

AFJROTC

“Building Healthier Citizens for America”



Wellness Guide, Syllabus and Lesson Plan

**Wayne High School
Fort Wayne, Indiana**

This Wellness Guide contains the following information to help guide fitness within the AFJROTC Program:

Part I: Lesson Plan for a typical Fitness day (Friday)

Part II: Syllabus

Attachment 1: Dynamic Stretching and Mobility Exercises

Attachment II: Wellness Exercise Descriptions

Each year the Wellness Program follows the testing and evaluation process to support the Presidential Fitness Challenge.

The Fitness Challenge

The U.S. Department of Health and Human Services (HHS) released the 2008 Physical Activity Guidelines for Americans on October 7, 2008. The comprehensive, science-based guidelines were developed to inform policymakers and health providers about the amounts, types, and intensity of physical activity needed to help Americans aged 6 and older, and of all abilities, improve their health and reduce their risk of chronic diseases. Regular physical activity in adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of cardio respiratory fitness and stronger muscles. They also typically have lower body fatness. Their bones are stronger, and they may have reduced symptoms of anxiety and depression. Youth who are regularly active also have a better chance of a healthy adulthood. Adolescents don't usually develop chronic diseases, such as heart disease, hypertension, type 2 diabetes, or osteoporosis. However, risk factors for these diseases can begin to develop early in life. Regular physical activity makes it less likely that these risk factors will develop and more likely that adolescents will remain healthy as adults.

Key Guidelines for Adolescents:

- Adolescents should do 60 minutes (1 hour) or more of physical activity daily.
- Aerobic: Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.
- Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, adolescents should include muscle-strengthening physical activity on at least 3 days of the week.
- Bone-strengthening: As part of their 60 or more minutes of daily physical activity, adolescents should include bone-strengthening physical activity on at least 3 days of the week.
- 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.

For more information about the Physical Activity Guidelines and associated toolkit:
<https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>

Part I

LESSON PLAN

Title: Physical Training

Instructional Methods

Informal Lecture with Discussion, Individual Performance in Small and Large Group Settings.

Materials

Wellness Officer Handbook
Orange Cones
Batons
Stopwatch/Timer
Exercise Mats

Resources

Exercise Room/Gymnasium
Running Track and Practice Fields
AFJROTC Room
Wellness Officer Handbook

Student Preparation:

Students must establish an individual fitness plan and at a minimum must exercise 3 times a week.
Students must have proper fitness/running shoes.
ALL students must have a Fitness Consent Form on file to conduct fitness training.

Assessment/Evaluation:

1 Mile Run
Push-Ups
Sit-Ups/Curl-Ups

Lesson Objectives:

1. Know about Fitness Standards and Methods
2. Know about Fitness Activities that Promote a Healthy Lifestyle

Samples of Behavior/Main Points:

1. Demonstrate the proper muscular strength, muscular endurance, cardiovascular fitness, and flexibility to improve overall fitness levels.

Strategy and Goals: This lesson introduces students to physical fitness and sets individual fitness goals.

The following goals and outcomes will be met through the cadets' participation in the core fitness activities.

Excellence: To develop the highest level of personal physical fitness. Perform activities safely and follow rules of etiquette and ethical behavior.

Physical Fitness Components: Students will demonstrate improvement and competency in the five health-related components: muscular strength, muscular endurance, cardiovascular fitness, flexibility, and body composition.

Health Enhancement: To understand the relationship between health and physical education and to attain a high level of wellness and personal satisfaction.

Social Development: To develop appropriate social behaviors, including good sportsmanship, respect for ones' self and others, and appreciation for peers by working independently as well as with others during planned and guided activities.

Preparation:

- Review the entire lesson plan
- Gather any materials necessary for the fitness activities (Batons, Cones, Station Markers, etc...)
- Determine the sequence of activities to be performed for that workout session

Lesson Outline:

1. Change into PT Clothes (10 Min)
2. Warm-up Exercises (5 Min) - See Attachment 1
3. Physical Fitness Exercises* (20 Min) - See Attachment 2
4. Cool Down Exercises (5 min)
5. Change into civilian clothes (10 Min)

*Note: The following exercises may be used to accomplish the fitness session (Attachment 2):

- | | |
|----------------------------|------------------------------|
| (1) V-Sit Reach | (11) Flutter Kick |
| (2) Bent Knee Push-Ups | (12) Lunges |
| (3) Feet Elevated Push-Ups | (13) Arm Extended Lunges |
| (4) Regular Push-Ups | (14) Reverse Extended Lunges |
| (5) JROTC Push-Ups | (15) Mountain Climbers |
| (6) Plank | (16) JROTC Squats |
| (7) Left Arm Plank | (17) Body Builders |
| (8) Right Arm Plank | (18) Squat Leaps |
| (9) Sit-Ups | (19) Side Lateral Jumps |
| (10) Extended Sit Ups | (20) 1 Mile Run |

The Cadet Wellness Officer and NCO will develop a monthly schedule to support the fitness development for the Cadet Corps. They will utilize this guide and present their plan to the instructors for approval and implementation. Flight Sergeants will be responsible to implement the plan for each class period ensuring the cadet's safety and fitness levels are taken into account when executing the activities. The instructors will observe and oversee all fitness sessions.

PART II

Syllabus

1. Dress for Success

All cadets are required to dress out for Physical Training (PT) every Friday. There is no cost for AFJROTC fitness attire. Cadets must wear the AFJROTC fitness Uniform. PE or civilian styled shirt and shorts may be used to obtain the “Participation” grade but will result in a “0” for the “Dress Out” grade. AFJROTC PT clothes will be issued to each student.

