

Cadet Regulation 3-12

Physical Fitness

State of California-Military Department
Joint Force Headquarters
Sacramento, California
15 January 2015

UNCLASSIFIED

SUMMARY of CHANGE

CR 3-12
Physical Fitness

*This is a minor revision of a regulation previously published.

**State of California – Military Department
Joint Force Headquarters
Headquarters, California Cadet Corps
Sacramento, California**

Cadet Regulation 3-12

Effective 15 January 2015

PHYSICAL FITNESS

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History. This is a minor revision of a regulation previously published.

Summary. This regulation describes the training program for physical fitness to be conducted by brigades, regiments, and units of the California Cadet Corps (CACC) as well as the directions for administering the California Physical Fitness Test.

Applicability. This regulation applies to all schools currently maintaining membership in the CACC.

Proponent and exception authority. The proponent of this regulation is the Executive Officer, CACC. The proponent has the authority to approve exceptions or waivers to this regulation that are consistent with controlling law and Regulations.

The proponent may delegate this approval authority, in writing, to a field-grade man-day staff officer or State Projects Officer. Activities or units may request a waiver to this regulation by providing full justification that includes a full analysis of the expected benefits. All waiver requests will be endorsed by the senior commandant officer of the requesting activity or unit and forwarded through their higher headquarters to the policy proponent.

Supplementation. Supplementation of this regulation and establishment of command and local forms are prohibited without prior approval, in writing, from the Executive Officer, California Cadet Corps. Send a draft copy of each supplement to – Youth Programs, California Cadet Corps, ATTN: Executive Officer, Building 1301, Camp San Luis Obispo, CA.

Suggested improvements. Users are invited to send comments and suggested improvements in memorandum form directly to the address listed above.

Distribution. This publication is available in electronic media only and is intended for all levels of the California Cadet Corps organization and is authorized for public distribution. Printed copies of this publication may be provided, within budget limitations, at the discretion of the Joint Force Headquarters, California

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CHAPTER 1 - GENERAL

1-1. PURPOSE.

This regulation establishes the protocols to prepare for and administer the California Cadet Corps Physical Fitness Test.

1-2. OBJECTIVE.

The objectives of the California Cadet Corps Physical Fitness Testing Program are for each individual cadet to:

- Comply with California Department of Education Physical Fitness testing requirements
- Perform to the fullest of their potential in each area of the test
- Improve the overall personal health and wellness and establish lifelong habits of wellness in each cadet.

1-3. AUTHORITY.

- a. Section 508 of the California Military and Veterans Code states that the California Cadet Corps shall train in accordance with appropriate U.S. Army Manuals.
- b. Fitnessgram, a Manual by the Cooper Institute, governs the administration of Physical Fitness Testing conducted by the California Cadet Corps.

1-4. GENERAL.

- a. State Testing: The Fitnessgram, created and published by the Cooper Institute, is the officially sanctioned California Physical Fitness Test (PFT) for students in grades five, seven, and nine. It consists of the following components:
 - a. A measurement of body composition (Body Mass Index) using a student's weight and height.
 - b. A measurement of aerobic capacity and endurance using the Mile Run Test or the Pacer Test (a timed and structured lap-running program that can be conducted indoors or in smaller spaces than the mile run).
 - c. A measurement of upper body strength using the push up test, modified pull up test, or flexed arm hang test.
 - d. A measurement of abdominal strength and endurance using the curl up test.
 - e. A measurement of trunk extensor strength and flexibility using the Trunk Lift Test; and
 - f. A measurement of overall flexibility using the Back-Saver Sit and Reach Test or the Shoulder Stretch Test.
- b. Basic CACC PFT Criteria: The California Cadet Corps adopts the same criteria as the California Department of Education (CDE) for "passing" the Physical Fitness test with the modifications indicated in paragraph 1-4(e) below.
- c. Definition of the Healthy Fitness Zone: The California Department of Education says that a student must be in the Healthy Fitness Zone for five of the six areas on the test (Aerobic Capacity, Body Composition, Abdominal Strength and Endurance, Trunk Extensor Strength and Flexibility, Upper Body Strength and Endurance, and Flexibility). The Healthy Fitness Zone (HFZ) is defined as the level of performance at which an individual is demonstrating fitness that offers a degree of protection against diseases resulting from physical inactivity. The HFZ is dependent on an individual's age and gender.

