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.

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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.

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