. **Teaching Points:**
 - a. Organize the cadets' participation in a cooking class.
 - b. Supervise as the cadets participate in a cooking class.
 - c. After the class, have the cadets reflect individually on the following questions:
 - (1) What are the three most interesting or surprising things you have learned?
 - (2) What skill or knowledge acquired today will help you achieve a healthier lifestyle? How so?
 - d. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** A practical activity was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of personal fitness and healthy living.
7. **References:** Nil.
8. **Training Aids:** Nil.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:** There is no instructional guide for this EO.

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EO CX04.04 – ATTEND A PERSONAL FITNESS AND HEALTHY LIVING PRESENTATION

1. **Performance:** Attend a Personal Fitness and Healthy Living Presentation
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Classroom or training area large enough to accommodate the entire group.
3. **Standard:** The cadet shall attend a personal fitness and healthy living presentation.
4. **Teaching Points:**
 - a. Provide the guest speaker information about their audience (the cadets), including any particular interests that may be applicable. Ask the guest speaker to leave time for questions and answers. It may be helpful to have the cadets generate a list of what they would like to know or questions for the guest speaker in advance.
 - b. Have the guest speaker provide any information they may wish to have included in their introduction.
 - c. Collaborate with the guest speaker to provide them with any materials they may require (eg, projector, television, DVD player, microphone) and set up the room to suit their needs.
 - d. Acquire a bottle of water and have the cadets prepare a thank-you card for the guest speaker.
 - e. Arrange for a cadet(s) to introduce the guest speaker and for a cadet(s) to thank and present the card to the guest speaker.
 - f. Have a cadet(s) welcome the guest speaker upon arrival, provide them with the bottle of water and assist them with any final preparation details, such as set-up of visual aids and orientation to the presentation room.
 - g. Have a cadet(s) introduce the guest speaker.
 - h. Have the cadets participate in the presentation, to include:
 - (1) listening to the guest speaker's story, and
 - (2) a question-and-answer period.
 - i. Have a cadet(s) thank the guest speaker on behalf of all cadets and present the thank-you card.
 - j. After the guest speaker departs, have the cadets reflect on what they have learned. Potential activities include:
 - (1) Highlights. Have the cadets individually list the three most interesting or surprising things they have learned from the presentation. Have the cadets discuss these highlights with a partner or in small groups. If time permits, invite cadets to share highlights with the larger group.
 - (2) Journal. Have the cadets write a journal entry about the presentation.
 - (3) Visual representation. Have the cadets create a visual representation of their experience.

5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** An interactive lecture was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of personal fitness and healthy living.
7. **References:** Nil.
8. **Training Aids:**
 - a. Bottle of water, and
 - b. Any materials required by the guest speaker.
9. **Learning Aids:** Thank-you card materials.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. Examples of guest speakers include:
 - (1) personal trainer,
 - (2) professional athlete,
 - (3) nutritionist, and
 - (4) coach.
 - b. There is no instructional guide for this EO.

EO CX04.05 – ATTEND A LOCAL AMATEUR SPORTING EVENT

1. **Performance:** Attend a Local Amateur Sporting Event
2. **Conditions:**
 - a. Given:
 - (1) Supervision, and
 - (2) Assistance as required.
 - b. Denied: Nil.
 - c. Environmental: Sports field, gymnasium or area large enough to accommodate the entire group.
3. **Standard:** The cadet shall attend a local amateur sporting event.
4. **Teaching Points:**
 - a. Select a local amateur sporting event. The event selected should reflect an activity that is available for cadets to start practicing, should they decide to do so, even if they have no prior experience.
 - b. Make arrangements to have the cadets view the event.
 - c. Have the cadets attend the sporting event.
5. **Time:** One session (3 periods) = 90 min.
6. **Substantiation:** A field trip was chosen for this lesson as it is a fun and interactive way to build on the cadets' knowledge of personal fitness and healthy living.
7. **References:** Nil.
8. **Training Aids:** Nil.
9. **Learning Aids:** Nil.
10. **Test Details:** Nil.
11. **Remarks:**
 - a. The aim of this EO is to expose cadets to various sporting events or activities conducted in their local communities, and in which they may choose to participate.
 - b. Examples of sporting events include:
 - (1) martial arts competition,
 - (2) roller derby,
 - (3) dance competitions,
 - (4) equestrian event, and
 - (5) sports tournament.
 - c. There is no instructional guide for this EO.