

Middle School Initiative

Cadet Physical Fitness Test

1. This lesson plan will assist you as the Physical Fitness Officer in conducting the Cadet Physical Fitness Test for the Middle School Initiative (MSI) program. This generic lesson plan may be used for each achievement throughout the cadet program. Even though each achievement requires a higher level of performance, the procedure for administering and scoring the test is the same.

2. The goal of the cadet physical fitness test and this lesson plan is to develop the CAP cadets toward a basic level of physical fitness that will help them to accomplish the activities and missions of CAP and to meet the achievements of the cadet program. To aid in your understanding of this program, we need to define our concept of physical fitness and the components that make up fitness.

a. Physical fitness is the ability to function effectively in physical work, training, and other activities, and still have enough energy left over to handle any emergencies that may arise.

b. The components of physical fitness are:

- **Cardiorespiratory Endurance (CR):** The efficiency with which the body delivers oxygen and nutrients needed for muscular activity and transports waste products from the cells.

- **Muscular Strength:** The greatest amount of force a muscle or muscle group can exert in a single effort.

- **Muscular Endurance:** The ability of a muscle group to perform repeated movements with sub-maximal force for extended periods of time.

- **Flexibility:** The ability to move the joints (for example, elbow, knee) or any group of joints through an entire, normal range of motion.

- **Body Composition:** The amount of body fat a cadet has in comparison to his total body mass.

c. Improving the first three components of fitness listed above will have a positive impact on body composition and will result in less fat. Excessive body fat detracts from the other fitness components, reduces performance, detracts from appearance, and negatively affects one's health.

d. Factors such as speed, agility, muscle power, eye-hand coordination, and eye-foot coordination are classified as components of "motor" fitness. These factors affect a cadet's ability to perform during missions. Appropriate training can improve these factors within the limit of each cadet's potential.

3. The effectiveness of this program is best measured by the participation of the MSI members involved. Whether it is a group of first year or more seasoned MSI cadets, those participating should be involved in completing the level appropriate for their next achievement. In order for this to be most effective, it is necessary for the members to be supportive of each other and that an atmosphere of competition be established.

4. While you serve in a number of roles in the MSI, your role of physical fitness officer is primary in the accomplishment of this program. You should follow this lesson plan and CAPM 50-18, *Cadet Physical Fitness Test Manual*, for a safe, competitive, and productive program.

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**PART I
COVER SHEET**

CAP 1, 2 or 3 SEMESTER 1 or 2 WEEK As Scheduled

COURSE: Achievement Completion

LESSON TITLE: Cadet Physical Fitness Test (CPFT)

LENGTH OF LESSON: 60 Minutes

METHOD: Performance

REFERENCES:

1. CAPR 52-18, *Cadet Physical Fitness Test Manual*
2. Administrator's Guide, Chapter 6, Section B
3. Administrator's Guide, Chapter 8, Paragraph 8-19

AUDIO/VISUAL AIDS/HANDOUTS:

1. Stopwatch.
2. Clipboard.
3. One 12-inch Ruler
4. CAP Form 66a, *Cadet Physical Fitness Test Scorecard (1 for each cadet)*.

COGNITIVE OBJECTIVE: N/A

COGNITIVE SAMPLES OF BEHAVIOR: N/A

AFFECTIVE OBJECTIVE: Cadets demonstrate enthusiasm for the opportunity to complete each achievement physical fitness test.

AFFECTIVE SAMPLES OF BEHAVIOR:

1. Willingly prepare for the three segments of the test.
2. Perform each segment to the best of their ability.
3. Support other cadets in achieving their best in each segment.

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PART II TEACHING PLAN

Introduction

ATTENTION: You are about to take the cadet physical fitness test, a test that will measure your flexibility, muscular endurance, and cardiorespiratory fitness. The results of this test will give you and your commanders an indication of your state of fitness and will act as a guide to determine your physical training needs.

MOTIVATION: Listen closely to the test instructions, and do the best you can on each of the events.

OVERVIEW: N/A

TRANSITION: N/A

Body

To conduct the three events of the cadet physical fitness test, i.e., mile run, sit-ups, and sit and reach, use the format indicated below:

(See CAPR 52-18, *Cadet Physical Fitness Test Manual*, Chapter 3, Cadet Physical Fitness Test, on how to record and score results of the three events.)

- | | | |
|----|--|------------|
| 1. | Assemble the cadets in formation on the athletic field or running track. | 5 minutes |
| 2. | Ensure each cadet is in physical training (PT) gear. | 5 minutes |
| 3. | Open ranks for cadet warm-up exercises (see CAPR 52-18, <i>Cadet Physical Fitness Test Manual</i> , Chapter 2, on procedures for warm up exercises). | 10 minutes |
- Divide group into elements (one row of the unit in formation).
 - Line each element up at beginning mark for mile run.

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4. Start mile run using stop watch and record each cadet's time on their PT form (see CAPR 52-18, *Cadet Physical Fitness Test Manual*, Chapter 3, on procedures). Allow no more than 10 minutes for rest between each event. 10/15 minutes
5. Assemble the cadets in **pairs** and conduct sit-ups. (Time for sit-ups--allow two minutes. Record the raw number of sit-ups for each cadet.) (See CAPR 52-18, *Cadet Physical Fitness Test Manual*, Chapter 3, on procedures.) 5 minutes
6. Assemble the cadets by element and set up/execute procedure for sit and reach test. (Record the raw distance each cadet can reach.) (See CAPR 52-18, *Cadet Physical Fitness Test Manual*, Chapter 3, on procedures.) 5 minutes
7. Give cadets a short break prior to beginning next class. (Record and score each cadet's scores to their individual *Cadet Physical Fitness Test Scorecard*, CAP Form 66a and their CAP Form 66.) 5/10 minutes

NOTE: Length of program: 50-60 minutes

Conclusion

SUMMARY: Review procedures for each event: mile run, sit-ups, and sit and reach.

REMOTIVATION: Remind them that the higher their raw scores the better their overall points.

CLOSURE: Remember that the object of this test is to achieve a better score for each higher achievement.

NOTE: This generic lesson plan is used for each achievement throughout the cadet program. Even though each achievement requires a higher level of performance, there is no academic test requirement for this lesson. Therefore, the next section on lesson review does not require feedback from the cadets when the CPFT is administered each time.

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**PART III
LESSON REVIEW**

LESSON OBJECTIVE(S): Satisfactorily complete the three events of the cadet physical fitness test: mile run, sit-ups, and sit and reach.

LESSON QUESTIONS:

1. What is a definition of physical fitness?

Answer: Physical fitness is the ability to function effectively in physical work, training, and other activities, and still have enough energy left over to handle any emergencies that may arise.

2. What are the components of fitness?

Answer: The components of physical fitness are as follows:

- a. **Cardiorespiratory Endurance (CR):** The efficiency with which the body delivers oxygen and nutrients needed for muscular activity and transports waste products from the cells.

- b. **Muscular Strength:** The greatest amount of force a muscle or muscle group can exert in a single effort.

- c. **Muscular Endurance:** The ability of a muscle group to perform repeated movements with sub-maximal force for extended periods of time.

- d. **Flexibility:** The ability to move the joints (for example, elbow, knee) or any group of joints through an entire, normal range of motion.

- e. **Body Composition:** The amount of body fat a cadet has in comparison to his total body mass.