

PHYSICAL FITNESS PO 413

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Being physically fit will allow you to approach activities with confidence and energy, and you'll be better prepared to participate in cadet training. You need to work towards 60 minutes of activity a day, in periods of at least 10 minutes each.

SAFETY

Know your limits – select and participate in physical activities that you are ready for – in skill, fitness level, and knowledge of the rules. Avoid pushing your self to a point where you can't back-out safely – e.g. half way up a rock face is not the point to suddenly decide you can't continue.

Prepare – It's good to wait 2-3 hours after a meal before starting a physical activity. Drink water (up to 8 cups a day for the average person), and warm up properly before physical activity. Keep in mind weather, safety equipment and your personal goals when planning to participate.

Hot and cold weather – dress appropriately for the weather – remember wind chill! Avoid strenuous activity above 30°C or below -20°C.

EO 413.01: ARMY CADET FITNESS TEST

The Army Cadet Fitness Test (ACFT) will be carried out at your cadet corps each year, and on courses conducted at Army Cadet Summer Training Centres. The purpose of the test is:

- a. to raise the standard of fitness of all Army cadets;
- b. to motivate cadets to participate in physical activities;
- c. to create interest in fitness through the provision of badges for proficiency;
- d. to confirm the ability of a cadet to meet the standards of performance for the National Star Certification Examination; and
- e. to prepare cadets to meet standards of fitness for Advanced Training Courses and the Basic Parachutist Course.

The ACFT consists of four events:

- a. push-ups;
- b. sit-ups;
- c. standing long jump; and
- d. a 20m shuttle run.

All exercises must be attempted; push-ups, sit-ups and chin-ups must be continuous.

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**FITNESS STANDARDS OF THE ROYAL CANADIAN
ARMY CADETS**

Select a test (Bronze, Silver or Gold) to attempt and then try to achieve the highest possible result in each of the four events. Each result earns a point value, represented on the charts below. Add up your points at the end. Depending on your age and gender, you may have achieved enough points in your test, or the next higher or lower test(s), to earn a fitness badge.

Age group points requirements for Females

Age/Âge	Points
12 - 14	20
15 - 16	20
17 - 18	24

Age group points requirements for Males

Age/Âge	Points
12 - 14	20
15 - 16	24
17 - 18	26

Female score sheet

Bronze

Test / épreuve (F)	Bronze/Bronze				
	5	6	7	8	9
Points	3	4	5	6	7
20m Shuttle Run Course navette de 20m	27	28	29	31	32
Sit Ups Redressements assis	12	14	15	16	18
Standing Long Jump (cm) Saut en longueur sans élan (cm)	145	150	152	155	157

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**Female score sheet
Silver**

Test / épreuve (F)	Silver/Argent				
	5	6	7	8	9
Points					
20m Shuttle Run Course navette de 20m	5	6	7	8	9
Sit Ups Redressements assis	33	34	35	36	37
Push Ups Extensions des bras	21	22	23	25	26
Standing Long Jump (cm) Saut en longueur sans élan (cm)	160	165	173	175	178

Female score sheet
Gold

Test / épreuve (F)	Gold/Or				
	5	6	7	8	9
Points	6	7	8	9	10
20m Shuttle Run Course navette de 20m	39	40	42	43	47
Sit Ups Redressements assis	28	31	33	38	46
Standing Long Jump (cm) Saut en longueur sans élan (cm)	178	183	188	193	196

**Male score sheet
Bronze**

Test / épreuve (M)	Bronze/Bronze				
	5	6	7	8	9
Points	4	5	6	7	8
20m Shuttle Run Course navette de 20m					
Sit Ups Redressements assis	33	34	35	36	38
Push Ups Extensions des bras	18	20	21	22	23
Standing Long Jump (cm) Saut en longueur sans élan (cm)	155	165	178	193	203