USAF issued sweatshirts and sweatpants are acceptable. Ripped, torn, or written on fitness clothing will result in the student purchasing new attire.

Appropriate ***athletic*** shoes that tie are ***required*** (running shoes are recommended). Fashion tennis shoes are not allowed; sandals or going barefoot will not be allowed.

2. Tardies

Cadets are expected to be in the JROTC room when the tardy bell rings. The door will be locked and they will be marked tardy. Cadets have (5) minutes to dress at the beginning of the period and are expected to report for attendance.

3. Non-suit Policy/Refusal to Dress

Cadets who refuse to dress out are defiant and in violation of our AFJROTC Program rules. All non-suits, excused or unexcused must report to the instructor and provide alibis to why they aren’t dressed out. Cadets who do not dress for PT will receive a “0” (F) for that day. Continued refusal to dress out can jeopardize the cadet’s enrollment within the JROTC Program.

4. Excused Medical:

Parents may excuse/modify a cadet’s participation by sending a written note to school with the cadet. For an instructor to accept the note, it should include the cadets’ name, date, specific reason for excuse/modified activity, the parents’/ guardian’s signature and the phone number where the parent can be contacted if necessary. Any long term medical issue requires a doctor’s note. If a student is injured or becomes ill during class time, it is essential that the student notify their instructor **immediately!**

A doctor’s note must include the dates in which the cadet is excused from participation in class and a date of return to activity and any modifications to activity. **Students should still dress out and the activity will be adjusted accordingly if possible.**

All medical notes must be given to the instructor and school nurse for clearance. At that time, instructors might request doctor notification to clarify an injury or recommendation that is not clear. The nature of the physical limitations from the doctor **MUST** be clearly stated on the note. What is the exact injury, what the time off is, and what they can or cannot do physically.

****If there is a "NO PE" note for more than two weeks, the school nurse may make contact with the medical authority that generated the excuse and get clarification and see more specific information so that an action plan can be developed that meets the needs of the student.

******ALL MEDICAL excuses are on a case by case basis.** Each instructor is given the professional discretion of appropriate make-up, expectations, and responsibilities required to earn a grade in the class on a case by case basis. When a cadet is on a medical excuse it is their responsibility to meet with their instructor and come up with a plan; how long a student is out, their level of proficiency, effort/attitude, and several other factors are part of the determination of that specific student's needs and/or make-up requirements.

5. Fitness:

Fitness is an important part of the AFJROTC curriculum. All cadets in class are expected to participate in PT days which can consist of various activities including running, sprint intervals, plyometrics, fit course, etc. All other PT classes may have a Team Sports day or a weight room day. However, this may vary slightly depending on the class in which they are enrolled and/or flexibility necessary in AFJROTC. Days dedicated to fitness are designed to help improve students' body composition, cardiovascular capacities, muscular strength, muscular endurance as well as flexibility. Fitness days are the most essential part of our Health & Wellness curriculum. **Fitness testing should be conducted at the end of each grading period to measure improvement in strength, agility, endurance, and flexibility. Cadets obtaining a high level of fitness will receive recognition in their cadet record and will wear the appropriate star on their Health and Wellness Ribbon.**

6. Grading Policy:

Students receive a grade for Participation and a grade for Dressing Out. Grading in the Participation component of JROTC will be based on any or all of the following components: participation in class (attitude/sportsmanship, daily effort/intensity); mastery of fundamentals and skills taught; fitness-related tests, fitness levels and assessments. Students wear the AFJROTC PT uniform to receive credit for Dressing Out. The uniform must be clean and laundered on a regular basis. All grooming and uniform standards must be met in accordance with the Cadet Guide while wearing the fitness uniform. Failure to maintain standards will result in a "0" for Dressing Out.

Attachment 1

Dynamic Stretching and Mobility Exercises

Overview

The following are examples of dynamic stretching and mobility exercises, which could form part of the warm up program in a training session. The dynamic exercises you incorporate into your warm up program should be appropriate to the movements you would experience in your sport/event. In all the exercises breathe easily while performing them.

Current research work detailed in Medicine & Science in Sport and Exercise 33(3), pp354-358 and Journal of Strength and Conditioning Research, vol 15 (1): 98-101 suggests that the use of dynamic stretches - slow controlled movements through the full range of motion - are the most appropriate exercises for the warm up. By contrast, static stretches are more appropriate for the cool down.

The Exercises

Joint Rotations

From a standing position with your arms hanging loosely at you sides, flex, extend, and rotate each of the following joints:

- Fingers
- Wrist
- Elbows
- Shoulders
- Neck
- Trunk and shoulder blades
- Hips
- Knees
- Ankles
- Feet and toes

Neck Mobility

- Flexion/Extension - Tuck your chin into your chest, and then lift your chin upward as far as possible. 6 to 10 repetitions
- Lateral Flexion - lower your left ear toward your left shoulder and then your right ear to your right shoulder. 6 to 10 repetitions
- Rotation - Turn your chin laterally toward your left shoulder and then rotate it toward your right shoulder. 6 to 10 repetitions

Shoulder Circles

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- Raise your right shoulder towards your right ear, take it backwards, down and then up again to the ear in a smooth action
- Repeat with the other shoulder

Arm Swings

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent
- Keep the back straight at all times
- Overhead/Down and back - Swing both arms continuously to an overhead position and then forward, down, and backwards. 6 to 10 repetitions
- Side/Front Crossover - Swing both arms out to your sides and then cross them in front of your chest. 6 to 10 repetitions

