## EO M504.01 – 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) 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.



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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.



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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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