

Royal Canadian Sea Cadet Corps Centurion Physical Fitness



Physical Fitness

As learned in first chapter, one of the aims of Sea Cadets is to promote physical fitness. We do this through participation in a program called The Canadian Active Living Challenge. This program is designed to get you involved, and keep you in involved, in living a healthy lifestyle.

Active Living. Your Way. Every Day.

Active living means . . .

- Valuing physical activity and making it part of your day.
- Doing activities you find satisfying and fun.
- Being active in ways that suit your routine and your body.



Active living means taking things in stride. . . doing what comes naturally. Skateboarding and swimming. Dancing and karate. Walking, wheeling, or working in the garden. Playing frisbee in the park with your friends.

But active living is more than just living actively. It also involves cooperation and caring, peace and harmony. It means. . .

- Experiencing the simple pleasure of being in motion.
- Reaching out and helping others who wish to be active.
- Living lightly on the land.

Active living means different things to different people, but it has something for everyone.

Your Physical Fitness Level

At the corps, you will participate in the PACER Fitness Assessment, once at the beginning of the year and then again near the end, to record your progress.

Benefits of Physical Fitness

Active living is defined as "a way of life in which physical activity is valued and integrated into daily living". It focuses on the individual, recognizing that everyone is different. It is social, knowing that outside influences affect our choices and opportunities for participation. Lastly, it is inclusive, allowing all Canadians to be active participants.

Active living encompasses the entire physical activity experience. Along with the simple bodily movements of physical activity, active living can engage the 'whole' person.

- Mentally
- Emotionally
- Socially
- Spiritually

Active living contributes to individual well being . . . not just through the 'experience of the moment' but through the knowledge, skills, level of fitness, and feelings of self-esteem that develop over time.

So, what are the benefits of being physically active?

- A positive use of free time. . . FUN!
- Makes you feel better
- Increased independence, especially for people with disabilities and older adults
- Increased opportunities for socializing
- Increased opportunities to learn new activities
- Stronger and more flexible muscles
- Increased energy
- Improved posture
- Sounder sleep
- Stress reduction

- Improved balance/coordination
- Improved digestion
- Maintenance or improvement of body weight and composition
- More efficient heart and increased lung capacity
- Improved academic performance

As with all activities, there are pros and cons. Some points to remember about being physically active include:

- Too much of any one activity could cause an overuse injury to the muscles or bones involved e.g. shin splints may occur in people who constantly run and/or jump on hard surfaces.
- Contact sports expose participants to the possibility of impact injuries e.g. twisted knee in football.
- A person who is compulsively active and does not eat properly could have trouble maintaining a healthy body weight (i.e. they may become too slender).

More importantly, what are the problems with being physically inactive:

- Have more difficulty achieving or maintaining an appropriate body weight
- Get "puffed-out" more easily
- Feel too weak to do things you'd like to do
- Injuries due to inflexible muscles
- No energy to do anything
- Boredom

Aerobic Endurance	Muscular Endurance
Brisk Walking	Sailboarding
Running	Kayaking
Cycling	Canoeing
Skating	Rowing
Cross-Country Skiing	Tennis
Skateboarding	Weight Lifting
Non-stop activity play	Baseball
Hiking	Sit-ups and Push-ups
Jumping rope	Volleyball
Soccer	Football
Basketball	Gymnastics
Ice Hockey	Downhill Skiing
Field Hockey	Badminton
Dancing	Softball
Snowshoeing	Table Tennis
Marching	Goal Ball
Wheeling	

Muscular Strength	Flexibility
Weightlifting (power)	Dancing
Shot-put	Rhythmic Gymnastics
Long Jump	Cool-down Movements
Pole-vaulting	Figure Skating
Hammer Throw	Yoga or Stretching Exercises
Javelin	Gymnastics
High Jump	Warm-up Movements
Ski Jump	Diving
Martial Arts	Synchronized Swimming

It is obvious that the benefits of physical fitness outweigh the problems, so let's look at different activities to help develop physical fitness

"Do you know how much the Stanley Cup weighs? The hockey trophy is silver plated over aluminum and weighs 14.5 kilograms (about 32 pounds)."

Personal Fitness Goals

Now that you've found your starting point and understand the objectives of the Canadian Active Living Challenge, it is time to set your own goals. It is important to be honest in setting personal goals. There is not a pass/fail standard and your goals can be changed as needed to accurately reflect your expectations. Ask yourself the following when setting goals:

- What I want to get out of this program is. . .
- What I'm willing to do to reach my goal is. . .
- What will have to change is. . .
- How I will measure my progress is. . .
- I am setting the following goals for myself. . . You

can now set up your own Personal Activity Program. Decide which activities you will do each day of the week. Our corps will help you to set up your program but it is up to you to complete an activity each day. You can use the activities listed, or come up with your own ideas. The important thing is to do something you want to do.

Once you have started your own personal activity program, it is your responsibility to participate on a daily basis. Your corps will have some fitness activities planned, but the day-to-day activities are on your initiative. To measure your progress in the program, complete the Physical Fitness Assessment Form once again and compare the results. Remember that this is not an end point, but only an assessment of your progress.

HOW TO DEVELOP GOALS

Ask the cadet/officer their '**S-M-A-R-T**' goals:

Specific: What specific activity can you do to help you reach your goal? Your goal should be concise and focused on one specific outcome (your goal cannot be too vague).

Measurable: How will you measure the achievement of the goal? What will you feel when the goal is achieved?

Achievable: What might hinder you as you progress toward the goal? What resources can you call upon?

Relevant: What will you get out of this?

Timing: When will you achieve this goal? What will be your first step?

EXAMPLE OF AN ACTIVITY PLAN

Goal: To be able to run for 20 minutes.

Specific: I want to be able to run for 20 minutes continuously.

Measurable: I will keep track of my running progress every week. When the goal is completed, I will feel great for achieving my goal.

Achievable: Possible hindrances – weather, injuries. No resources are needed for this goal because I can run outside.

Relevant: I will improve my cardiovascular fitness and endurance.

Timing: I will achieve this goal in 11 weeks by continuously walking and running for a total of 20 minutes, until I can run for 20 minutes straight.

ACTIVITY SCHEDULE

Week 1. Run 1 minute, walk 1 minute continuously for 20 minutes, 3 x per week.

Week 2. Run 2 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Week 3. Run 3 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Etc.,etc.... until

Week 10. Run 10 minutes, walk 1 minute, continuously for 20 minutes, 3 x per week.

Week 11. Run for 20 minutes continuously.

Conclusion

Although your corps will help, you are ultimately responsible for achieving the program you have set-up. With hard work and dedication you can meet the challenge. Congratulations on your commitment to live your life to its fullest!