Side Bends

- Stand tall with good posture, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on hips
- Lift your trunk up and away from your hips and bend smoothly first to one side, then the other, avoiding the tendency to lean either forwards or backwards
- Repeat the whole sequence sixteen times with a slow rhythm, breathing out as you bend to the side, and in as you return to the centre

Hip circles and twists

- Circles - With your hands on your hips and feet spread wider than your shoulders, make circles with your hips in a clockwise direction for 10 to 12 repetitions. Then repeat in a counter clockwise direction
- Twists - Extend your arms out to your sides, and twist your torso and hips to the left, shifting your weight on to the left foot. Then twist your torso to the right while shifting your weight to the right foot. 10 to 12 reps on each side

Half Squat

- Stand tall with good posture holding your hands out in front of you for balance
- Now bend at the knees until your thighs are parallel with the floor
- Keep your back long throughout the movement, and look straight ahead
- Make sure that your knees always point in the same direction as your toes
- Once at your lowest point, fully straighten your legs to return to your starting position
- Repeat the exercise sixteen times with a smooth, controlled rhythm
- Breathe in as you descend, and out as you rise

Leg Swings

- **Flexion/Extension** - Stand sideways onto the wall
- Weight on your left leg and your right hand on the wall for balance
- Swing your right leg forward and backward
- 10 to 12 repetitions on each leg
- **Cross-Body flexion/Abduction** - Leaning slightly forward with both hands on a wall and your weight on your left leg, swing your right leg to the left in front of your body, pointing your toes upwards as your foot reaches its furthest point of motion
- Then swing the right leg back to the right as far as comfortable, again pointing your toes up as your foot reaches its final point of movement
- 10 to 12 repetitions on each leg

Lunges

- Standing tall both feet together (starting position)
- Keeping the back straight lunge forward with the right leg approx 1 to 1½ metre
- The right thigh should be parallel with the ground and the right lower leg vertical
- Spring back to the starting position
- Repeat with the left leg
- 12 to 16 repetitions on each leg

Ankle Bounce

- **Double leg bounce** - Leaning forward with your hands on the wall and your weight on your toes, raise and lower both heels rapidly (bounce)
- Each time, lift your heels one to two inches from the ground while maintaining ground contact with the ball of your feet
- 12 to 16 repetitions
- **Single leg bounce** - leaning forward with your hands on a wall and all your weight on your left foot, raise the right knee forward while pushing the left heel towards the ground
- Then lower the right foot to the floor while raising the left heel one or two inches
- Repeat in a rapid, bouncy fashion
- 12 to 16 repetitions on each leg

WARM UP STRETCHES

Tips For Stretching

The aims of stretching are to gently lengthen muscles before and after any form of exercise, and to improve tissue elasticity / flexibility. If done correctly, stretching will help prevent injuries and increase athletic performance.

The following key points should be remembered while stretching:

- Begin with gradual mobility exercises of all the joints, i.e. simply rotate the wrists, bend the arm and roll your shoulders. This will allow the body's natural lubrication (synovial fluid) to protect the surface of your bones at these joints.
- Always warm up the body prior to stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.
- After exercise, slowly bring your heart rate down before you begin stretching in order to avoid blood pooling within your muscles, which can lead to cramp and dizzy spells.
- If you're wet and sweaty, take a bath or shower then stretch, as the hot water will help relax the muscles, and prevent you from catching a chill.
- Never bounce while you stretch, unless you are doing specific stretches for certain sports, i.e. ballistic stretching for martial arts.
- Hold the stretch until you feel the muscle loosen off, then repeat for a further 15 seconds.

- While stretching you should feel some slight discomfort, if you don't feel anything, then you may be doing the stretch incorrectly, or simply the muscle has eased off.
- Stop immediately if you feel any severe pain.
- Remember to breathe regularly and rhythmically, do not hold your breath.
- If you have a bad memory, start with your legs, and work up the body, in order not to miss out any of the stretches

Hold each stretch for a minimum of 20-30 seconds, breathing slowly through your nose, aiming to exhale out through your mouth as you ease into the stretch.

 For best results, push against a wall.	Easy Calf Correct Foot Position Foot alignment should be shoulder width apart, you can confirm this by standing either side of a straight line on the floor. When you take your rear foot back, it should not cross or move away from the midline, your foot should be pointing forward with your heel either flat on the floor, or raised if aiming to develop the stretch. Your front leg should bend so that when you look down over your knee, you can see the tip of your toes. Lean forward aiming to keep a straight line with your heel, hip and head.
Easy Soleus 1. Stand with both feet flat on the floor, pointing forward, half a stride apart. 2. Keeping your back straight, with your hands on your hips, exhale and lower yourself down, resting your bodyweight on the rear foot.	



Easy Normal Stretch

1. Stand with your feet shoulder-width apart, one foot extended half a step forward.
2. Keeping the front leg straight, bend your rear leg, resting both hands on the bent thigh.
3. Slowly exhale, aiming to tilt both buttocks upward, keeping the front leg straight, and both feet flat on the floor, pointing forward.
4. Inhale slowly, and relax from the stretch. Repeat the stretch again, this time beginning with the toes of the front foot raised toward the ceiling, but keeping the heel on the floor.

Easy Quadriceps Standing

1. Stand holding onto a secure object, or have one hand raised out to the side for balance.
2. Raise one heel up toward your buttocks, and grasp hold of your foot, with one hand.
3. Inhale, slowly pulling your heel to your buttock while gradually pushing your pelvis forward.
4. Aim to keep both knees together, having a slight bend in the supporting leg.



