**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:<br>a. a minimum of 10 physical activities,<br>b. a focus on cardiovascular endurance, and<br>c. activities that are easily conducted, with minimal equipment. | Practical Activity | 60 min | |
| TP2 | Conduct the following learning stations:<br>a. Phase One / Green Star / Proficiency Level One: *Canadian Physical Activity Guidelines for Youth* and *Canadian Sedentary Behaviour Guidelines for Youth*,<br>b. Phase Two / Red Star / Proficiency Level Two: Nutrition,<br>c. Phase Three / Silver Star / Proficiency Level Three: Stress, and<br>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:<br>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;<br>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;<br>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<br>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<br>7c |



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| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP4 | Conduct an activity where cadets identify strategies to improve participation in physical activities, such as:<br>a. identifying enjoyable activities;<br>b. finding an activity partner;<br>c. setting goals;<br>d. tracking progress;<br>e. joining a community or school recreational program;<br>f. trying a new physical activity;<br>g. building physical activity into daily routine; and<br>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.



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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.



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