

LESSON PLAN

January 2005

COURSE TITLE: Limited Duty/Chief Warrant
Officer Indoctrination
Course, Q-9B-0023

TERMINAL OBJECTIVES:

Partially supported by this lesson topic:

CLASSIFICATION: Unclassified

10.0 Develop an understanding of long term physical fitness, nutritional values and implement a physical training program using proper exercise guidelines as described in Command Fitness Coordinator Exercise Leader Handbook and OPNAVINST 6110.1 series.

LESSON TOPIC NUMBER: 10.1

LESSON TOPIC: Introduction to Physical
Fitness, Nutrition, and
Heat Stress

ALLOTTED LESSON TIME: 1.0 Classroom

ENABLING OBJECTIVES:

INSTRUCTIONAL SUPPORT:

Completely supported by this lesson topic:

1 Classroom instructor

INSTRUCTIONAL REFERENCES:

1. Lesson Topic Guide 11.2
2. OPNAVINST 6110.1 Series
3. Health and Physical Readiness Manual (NAVPERS 15563A)
4. Command Fitness Coordinator Handbook
5. NAVAVSCOLSCOMINST 5101 series
6. NAVAVSCOLSCOMINST 1500.10 series
7. NAVAVSCOLSCOM PTI (P-9E-1238)
8. Anderson, Bob, Stretching, Stretching Inc., 1990

- 10.1 State all physical training evolutions and division policies.
- 10.2 Define physical fitness policies.
- 10.3 Describe proper nutrition habits.
- 10.4 Identify heat-related symptoms and injuries.
- 10.5 Identify physical standards.
- 10.6 Demonstrate proper stretching, curl-up, and pushup techniques.
- 10.7 Perform height/weight calculation.

INSTRUCTIONAL AIDS:

1. Heat Stress Handout

DISCUSSION POINT

2. Physical Fitness/Nutrition Film
3. Risk Factor Screening Sheets
4. CNATRA Form 1542/16
5. Tape Measure
6. Scales

RELATED INSTRUCTOR ACTIVITY

10.8 If student is above maximum weight listed for their height in OPNAVINST 6110.1 series, perform body composition measurements.

CRITERION TEST: None.

HOMEWORK: None

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

INTRODUCTION

A. Establish Contact

Take roll, record absentees and light duty students.

1. Introduce self, give rank, and current job.
2. Give background, schools, duty stations, etc.
3. State question and answer policy.
4. State DOR and training time out policy.
5. Ask for medical concerns:
 - a. Has anyone gone to the hospital/branch clinic for treatment within 24 hours, and are you taking any medications?
 - b. Has anyone taken over-the-counter medications within 24 hours?
 - c. Are there any potentially disqualifying illnesses/conditions for which you are currently being evaluated?
6. Mishap reporting Procedures and Definitions
 - a. Mishap: A mishap is any unplanned or unexpected event causing personal injury, occupational illness, death, material loss, or an explosion, whether damage occurs or

Turn to cover page of Lesson Topic Guide and paraphrase objectives.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

not.

- b. Near Mishap: A situation where if allowed to go unchecked or uncorrected has the potential to cause a mishap
- c. Unsafe Act: A violation of an accepted safety procedure, which could permit the occurrence of a mishap
- d. Mishap Reporting Procedures: All mishaps shall be reported to Candidate Officers or OTCP staff members as soon as possible. Candidate Officers or staff members shall complete a Personal Accident Injury Notification (PAIN) Chit, Appendix H in OTCPINST 5100.2. A PAIN Chit shall be delivered to the OTCP Safety Office within 24 hours of the mishap.
- e. Near Mishap Reporting Procedures: Any near mishap shall be reported to LDO/WO staff members at once. LDO/WO staff member shall inform LDO/WO Safety Office as soon as possible.
- f. Unsafe Condition Reporting Procedures: A Training-Time-Out (TTO) shall be used to report any unsafe condition during training. LDO/WO staff members shall rectify the problem or take appropriate action, such as delaying training. Occupational Safety and

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- g. Health hazards can be reported on a Safety Hazard Report or a Navy Employee Report of Unsafe/Unhealthy Working Condition form, found in the green Safety Deficiency boxes. These forms shall be routed to the LDO/WO Safety Office at once.
- h. LDC Instructions: At any time when a staff member, student, or equipment is above someone's head, the below person shall wear a helmet and proper PPE.