Easy Side Lunge

1. Stand upright, with both feet facing forward, double shoulder-width apart.
2. Place your hands on your hips, in order to keep your back straight, slowly exhale, taking your bodyweight across to one side.
3. Avoid leaning forward, or taking the knee of the bent leg over your toes. As you increase the stretch, the foot of the bent leg should point slightly outward.
4. To increase the stretch, relax upward, slowly sliding your feet out a few inches to the sides.

Moderate Leg Over

1. Lie on your back, extending your left arm out to the side, while taking your left leg over your right, bringing the knee inline with the hips.
2. Keeping your right leg straight, use your right arm to push down on the knee of the left leg, exhaling slowly as you stretch.



- ### **Easy Fetal Position**
1. Lie on your back, keeping your head on the floor.
 2. Slowly pull both legs into your chest, and secure them there by wrapping your arms around the back of your knees.
 3. Exhale, pulling down on your legs while gradually lifting your buttocks off the floor.
 4. You can stretch your neck, once in this position, by slowly tilting your chin to your chest.

Easy Spine curve

1. Begin the stretch by laying on your front, with your hands close to your chest, fingers pointing upward.
2. Exhale, pushing yourself up with your arms and contracting your buttocks while keeping both feet firmly on the floor.
3. Look up toward the ceiling, to also feel the stretch in your neck.

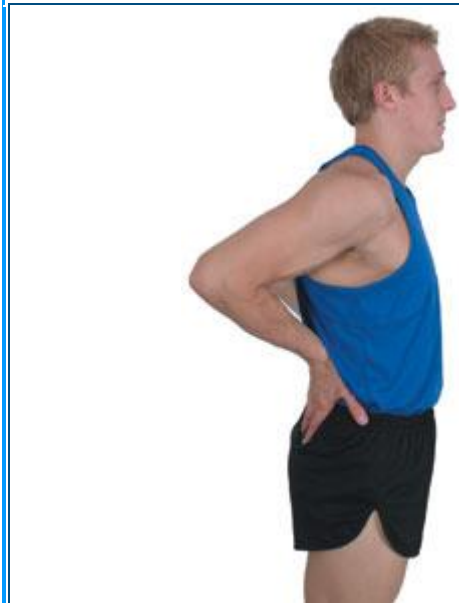


Easy Bar Twist

1. Stand with both feet facing forward, double shoulder-width apart, with legs slightly bent.
2. Use the bar to keep your upper body straight, with elbows high, as you slowly twist around in both directions.
3. Avoid moving at speed, or forcing the stretch

Easy Lower Back-Cat Stretch

1. Adopt a position on all fours, point your fingers forward and your toes behind.
2. Start with a flat back, and then drop your head downward, pushing your shoulder blades upward and outward as you elevate your upper back.



Easy Elbows Back

1. Stand or sit up right, keeping your back straight, head looking forward.
2. Place both hands on your lower back, fingers pointing downward, elbows out to your side.
3. Exhale slowly while gently pulling the elbows back, aiming to get them to touch.

Easy Shoulder Strangle

1. Cross one arm horizontally over your chest, grasping it with either your hand or forearm, just above the elbow joint.
2. Exhale, slowly pulling your upper arm in toward your chest.
3. Aim to keep the hips and shoulders facing forward throughout the stretch.





Easy Bicep-Wall Stretch

1. Place the palm, inner elbow, and shoulder of one arm against the wall.
2. Keeping the arm in contact with the wall, exhale and slowly turn your body around, to feel the stretch in your biceps and chest.
3. Adjust the hand position either higher or lower and repeat to stretch the multiple biceps and chest muscles.

Easy-Moderate Hand Down Spine

1. Extend one hand down the center of your back, fingers pointing downward.
2. Use the other hand to grasp the elbow.
3. Exhale slowly, pulling gently downward on your elbow, aiming to take your fingers along your spine.



Easy Upward Stretch

1. Extend both hands straight above your head, palms touching.
2. Inhale, slowly pushing your hands upward, then backward, keeping your back straight.
3. Exhale and relaxing from the stretch before you repeat.

Easy Chin to Chest Front

1. Place both hands at the rear of your head, fingers interlocked, thumbs pointing down, elbows point straight ahead.
2. Slowly exhale, pulling your head downward, aiming for your chin to touch your chest.
3. Concentrate on keeping your back straight, with your shoulders down and back.
4. Relax your hands, and inhale as you lift your head.



COOL DOWN STRETCHES:

Once you have finished any form of physical activity, you should gradually allow your heart rate and breathing to lower to a comfortable level, where talking can be performed with ease. Light aerobic exercise such as walking or easy indoor cycling are good, as both of these will allow you to hydrate yourself and also put on warm clothing.

Hold each stretch for a minimum of 20-30 seconds, breath comfortably, with deep breathes through your nose, and out via your mouth.



Easy Calf Raise Down

1. Stand on a raised platform, or curb on the balls of your feet, holding onto a secure object for balance.
2. Exhale, slowly dropping your heels down towards the floor and allowing your toes to raise naturally.

This movement can be performed using either one or both feet.

Easy Lying Straight, Leg to Chest

1. Lie comfortably on your back, concentrating on keeping both your head and buttocks in contact with the floor.
2. Slowly extend one leg upward, grasping it with both hands, either around the calf, the hamstrings, or a combination of both.
3. Aim to pull your leg toward your chest, keeping it straight. When the tension builds up in your hamstrings, relax the stretch a little by contracting your quadriceps on the same leg.
4. If necessary, use a towel wrapped around your foot, in order to keep your head on the floor.



