

PART VI

PHYSICAL TRAINING (PT)

Physical Education Action Letters

- a. NSCC Action Letter 6-92 (Motivational Training)
- b. NSCC Action Letter 7-92 (President's Physical Fitness Standards)



United States Naval Sea Cadet Corps

2300 WILSON BOULEVARD • ARLINGTON, VIRGINIA 22201 • TELEPHONE (703) 743-0010
FAX 703-528-2333

15 October 1992

NSCC ACTION LETTER 6-92

From: Executive Director, Naval Sea Cadet Corps
To: Distribution

Subj: **MOTIVATIONAL TRAINING**

1. Background. "Motivational Training," where cadets are required to perform strenuous exercises for disciplinary purposes, is increasingly being used as a motivational device. This type of training occurs both at the unit level and during scheduled training, particularly during recruit training indoctrination. "Motivational training" places undue mental and physical stress on cadets and has not served the purposes for which intended. It fails to motivate.

2. Discussion. Imposition of strenuous physical exercise as a motivational technique, physically abuses and demeans cadets. There is also the consideration that strenuous exercise may lead to physical exhaustion which may be life threatening. NSCC Regulations, paragraph 0930.2, prohibits physical and mental abuse of any person in the Cadet Corps, stating: "No commanding officer, or any other person, may maltreat or physically abuse any person in the NSCC for misconduct. Unit discipline will be maintained by individual counseling and through administrative actions..." This does not preclude physical fitness programs, programs which are supervised and which are suited to the age group with which you are working. Physical conditioning is an essential and necessary part of our program; "motivational training" is not.

3. Action. Unit commanding officers/senior escort officers will ensure that all individuals engaged in training of cadets, either at the unit level (NSCC Officers, Midshipman, Instructors, Cadet Petty Officers, and Staff Cadets) or by Navy/Coast Guard ships/shore commands, understand that "motivational training" will not be imposed as a disciplinary or motivational measure. SEOs will ensure that commanding officers of training activities are aware of this prohibition. Reports of physical abuse or maltreatment will be thoroughly investigated by unit commanding officers/SEOs. Verified instances of such treatment will be reported to NHQ and may be cause for disenrollment.

4. Cancellation. This Action Letter will remain in effect until its contents have been incorporated into the Training Manual.


K. T. WEAVER

Distribution:
Standard A/L



United States Naval Sea Cadet Corps

2300 WILSON BOULEVARD • ARLINGTON, VIRGINIA 22204 • TELEPHONE (703) 243-6800
FAX 703-228-2133

7 December 1992

NSCC ACTION LETTER 7-92

From: Executive Director, U.S. Naval Sea Cadet Corps
To: Distribution

Subj: NSCC CADET PHYSICAL FITNESS PROGRAM

Ref: (a) NSCC Action Letter 6-92 - Motivational Training

Encl: (1) Physical Fitness Program (Excerpt from 1992-93
President's Challenge Physical Fitness Program)
(2) Cadet Exercise Chart (NSC-26)
(3) NSCC Minimum Physical Fitness Standards

1. Background. The need for a physical fitness program has been highlighted by the number of cadets arriving at NSCC recruit training not prepared for the strenuous physical regimen involved.

2. Discussion. Physical fitness training is essential to the development of cadets, ensuring their readiness for the demands of the summer training program. The physical fitness program, enclosure (1), will accomplish that purpose. We have developed a program which requires: (1) scheduled unit physical training; and, (2) successful completion of a physical fitness test prior to departure for training. The NSCC program borrows from the President's Challenge Physical Fitness Program. As a motivational device commanding officers are encouraged to enroll their units in the national program so that cadets, with their work in the unit as basis, may go on and work to attain the physical fitness criteria of the President's program and win the recognition and awards that the program provides. This can be done by writing to: President's Challenge, Poplars Research Center, 400 East 7th ST, Bloomington, IN 47405.