B. State Lesson Objectives

C. Establish Readiness

1. Motivating statements

Physical fitness plays a key role in both your job and your career. It help to will ensure you and your troops are physically and mentally prepared for their Naval duties. As newly appointed officers you are responsible to "lead by example" and support all Navy policies.

2. Lesson overview

The purpose of this lesson is to overview your physical training program. We will also explain the Mustang Test procedures and standards, basic nutrition principles, and how to prevent and

Relate through personal experiences or examples how and why physical fitness is important.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

recognize heat related injuries.

a. Lesson topic: Physical Fitness Program,
Nutrition, and Heat Stress

b. Major teaching points:

- (1) Mustang Test procedures and standards
- (2) Conditioning program
- (3) Class policies
- (4) Parking
- (5) DOR/Training time out/student safety policy
- (6) Medical problems/light duty
- (7) Physical fitness and nutrition
- (8) Heat related injuries
- (9) Risk factor screening forms
- (10) Stretching technique demonstration
- (11) Curl-up and push up technique demonstration
- (12) Height/Weight measurement
- (13) Body composition measurement

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

PRESENTATION

- A. Mustang Test. Shall be conducted by 05 personnel and completed on the first and last Wednesday of the course. All personnel, unless medically waived, will participate in each physical training evolution.
 - 1. Tests muscular endurance using curl-ups, push-ups and 1.5 mile run.
 - 2. Students shall be given two minutes to complete as many curl-ups as possible.
 - 3. Students shall be given two minutes to complete as many push-ups as possible.
 - 4. Students shall complete 1.5 mile run on the NASC running track (six laps around the track).
 - 5. Scores shall be maintained by 05 staff. Mimimum passing scores are:

		MIN FOR <u>MALE</u>	MIN FOR <u>FEMALE</u>
Curl-ups	<u>AGES</u>		
	25-29	43	43
	30-34	40	40
	35-39	37	37
	40-44	35	35
	45-49	31	31
	50-54	29	29

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

Push-ups	25-29	34	13
	30-34	31	11
	35-39	27	9
	40-44	24	7
	45-49	21	5
	50-54	19	2
1.5 mile run	25-29	14:00	16:08
	30-34	14:30	16:45
	35-39	15:00	17:00
	40-44	15:30	17:15
	45-49	16:08	17:23
	50-54	16:45	17:15

B. Conditioning Program

1. Provides stretching, muscle strengthening, cardiovascular conditioning, and cool-down exercises to increase overall physical fitness.
2. Provides gradual, self-paced build-up in strength and cardiovascular endurance, providing an opportunity to improve in each category of the Mustang Test.

C. Class Policies

1. Classes meet M-W-F at 0645 in the gym, building 3828.
2. Muster will be taken at all classes.
3. Uniform is as follows:

<u>Shirt</u>	<u>Shorts</u>	<u>Socks</u>
Plain white	blue	white

DISCUSSION POINT

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or gray LDO
(Navy related logos authorized.)

NOTE: White tee shirts will be authorized if heat index mandates.

NOTE: Blue or gray sweats may be worn in cold weather.

D. Parking - Students will park at building 633, or in bowling alley parking lot. Recommend walk over to 3828 from the BOQ.