Easy Stretch Lying

1. Lie on your side, aiming to keep both the knees and the inside of your thighs together.
2. Extend the lower leg out straight, keeping the top leg bent, and one hand grasping the foot.
3. Exhale, pulling the foot toward your buttock while you slowly push your pelvis forward.
4. Use a towel wrapped around your foot if you can't reach your foot comfortably.

Easy Toe Grab

1. Begin this stretch with your heels together, holding both feet with your hands.
2. Lean forward from your hips, gradually increasing the stretch by bringing your heels closer to your groin, and your chest closer to your feet.
3. Make the movements small and controlled. Avoid bouncing and excessive upward pressure on your feet.





Moderate One Leg Over

1. Sit on the floor, with one leg straight, toes pointing upward.
2. Cross the other foot over the knee of the straight leg, aiming to place that foot flat on the floor.
3. Place the elbow and forearm of the opposite arm of the bent leg on the outside of the bent knee.
4. Exhale, slowly pulling the bent knee across your body.

Moderate Looking at Ceiling

1. Begin the stretch by kneeling on the floor, holding your heels with both hands.
2. Slowly exhale, lifting your buttocks up and forward while taking the head backward, in order to arch the back.



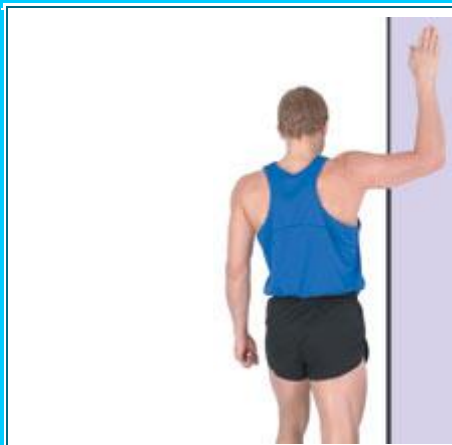
Easy-Moderate Lying Trunk Twists

1. Lie flat on your back, with both hands extended straight out to your sides.
2. Slide both legs up towards one arm, aiming to keep the knees together, while allowing your lower body to naturally twist around.
3. Can be performed with either bent or straight legs.

Easy Upper Back-Leg Grab

1. While seated, exhale, bending forward, and hugging your thighs underneath with both arms.
2. Keep your feet extended out as you pull your chest down onto your thighs, keeping both knees together.
3. While in this position, you can also stretch your rhomboids, by aiming to pull your upper back away from your knees while still grasping your legs.





Moderate One Arm Against the Wall

1. Place your forearm and biceps against a wall, keeping the arm at right angles.
2. Exhale, slowly turning your opposite shoulder backward, keeping the other arm firmly in contact with the wall.
3. Repeat this stretch both raising and lowering the walled arm, in order to work the different pectoral muscles.

Moderate Upper Back Prayer

1. From a kneeling position, extend both hands out, fingers pointing forward.
2. Use your hands and forearms to grip the floor, as you gently ease your buttocks backward, until you feel the stretch in your upper back and shoulders.
3. Exhale, gently easing your chest down toward the floor.



Easy Bicep-Wall Stretch

1. Place the palm, inner elbow, and shoulder of one arm against the wall.
2. Keeping the arm in contact with the wall, exhale and slowly turn your body around, to feel the stretch in your biceps and pectoral muscles.
3. Adjust the hand position either higher or lower and repeat to stretch the multiple biceps and chest muscles.

Easy-Moderate Hand Down Spine

1. Extend one hand down the center of your back, fingers pointing downward.
2. Use the other hand to grasp the elbow.
3. Exhale slowly, pulling gently downward on your elbow, aiming to take your fingers along your spine.



Easy Hands Interlocked Over Head

1. Interlock your fingers above your head, palms facing upward.
2. Exhale and push your hands further above your head.
3. You will also feel this stretch in your shoulders.

Easy-Moderate Lying Neck Pull

1. Lie on your back, with both legs bent, feet firmly flat on the floor.
2. Grasp the back of your head with your fingers, resting your palms on the top of your head.
3. Exhale, slowly pulling your chin down toward your chest, and aiming to keep your upper back in contact with the floor.



Attachment 2

Wellness Exercise Descriptions

The Physical Exercises Available to Units to Use During Wellness portion of JROTC:

Push Ups



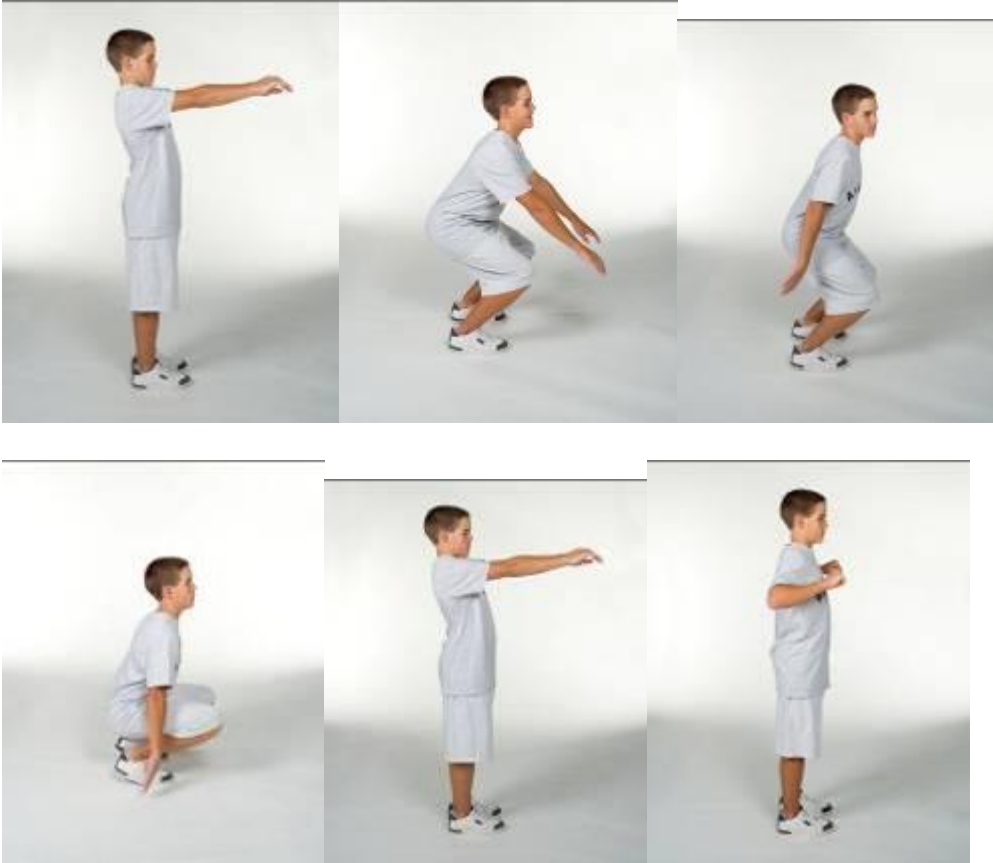
Place your hands slightly wider than shoulders; keep torso straight and head aligned with spine throughout the exercise. Lower yourself until your chest comes within 3-5 inches from the floor; (your upper arm should be parallel with the ground) Press back to starting position. You must rest in the up position. Note: A score over the max standard for age and gender will be scored as 100%

AF Push Ups



1. Start with your hands on the floor, shoulder-width apart. 2. Your feet are on the floor (no knees) and your legs are shoulder width or wider, depending on your flexibility. 3. Starting position is butt in the air, head looking back to your heels. 4. Bend your elbows and lower your body in a circular arc, until your arms are straight. Your chest is up and your hips are almost touching the ground. 5. Look to the ceiling. Inhale. 6. Push back toward your heels once again. Straightening your arms and stretching your legs, as in step #3. Exhale. 7. Back to the same position as described in step #4. 8. Do as many repetitions as you need to rest you can pause in the starting position. Step 3 Note 1: Some people lack the strength to do a single AF pushup when they begin. If you fall into this category, not to worry. Start with an isometric AF pushup. Get into the start position and press your hands into the ground as hard as you can. Hold for six seconds while you make the "sssss" sound. After this move into the arched position. While looking skyward, flex and contract your body and push your hands into the ground. Hold for six seconds while making the "sssss" sound. Repeat this entire sequence three times. These isometric presses will give you strength very quickly and soon you'll be doing a full AF pushup. Note 2: A score over the max standard for age and gender will be scored as 100%

AF Squats



1. Begin with your feet shoulder-width apart and your toes pointing straight ahead. Your hands are pulled in tightly to your chest. Inhale. 2. Keep your back fairly straight and lower your buttocks until your thighs are parallel to the floor. 3. As you lower your buttocks your hands are BEHIND your back, and they follow you toward the ground. 4. As you move toward the parallel-to-the-ground position, you should simultaneously raise your heels from the floor. 5. Now swing your arms upward and push off your toes, raising your body to a standing position. 6. Once you have reached the up-position, you pull your arms in toward your chest again, as if you are rowing a boat. Make tight fists with your hands and pull. Your elbows will be close to your body as you pull. 7. Inhale as you pull your arms in, exhale as you lower yourself. Note: A score over the max standard for age and gender will be scored as 100%

Lunges





Start by standing in a normal upright position with your hands on your hips. While keeping your hands on your hip, step out far enough with your left leg so that your right knee has to drop within an inch of the floor. Now step back to the upright position and then step out with your right leg until your left knee is an inch off the floor. Going from left to right one time equals one three count? lunge. However, for testing one may count each lunge individually, so the process described above would equal two lunges. Note: A score over the max standard for age and gender will be scored as 100%

1 Mile Run

The 1-mile run should take place on a regulation track. If a track is not available, make sure the course is well marked and that all runners start at the same mark. Runners should not switch lanes until the 200-meter mark if the run is being conducted on a standard 400-meter track. Runners should be stretched well and hydrated before the run.

Planks Both Arms



Position yourself on the floor by resting on your toes and elbows. Keep your back straight. You should look like you're in a push-up position, but you are leaning on your elbows instead of your hands. You can clasp your hands together in front of you, or keep them apart. Hold this position as long as you can. No movement, just hold that plank position ... keep holding. Note: A score over the max standard for age and gender will be scored as 100%

V-Sit Reach



Place your feet eight to 12 inches apart on a line marked on the floor. This is the baseline, which will be crossed by 2 rulers that will be used to measure your flexibility. With palms facing down, place them on the measuring line. Keep your toes facing upward. As you reach forward, exhale, and reach as far as you can while staying in good position. Try this three times for practice and the fourth will be recorded. If you do not cross the base line it will be a negative number reached, and if you cross the baseline it will be positive numbers reached. Note: A score over the max standard for age and gender will be scored as 100%

Bent Knee Push Ups



Kneel on floor and bend knees so that you pivot on your knees rather than on your toes when doing a standard pushup. When you go to the down position, your knees will act as leverage point. It is recommended that these be done on grass or with a towel, etc, to protect ones knees. Note: A score over the max standard for age and gender will be scored as 100%