3. Action. Unit Commanding Officers will:

a. Brief all hands on the contents of reference (a). No one involved with training cadets will force cadets to perform excessive/strenuous physical exercises which might cause exhaustion and/or result in a life threatening situation.

b. Incorporate the exercises illustrated in enclosure (1) into the unit physical fitness training program.

c. Schedule physical fitness training at least once per month. Record physical fitness scores on the Monthly Cadet Exercise Chart, enclosure (2).

d. Encourage cadets to participate in sports, athletic events, and daily physical fitness exercises.

e. Each cadet will be required to pass the NSCC Minimum Physical Fitness Standards, enclosure (3). Cadets scheduled to attend NSCC Recruit Training must pass the minimum standards.

PRIOR TO submission of the NSC-22. The NSC-22 will be annotated on the back, just above the COs signature with "PASSED NSCC MINIMUM PHYSICAL FITNESS STANDARDS", those without the endorsement will be returned to the unit. Cadets who fail to pass the test will not attend training.

4. Cancellation. This Action Letter will remain in effect until incorporated into the NSCC/NLCC Advancement and Training Manual.


K. T. WEAVER

Distribution:
NSCC Field Representatives
NSCC Regional/Associate Regional Directors
NSCC/NLCC Unit Commanding Officers

NSCC EXERCISE PROGRAM

The exercises illustrated in this enclosure provides the minimum standards for the NSCC Exercise Program. The exercise program will be scheduled for one hour every month. The time requirements for each exercise will be the governing factor. The number of repetitions accomplished by each cadet will be entered in enclosure (2) and the total for each cadet entered in enclosure (3) under the applicable month.

Enclosure(1)

Exercise #1 WINDMILL (4 count)

Repetitions: 10 Maximum time: 1 minute

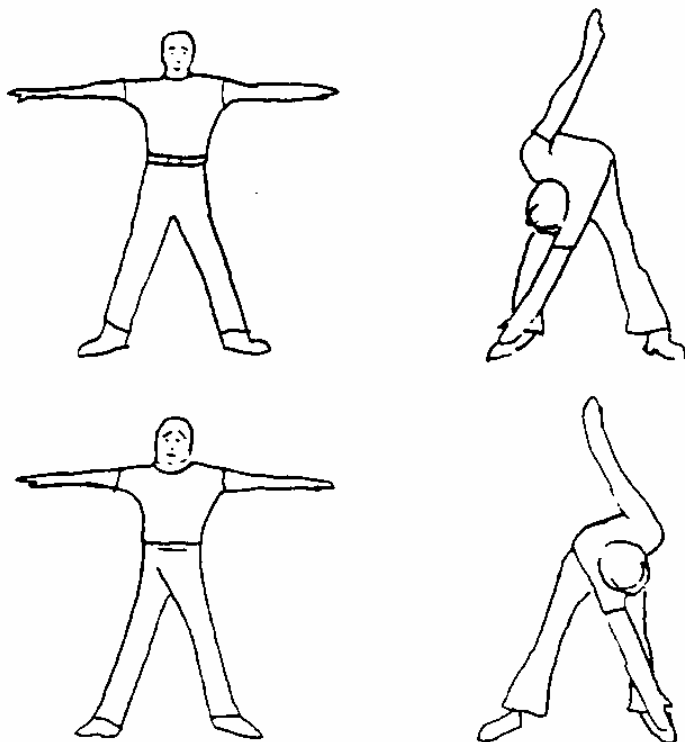
a. Purpose: stretches back, shoulder, and rear thigh muscles for increased flexibility.

b. Commands:

- (1) Feet apart with a jump, arms sideward RAISE.
- (2) LEFT hand to RIGHT toe TOUCH.
- (3) Trunk upward STRETCH.
- (4) RIGHT hand to LEFT toe TOUCH.
- (5) Trunk upward STRETCH.

c. Deficiencies:

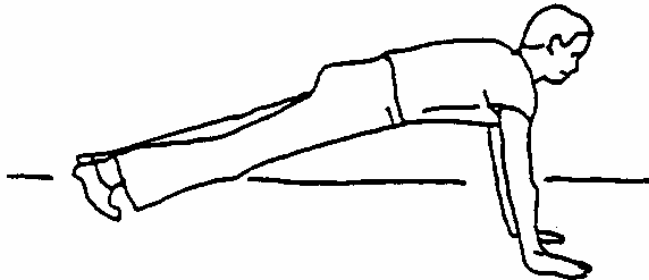
- (1) Trunk not stretched up.
- (2) Free hand not stretched straight up.