**Male score sheet
Silver**

Test / épreuve (M)	Silver/Argent				
	5	6	7	8	9
Points	7	8	9	10	11
20m Shuttle Run Course navette de 20m					
Sit Ups Redressements assis	39	40	41	42	43
Push Ups Extensions des bras	24	26	27	29	31
Standing Long Jump (cm) Saut en longueur sans élan (cm)	170	183	198	208	221

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Male score sheet

Gold

Test / épreuve (M)	Gold/Or				
	5	6	7	8	9
Points					
20m Shuttle Run Course navette de 20m	8	9	10	11	12
Sit Ups Redressements assis	44	46	48	50	53
Push Ups Extensions des bras	32	35	39	43	50
Standing Long Jump (cm) Saut en longueur sans élan (cm)	185	198	218	226	239

WARM UP

Before you start any workout you should always perform a warm up. A good warm-up can take ten or more minutes. It is also good to add additional stretches or exercises such as light jogging, short sprints of increasing speed, hopping or skipping, or light calisthenics. You can perform the same stretches in your cool-down after your workout.

The warm-up is an essential part of every session. A warm-up routine has a number of benefits. Make sure your warm up is at least 10 minutes or more. It is beneficial because:

- a. It prepares the body for action. It increases heart rate, warms up the muscles, stretches tight connective tissue at the ends of the muscles, and helps lubricate the joints. All this helps the muscles function more efficiently;
- b. It helps develop sports skills. Done on a regular basis, stretching and strengthening exercises allow the muscles to work through a wider range so you can play sports comfortably with greater skill; and
- c. It helps prevent injury. Muscles that are supple and strong they become less prone to overstretch and strain.

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1. Arm Circles

Full, slow sweeping circles with both arms. Frontwards, then backwards.



2. Side Stretch

Reach one arm overhead and the other down the side of the leg. Repeat alternately to other side.



3. Sit-Reach

One leg straight, one bent with sole of the foot near knee of straight leg. Reach out along straight leg.



4. Cat Back

On all fours, arch, tucking chin to chest and exhaling. Return to flat-back position. Don't sag.



5. Pelvic Tilt

On your back, knees bent, feet flat on the floor. Tighten abdominals and buttocks, and press your lower back firmly against the floor.



6. Cross-overs

Seated, legs in front, knees bent, feet flat on the floor. Roll legs to one side toward the floor. Look over the other shoulder.



7. Curl-up

Flatten lower back to floor, then slowly curl up with straight arms reaching past the knees.



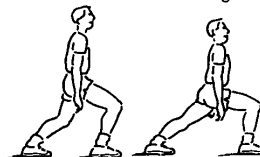
8. Thigh Stretch

Bend one knee, grasp ankle, pull foot gently toward the buttock. Repeat alternately with the other leg. Don't arch your back.



9. Calf Stretch

One foot in front of the other and feet pointing straight ahead, bend both legs (squatting) to stretch the soleus muscle in the rear leg. Repeat with legs further apart and back leg straight to stretch the calf muscle in the rear leg.



To get these benefits, you must warm up properly. Here are some guidelines for a warm-up session:

- a. Start with three minutes of brisk walking or easy jogging;
- b. Do your stretching exercises slowly and smoothly, with no bouncing or jerking. Quick, bouncing movements can cause injury;
- c. Stretch only until you feel tightness. If you feel pain, you are stretching too far;
- d. Do strengthening exercises at a controlled speed. If they are done too quickly, poor technique may result and the risk of injury is increased;
- e. Breathe naturally, inhaling and exhaling fully on each repetition. Breath holding should be avoided. It can cause dizziness or faintness, and it puts greater demands on the heart; and
- f. Arm Circles, Curl and Stretch and Ankle Rocker require gentle, continuous action. For the other stretching exercises, use a stretch-and-hold movement. Start with a minimum of five repetitions, holding the stretched position for at least 10 seconds. Later, you can do a few repetitions, but maintain the stretched position for 20 seconds or longer.