E. Drop on Request (DOR)/Training Time Out/Student Safety Policy.

1. All students shall be briefed on the "DOR" and "Training Time Out" policy prior to commencement of training.
2. Drop on Request (DOR)--Students are enrolled in LDO/CWO on a voluntary basis; therefore, students may voluntarily request termination of training. Anytime a student makes a statement such as "I quit" or "DOR," they will be immediately removed from the training environment and referred to the LDO/CWO Division Officer for administrative action. When the student exercises the option to terminate training as stated above, the LDO/CWO Division Officer shall respond with the following action:
 - a. Counsel the student on the consequences of the decision and ascertain the reason(s)

DISCUSSION POINT

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- b. behind the request.
Have the student make a written request (CNATRA Form 1542/16) to terminate or continue training, which shall become an official part of the student's training jacket.
 - c. Following a student's DOR request, the NAVAVSCOLSCOM Commanding Officer or Executive Officer is the only authority to return the student to training.
 - d. Students who are returned to the training environment will be assisted in the program by senior instructors until the student's confidence level is restored or it is determined the student's participation in the program is no longer warranted.
3. Training Time Out Policy. Students or instructors who have apprehension concerning their personal safety or that of another, shall verbally request a "training time out" to clarify the situation and receive or provide addition instruction as appropriate. Students who refuse to participate in the training exercise after "training time out" instruction has occurred will be removed from training and referred to the LDO/CWO Division Officer for appropriate administrative processing.
4. Student Safety. Anytime a student demonstrates signs of panic, fear, extreme fatigue, or lack of confidence, instructors shall stop the training, identify the problem, and make a determination to continue or discontinue training. Instructors
- Solicit questions -- ensure understanding.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

shall be constantly alert for any unusual behavior which may indicate a student is experiencing difficulty and shall immediately take appropriate action to ensure the student's safety.

F. Medical Problems/Light Duty

Students needing medical attention/appointment or in a light duty status will muster with the class instructor or class leader prior to going to medical. Light duty chits will be provided to the instructor and status recorded on class roster.

G. Physical Fitness and Nutrition

1. It is very important to achieve and maintain a high level of physical fitness. Navy policy requires biannual testing of fitness levels and you are expected to comply with body fat standards. Body fat standards will be used only if you are over the current height/weight standards.
2. Being physically fit increases mental capabilities and reduces daily stresses of the job.
3. Proper nutrition is necessary to receive the full benefits of exercise. The body is like a high performance car - without proper amount or type of fuel it will not yield maximum performance.

Show nutrition video.
Encourage question and answer session to ensure understanding.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

H. Heat Related Injuries

1. Heat stress can be dangerous to persons who exercise and can result in serious injuries or death. It is important to understand the types of injuries and their symptoms, so recognition and treatment can occur quickly, knowing how heat affects physical performance can help in the prevention of heat related injuries and allow you to perform at maximum effort safely.
2. It is important to know the symptoms and treatment of all heat related injuries.
3. Personnel with sickle cell trait (SCT) may be at very slightly increased risk of injury/ death during periods of exertion or heat stress. SCT is an inherited trait which is not physically disqualifying for naval personnel. A triggering mechanism can cause the red blood cells to alter shape and texture. This change can result in impaired blood circulation and may lead to unconsciousness and possibly death. Recent information suggests that individuals with SCT may be at slightly increased risk during strenuous exercise, particularly while exposed to hot or cold temperatures, or while exercising under hypoxic (high altitude/low oxygen) conditions. Additionally, SCT members may be at increased risk while recovering from serious illness and surgery. The cause and extent of this increased risk is not understood, but currently there is no basis for restricting the

Distribute heat stress fact sheet

Solicit/ask questions to ensure students understand all material.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

work or exercise of SCT personnel. However, certain precautions can be taken to minimize risk when exercising or while exposed to temperature extremes. SCT members should drink adequate amounts of water before, during, and after exposure to extreme temperatures. Consumption of 10 fluid ounces of water 10 minutes before running and 8 fluid ounces after each 1.5 miles is recommended. Due to the dehydrating effects of alcohol and caffeine, consumption of these substances is not recommended within 24 hours of strenuous activity.