Enclosure (1)

Exercise #3 MEN ONLY - PUSH UPS
Repetitions: 5 Maximum time: 2 minutes

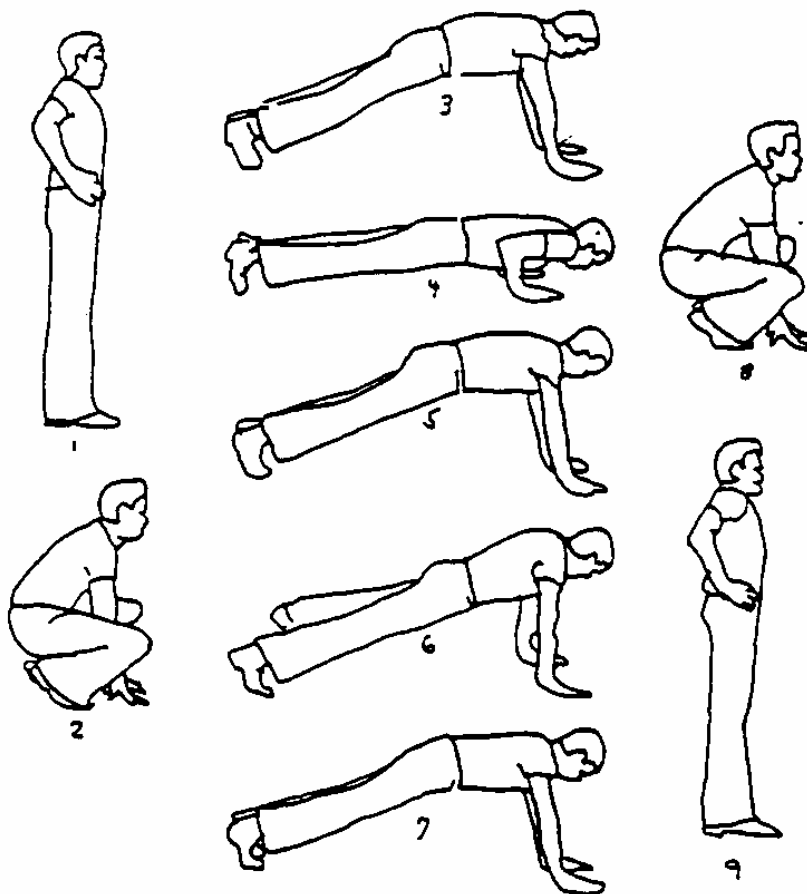
- a. Purpose: To strengthen upper back muscles.
- b. Commands:
 - (1) Down
 - (2) Up
- c. Deficiencies:
 - (1) Trunk not held straight
 - (2) Arms not bending far enough for chin to touch the deck



Enclosure (1)

Exercise #4 MEN ONLY - BODY BUILDER (8 COUNT)
Repetitions: 10 Maximum time: 2 minutes

- a. Purpose: To strengthen and stretch legs, arms and back
- b. Commands: By count
- c. Deficiencies:
 - (1) Trunk not held straight
 - (2) Arms not bending far enough to touch deck



Enclosure (1)