- d. Timelines for Administration: It is expected that all CACC units administer the complete CA PFT according to CDE guidelines during the specified testing time window annually. In addition, CACC units are expected to administer the CACC PFT once each semester to all cadets, regardless of their grade level. Cadets being considered for promotion to all ranks above C/SSG are expected to have passed a CA PFT within six calendar months of the effective date for all such promotions. Individual school commandants are encouraged to require passing of a CA PFT prior to all cadet promotions. The expectation to administer a CA PFT at least once each semester is a requirement in addition to the CDE requirement.
- e. Modifications to the CDE PFT: The California Cadet Corps has modified the CA PFT to eliminate the Body Composition test as a required element and require the one mile run as the test of aerobic capacity, the push up as the test of upper body strength and endurance, and to require BOTH the back saver sit and reach and shoulder stretch tests. When administering a CA PFT “for record” as required by the CA Department of Education, such modifications required by the CACC are not applicable.
- f. Passing: “Passing” the California Cadet Corps PFT is defined as being in the Healthy Fitness Zone for ALL of the following:
 - a. Aerobic Capacity Test – The Mile Run; AND
 - b. Abdominal Strength and Endurance Test – The Curl Up; AND
 - c. Upper Body Strength and Endurance – The Push Up; AND
 - d. ONE or more of the three flexibility tests – Trunk Lift, Sit and Reach (Left AND Right), or Shoulder Stretch (Left AND Right).
- g. Preparation: A program of regular preparation for the CACC PFT is necessary and appropriate to give cadets the maximum capacity for success on the test. Chapter 2 to this regulation outlines such a program.
- h. Medical Excuses: If cadets have a medical excuse from the PFT, it should be on file with both the school office and in the cadet’s 201 file. Such excuses must be updated annually and must be signed by a physician or physician’s assistant and provided on official medical office letterhead.
- i. Grading: It is recommended that cadets be assessed for academic grades in their CACC class partly on the basis of
 - a. Actively participating in the 10-15 minute regimen described in this regulation
 - b. Actively participating in the Fitness Log Goal Sheet activities
 - c. The quality of their reflection on the Fitness Log Goal Sheet questions at the conclusion of each two-month period
 - d. The completion of and written reflection on a weekly Wellness Journal, found at the CACC curriculum as handout 2-H-8
 - e. Their participation in team sports and other vigorous physical activities demanded by the CACC Curriculum

1-5. AWARDS.

- a. All cadets who have scores within the Healthy Fitness Zone bands on each of the mile run, curl up test, and push up test, as well as ONE of the three flexibility tests (trunk lift or both sides of the shoulder stretch or both sides of the sit and reach) are eligible for the Physical Fitness Achievement Ribbon.
- b. If a cadet scores at or above the upper-band number of the Healthy Fitness Zone on TWO or MORE of the mile run, curl up, or push up tests, and within the healthy fitness zone on ALL flexibility tests, they are eligible for the Physical Fitness Achievement Medal.
- c. Numerals shall be awarded in recognition of subsequent awards. A Gold star attachment shall be awarded to the Physical Fitness Achievement Ribbon for cadets earning the Physical Fitness Achievement Medal.

CHAPTER 2 - CONDITIONING

2-1. RATIONALE.

It is possible to prepare for the PFT and improve PFT performance with a regimen of exercises that develop individual aerobic capacity, overall strength, endurance, and flexibility.

2-2. APPROACH.

Improving individual performance on the PFT is best achieved through:

- Regular physical fitness activities, preferably a minimum of two and preferably three days per week of the school year
- A planned program of instruction in basic concepts of fitness development and maintenance
- Explanations of each fitness area and its relationship to good health
- Specific physical activities that improve or maintain each of the components of health-related fitness
- Opportunities for cadets to participate in vigorous physical activity and exercise
- Practice sessions which allow cadets to learn about how each fitness area test is administered
- Use of the California Cadet Corps Fitness Log Goal Sheet, found in the CACC curriculum as item 3-A-4. This goal sheet allows students to:
 - Establish baseline performance on each of the test areas
 - Set goals for improvement
 - Track performance over a two-month period
 - Reflect upon performance trends from baseline performance through a two-month period.

2-3. EXERCISE REGIMEN.

- a. It is recommended that CACC units require all cadets to participate in at least two days per week of a guided fitness regimen.
- b. It is recommended that CACC units require a day of vigorous physical activity such as team sports.
- c. In addition, a second day should be devoted to:
 - a. a 10-15 minute regimen of activities to help develop aerobic capacity, overall strength, endurance, and flexibility, as well as;
 - b. the practicing of each part of the PFT through the use of the Fitness Log Goal Sheet found in the CACC Curriculum as item 3-A-4. Through the completion of this sheet, cadets will have WEEKLY practice in specific preparation for the PFT.
- d. The 10-15 minute regimen should consist of selections from the following:
 - a. About 2 minutes of “Warm Up” activities such as the side bend, trunk twist, knee lift, calf stretch, arm circles, jumping jacks and brisk walking
 - b. About 10 minutes of “Strength Development” activities such as crunches, curl ups, sit ups, the back arch, the wall sit, lunges, single leg lifts, arm curls, military press, modified pull ups, horizontal ladder activities, push ups, and climbing activities
 - c. Aerobic activities such as jogging, cycling, swimming, brisk walking, rope jumping, soccer, and basketball (while these cannot be accomplished in a typical 10-15 minute session, they should be planned as part of the overall fitness program)
 - d. Cool down activities such as the calf stretch, thigh stretch, sitting toe touch, knee hug, arm/shoulder stretch, and arm/side stretch.
- e. See Appendix A for a handout picturing “Get Fit” exercises described above.