Feet Elevated Push Ups



Place feet on sturdy chair or box with a height of about 2 ft. tall. Perform standard push-up. Make sure body stays straight! Note: A score over the max standard for age and gender will be scored as 100%

Left Side Planks



Lay straight on your side with your legs and feet together. Now elevate yourself onto one elbow. You should be supporting your weight with a single forearm running perpendicular to the front of your body. You may place your opposite hand on your hip so that the non-weight supporting arm has its elbow pointing up into the air or lay it on your side as shown in the photo. Now hold this position as long as you can. You can spread your feet a bit to help with balance. For added training purposes, not to be scored on the diagnostic, a student can rotate while in the one arm plank position – meaning that you roll your body while leaning on the one elbow. In this one, you will need to have your non supporting elbow pointing up into the air. Try to turn enough so that the elbow of the arm not supporting your weight goes parallel with the floor while keeping your hand on your hip. Repeat as often as desired. Please note that the national charts are based on one arm plank times and not on rotations. Note: A score over the max standard for age and gender will be scored as 100%

Right Side Planks



Lay straight on your side with your legs and feet together. Now elevate yourself onto one elbow. You should be supporting your weight with a single forearm running perpendicular to the front of your body. You may place your opposite hand on your hip so that the non-weight supporting arm has its elbow pointing up into the air or lay it on your side as shown in the photo. Now hold this position as long as you can. You can spread your feet a bit to help with balance. For added training purposes, not to be scored on the diagnostic, a student can rotate while in the one arm plank position meaning that you roll your body while leaning on the one elbow. In this one, you will need to have your non supporting elbow pointing up into the air. Try to turn enough so that the elbow of the arm not supporting your weight goes parallel with the floor while keeping your hand on your hip. Repeat as often as desired. Please note that the national charts are based on one arm plank times and not on rotations. Note: A score over the max standard for age and gender will be scored as 100%

Sit-Ups



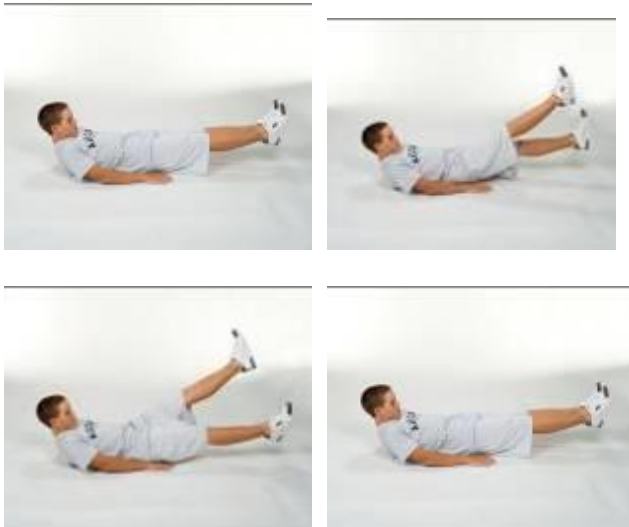
Lie on your back with legs bent 90 degrees at the knee - the standard "sit-up" position. Cross your arms and place your hands so that your fingertips touch your shoulders. Have a spotter hold your feet as shown in photo. Curl your torso so your chest moves toward your knees. Keep your hands on your chest at all times. The sit-up does not count if your hands come off your chest. You must rest in the up position while resting. To complete the sit up your shoulder blades must touch the ground. One's hips or buttock should not come off the ground to produce momentum. Note: A score over the max standard for age and gender will be scored as 100%

Extended Sit-Ups



Lie down on your back and extend your arms straight by your head while on the floor. Keep or legs straight and your feet together. Keeping your arms straight, gently bring your arms over your head and toward your legs as you do a sit-up maneuver. Don't fling or yank your arms. This could cause an injury. As your torso goes upright, keeping your legs straight, elevate your legs as you do the sit up maneuver. Reach your hands as far toward your ankles /feet as possible. Your feet should be at least 12 to 24 inches off the floor. Returning to the start position counts as one repetition. Note: A score over the max standard for age and gender will be scored as 100%

Flutter Kicks



Flutter Kicks are a great way to strengthen your hip flexors. Flutter Kicks are a traditional and staple PT exercise. Start kicking. Keep your range of motion between 6 inches to 36 inches max. Keep legs straight with knees locked as shown in the photo. This exercise is scored on time held not on reps per minute, so speed in doing the reps is not important, it is how long they can perform the exercise. Note: A score over the max standard for age and gender will be scored as 100%

Arm Extended Lunges



Follow the same process as described in the Lunges, but with this exercise you do not stand in place. Rather as you take a lunge, you also take a step from your start location. In addition, put your arms out straight in front of you. As you take the lunges, move both arms, while keeping them straight at the elbow, to the side of the leg that is taking the step. So if I step out with my left leg, my arms are swinging to my left side, etc. This works the torso in conjunction with the lunges. Note: A score over the max standard for age and gender will be scored as 100%