Exercise #5 FULL JUMPING JACKS (2 COUNT)
Repetitions: 20 Maximum time: 2 minutes

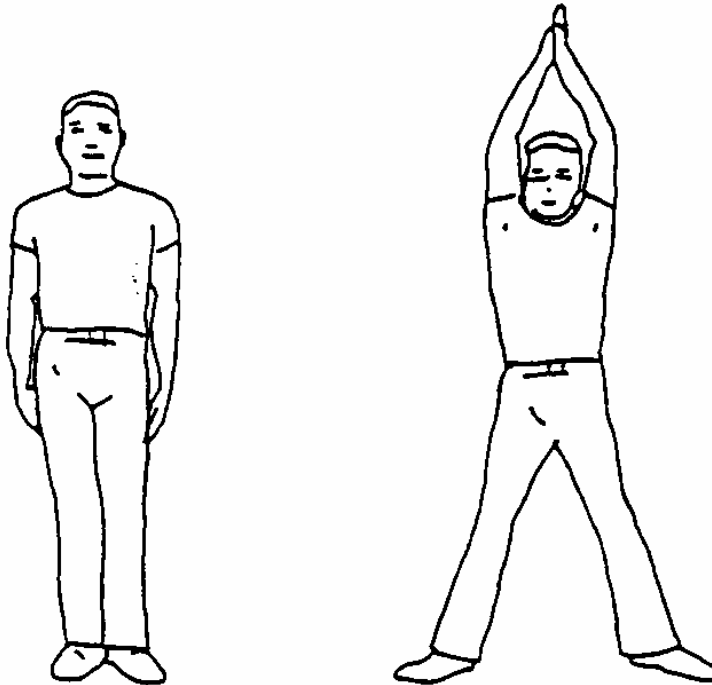
a. Purpose: Strengthens and stimulates circulatory and respiratory systems. Limbers and strengthens hip and shoulder joints.

b. Commands:

- (1) Feet apart with a jump, arms sideward and upward STRETCH
- (2) Feet together with a jump, arms sideward and downward

c. Deficiencies:

- (1) Whole trunk not stretched upward



Enclosure (1)

Exercise #7 STOMACH FLUTTER KICK

Repetitions: 25 Maximum time: 2 minutes

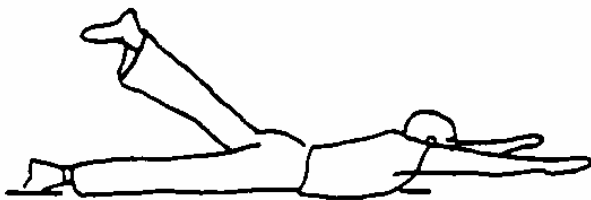
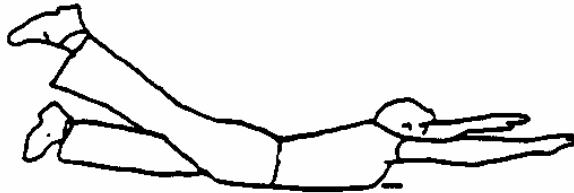
a. Purpose: Strengthening all of the back muscles, elevators and depressors of the arms and the flexors and extensors of the hip joint.

b. Commands:

- (1) Laying on the stomach, arms and legs outstretched, POSITION
- (2) Legs, chest, arms and head upward ARCH
- (3) Commence with arms and legs FLUTTER KICK

c. Deficiencies:

- (1) Failure to keep arched throughout
- (2) Legs and arms spread too far apart



Enclosure (1)

Exercise #8 RUNNING IN PLACE

Repetitions: n/a Maximum time: 2 minutes

- a. Purpose: Strengthens and stimulates circulatory and respiratory system.
- b. Commands:
 - (1) Ready in place RUN
- c. Deficiencies:
 - (1) Head not erect
 - (2) Body not slightly forward, or bending at the waist
 - (3) Arms crossing the body instead of loose thrust position
 - (4) Toes not pointed straight ahead

Exercise #9 RUN AROUND EXERCISING AREA

Approximately one quarter mile per repetition
Maximum repetitions: 2 Maximum time: 20 minutes

- a. Purpose: Strengthens and stimulates circulatory and respiratory systems. Limbers and strengthens hip and shoulder joints.
- One minute rest between repetitions.

Enclosure (1)

THE PRESIDENT'S CHALLENGE Program Overview

The success of the President's Challenge program depends on the enthusiasm and knowledge of physical educators and other youth leaders. Now, young people ages 6-17 can strive for one of three awards as part of the President's Challenge:



The Presidential Physical Fitness Award (PPFA), recognizing an outstanding level of physical fitness;



The National Physical Fitness Award (NPFA), for achieving a basic yet challenging level of physical fitness;



The Participant Physical Fitness Award, for students whose scores fall below the 50th percentile on one or more of the test items.

