EO C504.01 – PERSONAL FITNESS AND HEALTHY LIVING – REFLECT ON PERSONAL FITNESS AND HEALTHY LIVING

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

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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.

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