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.

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4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Have the cadets participate in a series of MVPA that they could do on their own time to help them meet the *Canadian Physical Activity Guidelines for Youth*, to include: a. a minimum of 10 physical activities, b. a focus on cardiovascular endurance, and c. activities that are easily conducted, with minimal equipment.	Practical Activity	60 min	
TP2	Conduct the following learning stations: a. Phase One / Green Star / Proficiency Level One: *Canadian Physical Activity Guidelines for Youth* and *Canadian Sedentary Behaviour Guidelines for Youth*, b. Phase Two / Red Star / Proficiency Level Two: Nutrition, c. Phase Three / Silver Star / Proficiency Level Three: Stress, and d. Phase Four / Gold Star / Proficiency Level Four: Healthy Lifestyle Tool Belt.	In-Class Activity	20 min	7a
TP3	Distribute the Physical Activity Tracker and explain / review the requirements, to include: a. 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; b. 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; c. 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 d. 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
TP4	Conduct an activity where cadets identify strategies to improve participation in physical activities, such as: a. identifying enjoyable activities; b. finding an activity partner;	In-Class Activity	5 min	7b

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TP	Description	Method	Time	Refs
	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			

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.

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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.

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