These three individual awards, along with the long-standing State Champion Award for schools that qualify the highest percentage of students for the PPFA, are awards of the President's Council on Physical Fitness and Sports (PCPFS) and bear the signature of the President of the United States.

The President's Challenge is a program of the PCPFS which began in 1966 with the implementation of the PPFA. The standards for the President's Challenge test battery (see page 6) are based on data from the 1985 School Population Fitness Survey conducted for the PCPFS by the University of Michigan Institute for Social Research. Complete normative data are available from the PCPFS office.

The National Physical Fitness Award (NPFA), now in its fourth year, is designed to motivate all youngsters to achieve a basic but challenging level of fitness.

The Participant Award, now in its second year, was added to the awards program to help motivate youngsters to strive for a higher level of fitness. The Presidential, National, and Participant Awards are now available to boys and girls with special needs based on criteria outlined on page 5 of this booklet.

The PCPFS recommends fitness testing at least twice each year, in the fall and spring. It is also recommended that additional tests of health and fitness such as body composition, blood pressure and posture checks, etc. be used to supplement the President's Challenge program. Quality physical education programs utilize a variety of assessments and incorporate the results into meaningful and motivational lesson plans.

Before conducting the President's Challenge, or any youth fitness test, each child's medical status should be reviewed to identify medical, orthopedic or other health problems that should be considered prior to participation in physical activities, including testing.

TO PLACE ORDERS
President's Challenge
Poplars Research Center
400 East 7th Street
Bloomington, IN 47405
1-800-258-8146 (Toll Free Number)

(Please allow a minimum of three to four weeks for delivery)

For Program Information Write
PCPFS, 450 5th Street, N.W., Suite 7103, Washington, DC 20001

THE NEW EXPANDED PRESIDENT'S CHALLENGE Youth Physical Fitness Awards Program

The Presidential Physical Fitness Award (PPFA)

The PPFA consists of an embroidered Presidential emblem and a certificate signed by the President of the United States. Boys and girls who score at or above the 85th percentile on all five items of the President's Challenge (curl-ups, shuttle run, one mile run/walk, pull-ups, V-sit reach (Option: sit and reach)) are eligible to receive the award. Emblems are numbered to correspond with the total number of times the award is earned. An emblem without a numeral also is available.



The National Physical Fitness Award (NPFA)

The NPFA recognizes a basic yet challenging level of physical fitness. Boys and girls scoring at or above the 50th percentile on all five items on the President's Challenge are eligible to receive this award. The award consists of an embroidered emblem, similar to the PPFA but without the number indicating how often the award is earned. A National certificate of achievement is offered as an alternative to the emblem. (NOTE: students who cannot do one pull-up must meet the standard set for the flexed-arm hang in order to earn the NPFA. At the 50th percentile level for pull-ups, the 1985 School Population Survey shows 0 scores for 8-year old boys and for girls all age levels. The one pull-up standard has been substituted for these zeros to encourage the development of arm and shoulder girdle strength and endurance in boys and girls.)



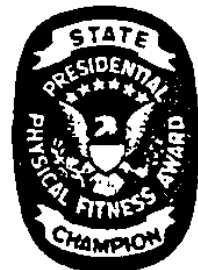
The Participant Physical Fitness Award

The Participant Award recognizes boys and girls who attempt all five test items on the President's Challenge but whose scores fall below the 50th percentile on one or more of them. Students are eligible to receive an embroidered Participant emblem or Participant certificate. The Participant Award emblem is white with gold trim and slightly smaller than the National Award emblem.



The State Champion Award

The State Champion Award recognizes the top schools in each state, one in each of three enrollment categories (1-100, 101-500, 501 plus), that qualify the highest percentage of students for the Presidential Physical Fitness Award with a handsome Presidential certificate. Each student in the winning schools who qualified for the PPFA also receives a State Champion emblem and certificate. Interested schools must complete the entry form on page 9.