CHAPTER 3 – PHYSICAL FITNESS TESTING

3-1. GENERAL.

- a. All CACC units should administer the PFT once each semester or twice per school year.
- b. The PFT provides information that be used by cadets to plan personal fitness programs; by commandants to design the curriculum of physical education program; and by parents and guardians to understand their students’ fitness levels. This also allows the HQS, CACC to monitor changes in the physical fitness of cadets statewide AND to compare the performance of cadets to their non-cadet counterparts statewide.
- c. While state statute only requires students in grades five, seven, and nine to take the PFT, the CACC requires all cadets enrolled in the program to take the PFT twice per school year.
- d. Cadets younger than age 10 are not officially scored on the CACC PFT. Their performance is used to chart progress and for information purposes only.
- e. The test assesses three broad areas of fitness: (1) aerobic capacity, (2) body composition, and (3) muscle strength, endurance, and flexibility. The third area is subdivided in four areas: abdominal strength and endurance, trunk extensor strength and flexibility, upper body strength and endurance, and flexibility.
- f. The CACC PFT will consist of the following selected tests from the Fitnessgram. Only these tests are measured for the CACC PFT. Individual schools and school districts may require different tests for their state-mandated physical fitness testing; however, the following will be administered twice annually:
 - a. Mile Run
 - b. Push Ups
 - c. Curl Ups
 - d. Shoulder Stretch (Left and Right sides)
 - e. Sit and Reach (Left and Right sides)
 - f. Trunk Lift

3-2. MILE RUN.

- a. The one-mile run is administered by instructing cadets to run a mile as fast as possible. Walking is permitted for cadets who cannot run the total distance. The time taken to complete the run is recorded in minutes and seconds.
- b. It is important that the distance run be exactly one mile and that the surface on which cadets run is appropriate for running.
- c. The Healthy Fitness Zones for the One-Mile Run are as follows:

Age	Females (minutes and seconds)	Males (minutes and seconds)
10	12:30-9:30	11:30-9:00
11	12:00-9:00	11:00-8:30
12	12:00-9:00	10:30-8:00
13	11:30-9:00	10:00-7:30
14	11:00-8:30	9:30-7:00
15	10:30-8:00	9:00-7:00
16	10:00-8:00	8:30-7:00
17	10:00-8:00	8:30-7:00
18+	10:00-8:00	8:30-7:00

3-3. PUSH UPS.

- a. Push ups are executed at a pace of about one push up every three seconds. Ideally, the pace is called or played on a prerecorded tape or CD-ROM. Males and females follow the same protocol.
- b. The back and legs should be straight. The exercise begins in the “down” position. Each upward motion counts as one complete exercise.
- c. In the down position, the arm/elbows should be at a 90 degree angle.
- d. The cadets are stopped when a second form correction is made or when they experience extreme discomfort or pain. The first form correction is counted among the completed push ups. The second form correction is NOT counted.
- e. The Healthy Fitness Zones for the Push Up test are as follows:

Age	Females # completed	Males # completed
10	7-15	7-20
11	7-15	8-20
12	7-15	10-20
13	7-15	12-25
14	7-15	14-30
15	7-15	16-35
16	7-15	18-35
17	7-15	18-35
18+	7-15	18-35

3-4. CURL UPS.

- a. Curl ups are executed at a pace of about one curl up every three seconds. Ideally, the pace is called or played on a prerecorded tape or CD-ROM.
- b. Cadets lie on their backs with knees bent at a 140° angle, hands at their sides, palms facing down.
- c. Moving slowly, student curl up, sliding fingers across a measuring strip on the mat. A correct curl up requires the cadet’s fingers to slide from one end of the strip to the opposite end of the strip.
- d. The strip is 4.5 inches wide and 30-35 inches long. For cadets younger than 10, a 3 inch wide strip should be used. The strip may be made of cardboard, or other appropriate material. The strip is placed at the edge of the cadet’s fingertips in the “down” position and should be secured in a way that prevent movement during the exercise. Cadets lift their upper bodies keeping their hands flat and complete a successful curl up when their fingertips surpass the opposite end of the strip.
- e. The cadets are stopped when a second form correction is made or when they experience extreme discomfort or pain. The first form correction is counted among the completed curl ups. The second form correction is NOT counted.
- f. Males and females follow the same protocol. The exercise begins in the down position.
- g. Students are stopped after four minutes or if they complete 75 successful curl ups, whichever comes first
- h. The Healthy Fitness Zones for the Curl Up test are as follows:

Age	Females # completed	Males # completed
10	12-26	12-24
11	15-29	15-28
12	18-32	18-36
13	18-32	21-40
14	18-32	24-45
15	18-35	24-47
16	18-35	24-47
17	18-35	24-47
18+	18-35	24-47

3-5. SHOULDER STRETCH.

