

## Physical Fitness

One of the aims of the Cadet Program is to promote physical fitness, and in order to do that the Cadet Fitness Assessment was created.

Four levels may be achieved, and these include:



Bronze



Silver



Gold



Excellence

Criteria for each level differ according to age and gender. Below are the Cadet Administrative Training Orders (CATO's) explanations of all of these test and the results that should be achieved for male and female. The Cadet Fitness Assessment is composed of 6 elements, which are designed to evaluate cardiovascular fitness, muscular strength, and flexibility. These tests include:

- 20 meter beep test (cardiovascular)
  - The 20-m Shuttle Run Test consists of running a distance of 20 m repeatedly, at a specified pace that increases each minute. Each cadet will be expected to run until they can no longer keep up the required pace. It tests cardiovascular strength and endurance. (CATO 14-18, ANNEX A, APPENDIX 1)
- Sit-ups / partial curl-up (muscular strength)
  - This assessment tests cadets' core strength and endurance. It is conducted by curling up repeatedly at a pace of one curl-up every three seconds until a second form correction is made (the first form correction does not count), the cadet can no longer continue, or the cadet has completed 75 curl-ups. (CATO 14-18, ANNEX A, APPENDIX 2)
- Push-ups (muscular strength)
  - This assessment tests cadets' upper body strength and endurance. It is conducted by pushing up repeatedly at a pace of one push-up every three seconds until a second form correction is made (the first form correction does not count) or the cadet can no longer continue. (CATO 14-18, ANNEX A, APPENDIX 3)
- Shoulder stretch (flexibility)
  - This assessment is conducted by reaching one arm over the shoulder on the same side, and the other arm behind the back to touch the fingertips. (CATO 14-18, ANNEX A, APPENDIX 4)
- Back saver sit and reach (flexibility)
  - This assessment is conducted by placing one foot flat against the test apparatus, bending the other leg, and reaching forward with both hands. The same procedure is repeated for the other leg. (CATO 14-18, ANNEX A, APPENDIX 5)