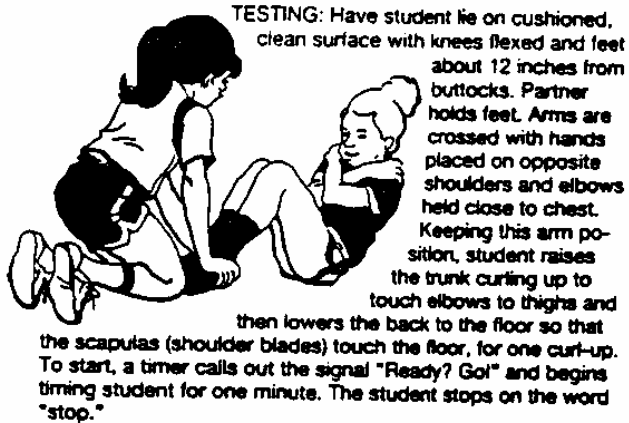
INSTRUCTIONS FOR THE PRESIDENT'S CHALLENGE TEST ITEMS

For use when qualifying students for the Presidential, National and Participant Awards

Before performing the following tests all students should be taught the correct techniques for all tests, including proper pacing and running style. There is no limit to the number of tries students may have on each test item. Physical fitness testing is most effective when it is part of a comprehensive physical education program that supports testing with educational and motivational information.

1. CURL-UPS

OBJECTIVE: To measure abdominal strength/endurance by maximum number of curl-ups performed in one minute.



TESTING: Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up.

To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."

RULES: "Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly.



2. SHUTTLE RUN

OBJECTIVE: To perform shuttle run as fast as possible.

TESTING: Mark two parallel lines 30 feet apart and place two blocks of wood or similar object (approximate size of 2"x2"x4") behind one of the lines. Students start behind opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line.

RULES: Blocks should not be thrown across the lines. Scores are recorded to the nearest tenth of a second.

3. ONE MILE RUN/WALK

OBJECTIVE: To measure heart/lung endurance by fastest time to cover a one-mile distance.

TESTING: On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

RULES: Before administering this test, students' health status should be reviewed. Also, students should be given ample instruction on how to pace themselves and should be allowed to practice running this distance against time. Sufficient time should be allowed for warming up and cooling down before and after the test. Times are recorded in minutes and seconds.

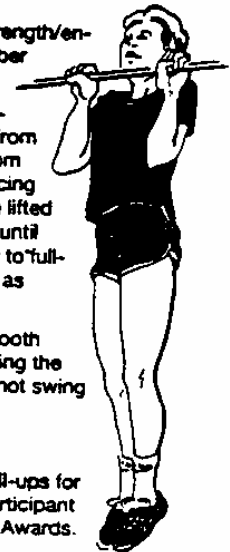


4. PULL-UPS

OBJECTIVE: To measure upper body strength/endurance by maximum number of pull-ups completed.

TESTING: Student hangs from a horizontal bar at a height the student can hang from with arms fully extended and feet free from floor, using an overhand grasp (palms facing away from body). Small students may be lifted to starting position. Student raises body until chin clears the bar and then lowers body to full-hang starting position. Student performs as many correct pull-ups as possible.

RULES: Pull-ups should be done in a smooth rather than jerky motion. Kicking or bending the legs is not permitted and the body must not swing during the movement.



FLEXED-ARM HANG: Alternative to pull-ups for National and Participant Physical Fitness Awards.

Students who cannot do one pull-up may do the flexed-arm hang in order to qualify for the National or Participant Physical Fitness Awards. To qualify for the Presidential Award, students are required to do pull-ups.

OBJECTIVE: To maintain flexed-arm hang position as long as possible.

(continued on next page)

FLEXED-ARM HANG (Continued)

TESTING: Using same hand position as in pull-ups, student assumes flexed-arm hang position with chin clearing the bar. Students may be lifted to this position. Student holds this position as long as possible.