WATER AND FOOD

You need to keep your body supplied with the fuel required to keep it going. Water is essential to activity. Always drink water before beginning an activity, and be sure that you have water

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available to you during the activity. Drink slowly and in small amounts regularly, rather than large gulps once in a while. Eat a well balanced diet, including carbohydrates 8-12 hours before activity. Avoid eating large meals immediately before activity.

COOL-DOWN

Stretching exercises play an important role in the cool-down following an activity session. A cool-down (warm up done in reverse order) brings the heart rate and body temperature back to normal, and it helps prevent unnecessary stiffness and soreness that can result from vigorous activity.

PUSH-UPS

Lie flat on your stomach with your legs together and your hands pointing forward, positioned under your shoulders. Push up from the floor by straightening and locking your elbows and using your toes as a pivot point. Your body must be kept in a straight line. Return to the starting position, upper arms parallel to the floor. Count the initial push-up as “one” and other each repetition successfully completed.

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SIT-UPS

Lie on your back with your knees bent at a right angle and feet about 30 cm apart.

Place your hands beside your head and keep them in this position. You can have someone hold your ankles. Touch your knees with your elbows, count “one”, and return to the starting position. Ensure your shoulder blades return to their initial position each time.



STANDING LONG JUMP

The test starts with the cadets standing on a mat with their toes behind the take-off line.

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Begin with the feet slightly apart. Bend the hips, knees and ankles, push vigorously with the legs while swinging the arms forward

The distance is measured from the start line to the heel of the rear foot in centimetres. Record the better of two attempts.



20 METERS SHUTTLE RUN (20 MSR):

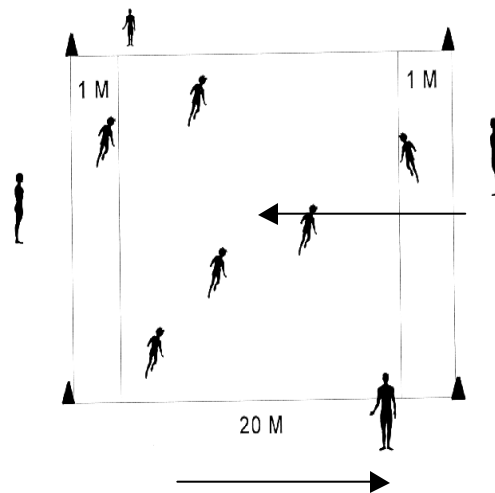
The 20 MSR is a test that gets progressively more difficult. It emphasizes safety and gives a very accurate reading of aerobic fitness.

Pylons and/or tape are used to mark out the 20-metre course on the floor and to indicate the 2 stride zones. The evaluation starts at the walk-jog pace of 8.5 km/hr and increases .5 km/hr for each one-minute stage thereafter. The maximum length of the test is twenty minutes. Ask your instructor for a demonstration if you don't understand.

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Stand behind the outside-line. When the tone of the tape sounds, run across to the other side. Once you enter the other stride zone, turn around and wait for the next tone of the tape. Complete as many stages as you can.

The 20 MSR may be terminated if you stop, you cannot reach the stride zone before the tone twice in a row, or if the instructor becomes concerned about your safety.



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SPORTSMANSHIP

A person who displays good sportsmanship is fond of sports and behaves fairly and generously. Sportsmanship is an attitude and it should be part of everyone's sports gear when they head out to play. Here are some tips to help you practice good sportsmanship, whatever sport you play:

- a. always play by the rules of the game;
- b. respect all the referee's decisions without grumbling;
- c. accept that your opponents played well and deserved to win;
- d. accept victory with humility and modesty;
- e. compliment your opponent on his/her play;
- f. do not try to gain unfair advantage over your opponent;
- g. do not try to win by cheating;
- h. remain in control of your emotions and do not resort to violence; and
- j. remember that it is not who won or lost, but how you played the game.

