

5.2 CPFT Practice

Cadets learn each of the CPFT exercises and practice the skills to complete them

Suggested Instructor

Cadet NCO and assistants to demonstrate the exercises and make form corrections

Duration

20 minutes

Goal

Cadets gain familiarity with the skills needed to perform their best in the CPFT

Equipment Needed

- PACER Cadence
- Push-Up/Curl-Up Cadence
- Sit & Reach box or yardstick
- Speaker with adequate volume
- Curl-Up mats
- Curl-Up measuring strips
- PACER score sheets

Lesson Outline

CPFT Demonstration – Performance (20 min)

Using the demonstration – performance method described below, teach cadets how to perform each event in the Cadet Physical Fitness Test. While cadets have certainly run and done curl-ups, doing the exercises with the Fitnessgram cadences is a different skill. Cadets shouldn't encounter these exercises for the first time in a high-stakes testing environment. For a description of the events, see CAPP 60-50 or the Resources page at GoCivilAirPatrol.com/Fitness.

1. State the exercise to be performed and explain its purpose.
2. Perfectly demonstrate how the exercise is performed at a normal cadence. For calisthenics, demonstrate 3 or 4 repetitions.
3. Break the exercise into segments. Show the starting position and the finishing position and identify any special rules or standards. Slowly demonstrate the exercise one step at a time. Allow cadets to ask questions.
4. Have cadets try the exercise on their own. Watch them closely and give them feedback. Ensure everyone understands how to perform the exercise properly.

Mile Run: It is not necessary to run a mile to demonstrate the mile run, but ensure cadets know what the course is, how many laps they need to complete, etc. Remind cadets to listen for their final time as they cross the finish line so it can be recorded. Encourage cadets to walk a bit afterwards to cool down, do not sit immediately.

PACER: Allow cadets to listen to several minutes of the cadence CD so that they know what to expect. Pair students and have half practice running and the other half practice scoring, then switch. Make it clear that the first missed lap does not end the test. If the cadet hasn't completed their lap when the beep sounds they have one more chance to regain the pace. They should turn around immediately and keep running. The first incomplete lap still counts towards their total score. The second time the cadet cannot reach the line by the time of the beep, his or her test is completed.

Curl-Up: While the movement of the curl-up may be familiar, the form and exercising to a cadence are likely to be new to most cadets. Cadets should practice the exercise with the measuring strip alone, then with the cadence. The movement be smooth, controlled, and constant, not a quick curl-up and a two-second rest.

90° Push-Up: Like the curl-up, cadets may be familiar with push-ups, but performing at a cadence may be a challenge for some. It can be helpful to have a short cone, playground ball, or other piece of pliable equipment that could be placed under the cadet's chest so they can feel when they've reached the right height.

Back-Saver Sit and Reach: Cadets are discouraged from reaching past 12 inches for safety.

CPFT Standards (2 min)

Review the CPFT performance standards. Ensure everyone knows what standards they need to meet for their age and gender to qualify for promotion to cadet airman. See Super Chart or CAPP 60-50 for details.