Reverse Extended Lunges

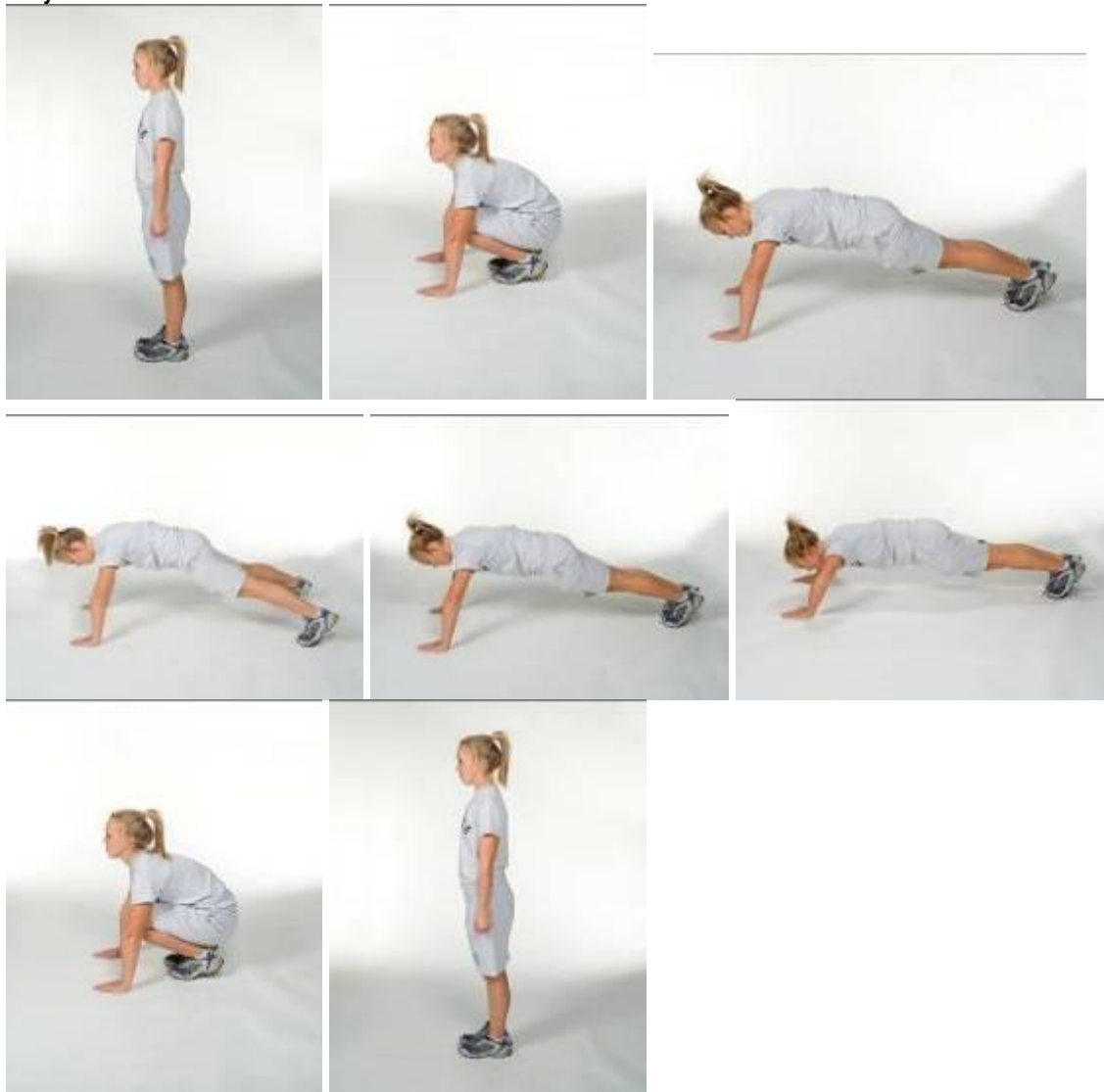
Do what is described in the Lunges exercise, but in this exercise you will be walking backwards. On this exercise the leg you step back with will be the leg whose knee will drop to an inch off the floor. Note: A score over the max standard for age and gender will be scored as 100%.

Mountain Climbers



Go into a regular push-up position, but extend your left leg forward so that your left knee is tucked up close to your chest. This will be the official start position. You will then move your left leg back to a straight position while you bring your right leg up to where its knee is tucked up under your chest. You will repeat this process and count each leg forward as one full mountain climber. The JROTC standard chart for "mountain climbers" is based on individual knee forward counts and not the three-count method. Note: A score over the max standard for age and gender will be scored as 100%

Body Builders



(1) Start in a standing position with your arms to your side and your feet together. (2) Squat down and bend over so that you are in a squat position with your arms extended out before you and resting on the floor. (Count to "one" on this move.) (3) Kick your legs out from under you so that you go to a standard push-up position. (Count to "two" on this move.) (4) While in the push-up position, kick your legs apart so that your legs form a wide "V". (Count to "three" on this move.) (5) Bring your legs back together and return to the standard push-up position. (Count to "four" on this move.) (6) Once back in a push-up position, perform one standard push-up. (Count to "five" on the downward move and count to "six" on the upward move in the push-up.) (7) While keeping your arms on the floor in front of you, tuck your legs up underneath you so that you return to the squat position described in line "2" above. (Count to "seven" on this move.) (8) Return to the standing start position. (This is move "eight" and completes one full "Body Builder.") Note: A score over the max standard for age and gender will be scored as 100%

Squat Leaps

Standing in place, jump up in the air and bring both knees up toward your chest; touch both shins with your hands when knees are at their highest point; extend legs to land on both feet and immediately jump up again. (Land, and then push off for the next leap. No double pump on landing) Do the jumps as quickly and as high as you can. Note: A score over the max standard for age and gender will be scored as 100%

Side Lateral Jump



Draw a line on the ground, 3 feet long. Stand on the far side of the line. Jump with both feet sideways and land on the other side of the line, then immediately jump back to the starting position. This equals one rep. Go back and forth as fast as you can. You can push more with the outside leg, but make sure both feet stay together and land on the outside of the line. If you do not "clear" the 3 foot length the exercise does not count. Note: A score over the max standard for age and gender will be scored as 100%