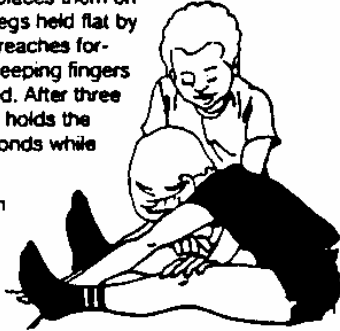
RULES: Chest should be held close to bar with legs hanging straight during hang. Timing is stopped when student's chin touches or falls below the bar.

5. V-SIT REACH

OBJECTIVE: To measure flexibility of lower back and hamstrings by reaching forward in the V position.

TESTING: A straight line two feet long is marked on the floor as the baseline. A measuring line is drawn perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12 inches apart. Student clasps thumbs so that hands are together, palms down and places them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.

RULES: Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students should be encouraged to reach slowly rather than "bounce" while stretching. Scores, recorded to the nearest half-inch, are read as plus scores for reaches beyond baseline, minus scores for reaches behind baseline.

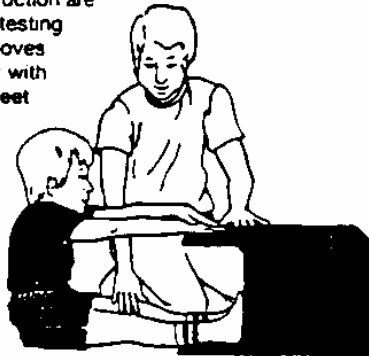


SIT AND REACH (OPTION to V-Sit Reach)

OBJECTIVE: Farthest distance reached.

TESTING: A specially constructed box with a measuring scale marked in centimeters, with 23 centimeters at the level of the feet. (Details for construction are in AAHPERD's fitness testing protocol.) Student removes shoes and sits on floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, student reaches along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

RULES: Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter.



PRESIDENT'S COUNCIL ON PHYSICAL FITNESS AND SPORTS

New Statement of Policy and

Criteria for Qualifying Students with Special Needs for the

Presidential, National and Participant Physical Fitness Awards

Students with special needs have the right to an individualized physical fitness program and the President's Council on Physical Fitness and Sports (PCPFS) includes this important element in guidelines for quality physical education. The Council also believes these students can be motivated to develop lifetime habits of appropriate exercise through recognition of achievement in physical fitness. The modified award criteria listed below have been prepared to permit boys and girls ages 6-17 with special needs to qualify for the Presidential, National or the Participant Awards in the President's Challenge Awards Program.

Qualified instructors who verify they have followed the criteria presented may qualify students with special needs who do not reach PCPFS printed standards on one or more of the five test items in the awards program.

For questions or information concerning Special Needs Students, please call our Toll Free Number: 1-800-258-8146.

THESE MODIFICATIONS NOW APPLY TO ALL AWARDS.

CRITERIA FOR QUALIFYING STUDENTS WITH SPECIAL NEEDS FOR THE PRESIDENTIAL, NATIONAL OR PARTICIPANT AWARDS

1. The instructor has reviewed the individual's records to identify medical, orthopedic or other health problems which should be considered prior to participation in physical activities including physical fitness testing.
2. The individual has been participating in an appropriate physical fitness program that develops and maintains cardiorespiratory endurance; muscle strength, endurance and power, and flexibility.
3. The individual has one or more disabilities which directly affects performance in physical fitness activities.
4. The individual has on file an Individual Education Program (IEP) as defined under The Education of all Handicapped Children Act (Public Law 94-142) and The Rehabilitation Act of 1973, Section 504 (Public Law 93-112) or is certified by a qualified instructor as possessing a physical disability which affects performance in physical fitness activities.
5. The instructor has administered the following five test items according to provided program instructions allowing for modifications of or substitutions for those items necessary to accommodate the individual's condition: (1) one mile walk/run, (2) abdominal-curl, (3) pull-ups or flexed-arm hang, (4) shuttle run, and (5) V-sit reach or sit and reach.
6. The instructor judges that the individual has performed each of the five test items and/or necessary modifications or substitutions at his/her Fitness Award age group qualifying standards or at a level equivalent to a Presidential, National, or Participant level of performance for a boy or girl this age with this condition.