- a. This test measures upper body flexibility. Cadets are instructed to touch the fingertips together behind the back with one hand reaching over the shoulder and the other under the elbow.
- b. The test is repeated once with each “side” of the body. The left is measured when the left hand reaching over the shoulder and the right is measured with the right hand reaching over the shoulder.
- c. Touching the fingertips of one hand to the other is considered being in the Healthy Fitness Zone. In order to “pass” this test, BOTH sides must be in the Healthy Fitness Zone.

3-6. TRUNK LIFT.

- a. Lying face down on a mat, cadets are asked to slowly lift the upper body off the floor, using the muscles of the back, to a maximum of 12 inches. Cadets need to hold the position for measurement.
- b. The measurement is taken as the distance from the floor to the bottom of the cadet’s chin. Measurement devices should NOT be placed immediately under the chin as a safety precaution.
- c. During the test, cadets must keep their eyes focused on a spot on the floor directly in front of them. This spot can be marked with a quarter or similar device.
- d. No bouncing should be permitted.
- e. Cadets should not lift higher than 12 inches.
- f. The Healthy Fitness Zone for both genders and all ages is 9-12 inches.

3-7. SIT AND REACH.

- a. This test primarily measures hamstring flexibility.
- b. Cadets sit in front of a box with a ruler extended from the top edge of the box. The ruler is taped so that the number “1” is closest to the cadet, the number “9” is exactly at the edge of the box, and the number 12 is furthest away from the cadet.
- c. Starting in a sitting position with one leg extended touching the box (and the other leg bent), the student reaches forward with both hands along the scale (ruler) of the box. The cadet reaches four times and holds the position on the fourth reach for at least one second. The distance the student reaches is recorded, and the same procedure is repeated with the opposite leg (foot) touching the box.
- d. To be in the HFZ, the student must reach the reach criteria using BOTH the right and left sides of the body.
- e. The knee of the extended leg should remain straight. The tester may place one hand on the cadet’s knee as a reminder to keep the knee straight. Do not push or use force to hold down the knee.
- f. Hips must remain square to the box. Do not allow the cadet to turn the hip away from the box as s/he reaches.
- g. Reach performance should be limited to 12 inches.
- h. The Healthy Fitness Zones are as follows:

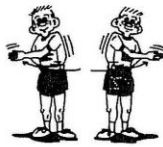
Age	Female Inches	Male Inches
10	9	8
11-14	10	8
15+	12	8

Get Fit Exercises

WARM-UP ACTIVITIES



Side Bend



Trunk Twist



Knee Lift



Calf Stretch



Arm Circles



Jumping Jacks



Brisk Walking

STRENGTH DEVELOPMENT ACTIVITIES



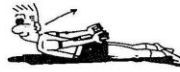
Crunch



Curl-ups



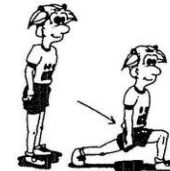
Sit-ups



Back Arch



Wall Sit



Lunges



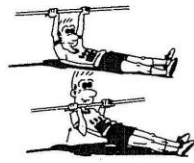
Single Leg Lift



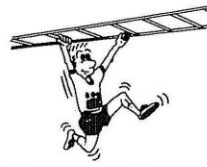
Arm Curls
(using canned food as weight)



Military Press



Modified Pull-ups



Horizontal Ladder Activities



Push-ups



Climbing Activities

AEROBIC ACTIVITIES

Jogging

Cycling

Swimming

Brisk Walking

Rope Jumping

Soccer

Basketball

COOL-DOWN ACTIVITIES



Calf Stretch



Thigh Stretch



Sitting Toe Touch



Knee Hug



Arm/Shoulder Stretch



Arm/Side Stretch

Figure 2a: Push Up “Up” Position



Figure 2b: Push Up “Down” Position



Figure 3a: Curl Up starting position



Figure 3b: Curl Up ending position



Figure 4: Shoulder Stretch (note that only fingertips need touch; this example shows a VERY flexible person)



Figure 5a: Trunk Lift Starting Position



Figure 5b: Trunk Lift Ending Position



Figure 6a: Sit and Reach Starting Position



Figure 6b: Sit and Reach Ending Position

