



# Civil Air Patrol



## Fitness Officers' Clinic

Joanna Lee



# Active Cadet Fitness Program

- History & Background
- ACFP Overview
- Beta Test
- Upcoming Support
- Practical Tips
- Questions



# Active Cadet Fitness Program

- 2003- Adopted current standard
- 2013- President's Challenge discontinued
- 2014- BOG: “build the cadet fitness program to reflect the latest evidence-based practices.”
- Dec 2015- Active Cadet Fitness Program proposed
- Jan 2016- Opened 6-month beta test
- Jan 2016- Publication moratorium
- Oct 2017- Reengineered CAPP 60-1 published with Jan 2018 effective date





# Activities

Get moving!

Being physically active is one of the most important steps that Americans of all ages can take to improve their health.

- Day hikes
- Orienteering
- Volleyball
- Geocaching
- Adventure races
- Fitness circuits
- Capture the flag
- Ultimate Frisbee
- Soccer
- Freeze tag
- Obstacle courses
- Indoor skydiving
- Relay races
- Cadet Ironman competitions



# Academics & Attitudes & Awards

## Academics

To fully gain the health benefits of physical fitness it's important to develop the cognitive concepts related to fitness.

## Attitudes

The attitudes component of the fitness program refers to motivating each cadet to be their personal best through a supportive environment, goal setting, active participation.

## Awards

Recognizing outstanding performance, regular active behavior & improvement.



# Assessment

Fitness assessment is an integral piece of the fitness curriculum.

- Aligned with the Presidential Youth Fitness Program
- Fitnessgram assessment protocols
- Scientific information is used to determine the amount of fitness needed to meet minimum health levels
- The healthy fitness zone (HFZ) is based on criterion-referenced standards that represent the age- and gender-appropriate fitness levels that a young person needs for good health



# Assessment

Aerobic capacity- [the Pacer](#) or One-mile run

Abdominal strength and endurance- [Curl-up](#)

Upper body strength and endurance- [90°push-up](#)

Flexibility- Back-saver sit-and-reach

Administered quarterly.

“Run plus 2 out of 3”

Cadets that earn their HFZ credential are eligible to promote for 6 months.



# Cadet Promotions

Phase I

Learning Phase. Take CPFT to establish baseline. Not necessary to score in HFZ to promote.

Wright Brothers Award

Transition to Leadership Phase. Must have valid HFZ credential to earn award.

Phases II, III & IV

Leadership, Command, & Executive Phases. Must have valid HFZ credential to promote.

Spatz Award

Highest Cadet Achievement. USAFA Candidate Fitness Assessment (Mile run, push-ups, curl-ups)

**CITIZENS SERVING COMMUNITIES**

**Females**

Age	Run +		Push Ups	2 of 3	
	Mile Run	20m Pacer		Curl Ups	Sit & Reach
12	10.40	23	7	18	10 in
13	10.20	25	7	18	10
14	10.09	27	7	18	10
15	9.58	30	7	18	12
16	9.46	32	7	18	12
17	9.34	35	7	18	12
18+	9.22	38	7	18	12

**Males**

Age	Run +		Push Ups	2 of 3	
	Mile Run	20m Pacer		Curl Ups	Sit & Reach
12	10.40	23	10	18	8 in
13	9.46	29	12	21	8
14	9.22	36	14	24	8
15	9.04	42	17	24	8
16	8.42	47	18	24	8
17	8.22	50	18	24	8
18+	8.04	54	18	24	8



# ACFP Beta Test

- 200+ Beta Test Units
- 80% “generally satisfied”
- Average cost to new unit under \$100 (free to \$250)
- Likes: Achievable goals, less testing, emphasis on fitness, PACER
- Dislikes: Record keeping, pamphlet, public records, PACER



# Upcoming Support

- Updated CAPP 60-50 ( CAPP 52-18)
- Eservices reporting w/ mobile friendly scoring
- CAPP 60-51, Cadet Fitness Leader Guide
- Physical Best Activity Books
- Fitness Officer position
- Cadet Fitness incentive badge
- Video support



# eServices Support

- [Mobile Friendly Scoring Tool](#)
- [Records in eServices](#)
- Personal Goal Tracking



# Fitness Webinars

- [www.capmembers.com/CadetWebinars](http://www.capmembers.com/CadetWebinars)
- This session will be available next week
- Sept 26,27,28
- Recording available afterwards



# Practical Tips

- Personal Goal Setting Sheet
- YouTube cadences & tutorials
- PACER scoring sheet
- Peer Checklist
- DIY Sit & Reach box
- DIY Curl-up mats
- Your suggestions



# Questions?

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# Takeaways

ACFP coming with publication of CAPR 60-1

Units may switch immediately, must switch by 1 Jan

Check out webinars, blog for updates and support



# Civil Air Patrol

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registration fee refunded**

<https://www.surveymonkey.com/r/17NatCon>

A nighttime photograph of the Anaheim Marriott hotel. The building is illuminated with warm lights, and its windows are lit up. In the foreground, there is a large, curved fountain with water cascading over a stone wall. The sky is dark, and the overall scene is vibrant and modern.

**Save the Date**  
**23-25 August**  
**2018**

**National Conference &  
Command Council**

Anaheim Marriott  
Anaheim, California

Online Registration Opens April 2018