THE PRESIDENTIAL PHYSICAL FITNESS AWARD

Qualifying Standards

	AGE	CURL-UPS	SHUTTLE RUN	V-SIT REACH or SIT AND REACH		ONE-MILE RUN	PULL-UPS	
		(Timed one minute)	(seconds)	(inches)	(centimeters)	(minutes/seconds)		
BOYS	6	33	12.1	+3.5	31	10:15	2	
	7	36	11.5	+3.5	30	9:22	4	
	8	40	11.1	+3.0	31	8:48	5	
	9	41	10.9	+3.0	31	8:31	5	
	10	45	10.3	+4.0	30	7:57	6	
	11	47	10.0	+4.0	31	7:32	6	
	12	50	9.8	+4.0	31	7:11	7	
	13	53	9.5	+3.5	33	6:50	7	
	14	56	9.1	+4.5	36	6:26	10	
	15	57	9.0	+5.0	37	6:20	11	
	16	56	8.7	+6.0	38	6:08	11	
	17	55	8.7	+7.0	41	6:06	13	
	GIRLS	6	32	12.4	+5.5	32	11:20	2
		7	34	12.1	+5.0	32	10:36	2
		8	38	11.8	+4.5	33	10:02	2
		9	39	11.1	+5.5	33	9:30	2
		10	40	10.8	+6.0	33	9:19	3
11		42	10.5	+6.5	34	9:02	3	
12		45	10.4	+7.0	36	8:23	2	
13		46	10.2	+7.0	38	8:13	2	
14		47	10.1	+8.0	40	7:59	2	
15		48	10.0	+8.0	43	8:08	2	
16		45	10.1	+9.0	42	8:23	1	
17		44	10.0	+8.0	42	8:15	1	



THE NATIONAL PHYSICAL FITNESS AWARD

Qualifying Standards

	AGE	CURL-UPS	SHUTTLE RUN	V-SIT REACH or SIT AND REACH		ONE-MILE RUN	PULL-UPS or FLEXED-ARM HANG		
		(Timed one minute)	(seconds)	(inches)	(centimeters)	(minutes/seconds)		(seconds)	
BOYS	6	22	13.3	+1.0	26	12:36	1	6	
	7	28	12.8	+1.0	26	11:40	1	8	
	8	31	12.2	+0.5	25	11:05	1	10	
	9	32	11.9	+1.0	25	10:30	2	10	
	10	35	11.5	+1.0	25	9:48	2	12	
	11	37	11.1	+1.0	25	9:20	2	11	
	12	40	10.6	+1.0	26	8:40	2	12	
	13	42	10.2	+0.5	26	8:06	3	14	
	14	45	9.9	+1.0	28	7:44	5	20	
	15	45	9.7	+2.0	30	7:30	6	30	
	16	45	9.4	+3.0	30	7:10	7	28	
	17	44	9.4	+3.0	34	7:04	8	30	
	GIRLS	6	23	13.8	+2.5	27	13:12	1	5
		7	25	13.2	+2.0	27	12:56	1	6
		8	29	12.9	+2.0	28	12:30	1	8
		9	30	12.5	+2.0	28	11:52	1	8
		10	30	12.1	+3.0	28	11:22	1	8
11		32	11.5	+3.0	29	11:17	1	7	
12		35	11.3	+3.5	30	11:05	1	7	
13		37	11.1	+3.5	31	10:23	1	8	
14		37	11.2	+4.5	33	10:06	1	9	
15		36	11.0	+5.0	36	9:58	1	7	
16		35	10.9	+5.5	34	10:31	1	7	
17		34	11.0	+4.5	35	10:22	1	7	



THE PARTICIPANT PHYSICAL FITNESS AWARD

Boys and girls who attempt all five test items but whose scores fall below the 50th percentile on one or more of them are eligible to receive the new Participant Award