EO MX04.02 – IDENTIFY STRATEGIES TO IMPROVE PARTICIPATION IN PHYSICAL ACTIVITIES AND PARTICIPATE IN THE CADET FITNESS ASSESSMENT (CFA)

1. **Performance**: Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment (CFA)

2. **Conditions**:

   a. Given:

      (1) Completed Physical Activity Tracker,

      (2) *Canadian Physical Activity Guidelines for Youth,*

      (3) *Canadian Sedentary Behaviour Guidelines for Youth,*

      (4) *Individual Score Sheet for the 20-m Shuttle Run Test,*

      (5) *Cadet Fitness Assessment and Incentive Level Results,*

      (6) Supervision, and

      (7) 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. use the Physical Activity Tracker to compare participation in moderate- to vigorous-intensity physical activities (MVPA) to the *Canadian Physical Activity Guidelines for Youth* and *Canadian Sedentary Behaviour Guidelines for Youth*;

   b. identify barriers to physical activity;

   c. identify strategies and set a SMART goal to improve participation in physical activities; and

   d. participate in the CFA IAW CATO 14-18, *Cadet Fitness Assessment and Incentive Program*.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Conduct an activity where cadets compare their participation in physical activities to the *Canadian Physical Activity Guidelines for Youth* and the *Canadian Sedentary Behaviour Guidelines for Youth*.	In-Class Activity	15 min	7a
TP2	Conduct an activity where the cadets set a SMART goal to improve their participation in physical activity.	Practical Activity	15 min	
TP3	Supervise while the cadets participate in the Cadet Fitness Assessment.	Practical Activity	60 min	7b, 7c, 7d.

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5. **Time**:One session (3 periods) = 90 min.

6. **Substantiation**:

   a. An in-class activity was chosen for TP 1 as it is a fun and interactive way for cadets to compare their physical activity to the *Canadian Physical Activity Guidelines for Youth* and the *Canadian Sedentary Behaviour Guidelines for Youth*.

   b. A practical activity was chosen for TPs 2 and 3 as it is a fun and interactive way to build on the cadets' knowledge of personal fitness and healthy living.

7. **References**:

   a. Canadian Society for Exercise Physiology. (2013). *Guidelines*. Retrieved from: http://www.csep.ca

   b. CATO 14-18 Director Cadets 3. (2010). *Cadet fitness assessment and incentive program*. Ottawa, ON: Department of National Defence.

   c. Meredith, M., & Welk, G. (Eds.). (2005). *Fitnessgram / activitygram: Test administration manual (3rd ed.)*. Windsor, ON: Human Kinetics.

   d. The Cooper Institute. (n.d.). *Fitnessgram / activitygram test administration kit: Fitnessgram 8.0 stand-alone test kit*. Windsor, ON: Human Kinetics.

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. Smart Goals Guide handout.

9. **Learning Aids**:

   a. Completed Physical Activity Tracker,

   b. *Canadian Physical Activity Guidelines for Youth,*

   c. *Canadian Sedentary Behaviour Guidelines for Youth,*

   d. *Individual Score Sheet for the 20-m Shuttle Run Test,*

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e. *Cadet Fitness Assessment and Incentive Level Results*, and

f. Smart Goals Guide 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.

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 lesson.

d. CFA results will be required during lesson MX04.03 (Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness).

e. Assistant instructors will be required for this lesson.

f. Retain cadets' CFA results for use in EO MX04.03 (Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Fitness).

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