



CIVIL AIR PATROL
United States Air Force Auxiliary

CADET ENCAMPMENT PROGRAM
F1 Fit for Flying

Briefing & Suggested Lesson Plan for the Guest Speaker

Date & Time of Talk:

Location:

Arrival Time:

Point of Contact:

Cell Phone:

Email:

Thank you for volunteering to support Civil Air Patrol cadets. You're going to have fun interacting with the cadets because this group is bright, enthusiastic, and possesses a serious of purpose that you won't find among an ordinary group of young people.

Overall Goal: As a result of this session, cadets should possess an understanding of the role fitness plays in aviation and in a military career. By interacting with you, a fitness expert, we want cadets to be informed about the importance of fitness, the choices they can make to improve and maintain a high level of fitness and to be motivated to make those choices a lifelong commitment.

Objectives. To achieve that goal, this suggested lesson plan pursues four objectives. By the end of the class, cadets will:

- 1.) Identify the two principles of good fitness and give examples of tips for each.
- 2.) Explain why excellent physical fitness is crucial in the military and aviation.
- 3.) Describe two physical tests or assessments service members may encounter in their careers.
- 4.) Explain why fitness is important for everyone, not just those who serve in the military or fly.

Suggested Duration: 60 min

Audience. Teenaged cadets enrolled in the Civil Air Patrol Cadet Program, a youth activity imparting leadership skills in an aerospace-themed environment. The #1 area of interest for cadets is aviation or aerospace. Their #2 area of interest is military service and leadership in general. Your CAP point of contact will tell you how many cadets are in attendance.

Background. Cadets arrive at their annual encampment with a basic understanding of fitness. They have all participated in military-style calisthenics and in the Cadet Physical Fitness Test, based on the President's Challenge, consisting of the mile run and/or shuttle run, push-ups, curl-ups, and the sit and reach. Their levels of activity, understanding of nutrition, and familiarity of fitness as it relates to military and aviation careers is hugely varied. Therefore, your involvement as a respected role model is needed to impart a global overview of physical health and motivate the cadets towards a goal of lifelong fitness.

Suggested Instructor. Staff from the base gym, life support technicians, professional athletes (current or retired), military or civilian pilots may deliver a presentation using the materials provided at capmembers.com/encampment, or use their own materials appropriate for a motivational "Fitness 101" presentation.

Suggested Format. Cadets relate best to specific examples, not abstract concepts. Speak anecdotally. Use your life experiences to convey a personal perspective about health. Have some questions prepared to direct to the audience and/or allow time for the cadets to pose questions to you. A back-and-forth discussion is better than a lecture.

CAP's Position on Fitness. CAP is not a specialized health agency. We endorse the recommendations of experts such as the U.S. Department of Health and Human Service; the Centers for Disease Control and Prevention; and the President's Council on Fitness, Sports & Nutrition. The goal of the cadet physical fitness program is to make cadets physically fit and to motivate them to develop of a lifelong habit of exercising regularly. Highly specialized training

regimens and diets have been shown to be beneficial for certain athletes, but recommending such plans for cadets should be avoided.

Audio Visual Support. Your CAP point of contact will tell you what A/V support is available.

Visual Aids & Script-Like Notes. A set of slides is available simply as visual aids, not lecture notes where the speaker “talks to the slides.” Instructors are welcome to use their own visuals in lieu of those provided. In the slides’ notes view, a script-like series of questions and answers are offered. The purpose of those is merely to point the speaker in the right direction. You, the fitness expert, are the “star of the show,” not the slides and not the script-like notes.

Content Outline

1. Opener
 - a. Eddie Rickenbacker’s survival at sea
2. What is fitness?
 - a. Fitness is the state of being physically healthy and strong.
 - i. a general state of health and well-being
 - ii. the ability to perform participate in a variety of physical activities
 - iii. low risk of premature health problems
 - iv. ability to meet emergency situations.
 - v. generally achieved through correct nutrition, exercise, hygiene and rest
3. Principle of Good Fitness
 - a. Be Active
 - b. Eat Healthy
4. Eat Healthy
 - a. Make half your plate fruits and vegetables
 - b. Make at least half your grains whole grains
 - c. Get your calcium-rich foods
 - d. Go lean with protein
 - e. Drink water instead of sugary drinks
5. Be Active
 - a. CDC’s Youth Physical Activity Guidelines: Children and adolescents should have 60 minutes (1 hour) or more of physical activity daily.
 - i. Aerobic: vigorous-intensity physical activity at least 3 days a week.
 - ii. Muscle-strengthening: at least 3 days of the week.
 - iii. Bone-strengthening: at least 3 days of the week.
 - b. It is important to encourage young people to participate in physical activities that are appropriate for their age, that are enjoyable, and that offer variety.
6. Military & Aviation fitness
 - a. Air Force BMT Physical Fitness Test
 - b. Service Academies Candidate Fitness Assessment
 - c. Fighter Aircrew Conditioning Test
 - d. Air Force Fitness Program
 - e. Flying Medical Certificates
7. Lifelong fitness
 - a. Short term & long term goals
 - b. Fitness is a lifelong focus.
8. Conclusion

Suggested Resources. The following websites offer beneficial information on health and fitness for youth

- www.choosemyplate.gov - The Center for Nutrition Policy and Promotion
- www.fitness.gov - President’s Council on Fitness, Sports & Nutrition
- <http://www.cdc.gov/physicalactivity/index.html> - Centers for Disease Control and Prevention
- <http://www.afpc.af.mil/affitnessprogram/> - Air Force Personnel Center