I. Risk Factor Screening Forms

Pass out LDO/CWO Risk Factor Screening forms.

1. Have students fill out blocks for name, rate/rank, SSN, age, sex, date of last physical examination, and date of birth.
2. Have students check yes or no block for questions 1-8.

NOTE: Students who mark yes to any question must be referred to the class officer to arrange an appointment with medical for clearance prior to participating in any physical training.

Verify physical.

J. Stretching Technique Demonstration

Instructor demo proper form.

1. Preparation
 - a. Stretch within your limits without straining
 - b. Do not hold your breath while stretching and

DISCUSSION POINT

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do not bounce.

- c. There is a difference between the feeling of a stretch and pain. When you stretch you should stretch to a point where you are feeling an easy stretch, then hold and relax. As you relax and the feeling of the stretch changes to a milder stretch, then stretch a little further until you get the feeling of a good stretch again.
 - d. Hold all stretches for a minimum of 10 seconds.
 - e. These are to be accomplished before and after each PT class.
2. Side to side stretch
- a. Stand with feet shoulder width apart. Extend the left arm straight up and grasp the left wrist with the right hand. Slowly lean to the right without bending forward at the waist.
 - b. Repeat the stretch in opposite direction.
3. Triceps stretch
- a. Touch the left shoulder blade with the left hand and press down on the left elbow with the right hand.
 - b. Repeat for the right arm.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

4. Chest stretch
 - a. From the standing position with arms extended to the side at shoulder level.
 - b. Keeping the thumbs pointed up, extend the arms backward.
 - c. Either have another person hold the stretch or use a pole for resistance
5. Posterior shoulder stretch
 - a. From a standing position.
 - b. Reach the right arm straight out and across the chest, thumb up.
 - c. With the left hand, grasp the right arm just above the elbow.
 - d. Gently pull right arm across the body.
 - e. Repeat to other shoulder
6. Trunk twist (seated)
 - a. From the seated position with hands clasped in front of the chest, twist the upper torso to one side and hold for 10 seconds.
 - b. Repeat to the right.
7. Inside hurdler

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

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| <p>a. Sit with left leg extended and left toes pointing straight up. Bend the right leg until the sole of the right foot is touching the inside of the left knee. Bend forward at the waist, taking chest toward left knee.</p> <p>b. Repeat for the right leg.</p> <p>8. Groin stretch</p> <p>a. While sitting with the soles of the feet together and back straight, grasp both ankles and pull them as close to the body as possible. Relaxing the musculature of the inner thigh, allowing the weight of the knees to stretch the muscles.</p> <p>9. ITB Stretch</p> <p>a. From a seated position</p> <p>b. Stretch left leg straight out or flat on the deck.</p> <p>c. Hook right foot over left leg, near the knee.</p> <p>d. Gently twist trunk to the right.</p> <p>e. Repeat to left.</p> <p>10. Ankle rotation</p> | <p>Same arm to same leg that is extended.</p> |
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DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- a. From the seated position.
- b. Bend and bring the right ankle over the left thigh.
- c. Hold your right ankle with the right hand lifting it above the left thigh.
- d. With the left hand rotate the right ankle clockwise and counter clockwise.
- e. Repeat for other ankle.

11. Quadriceps stretch

- a. From the lying position on the stomach
- b. Bend the left leg and grasp the left ankle with the left hand.
- c. Pull the foot towards the buttocks, keeping knees together.
- d. Repeat for the right leg.

12. Abdominal Stretch

- a. From a lying position on the stomach
- b. Push up on the elbows while leaving the hips on the deck, pulling up tall from the waist.

13. Lower back stretch (one or two legs)

- a. From a lying position on the back

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. Lying on back, curl both knees up to chest while placing hands in the bend behind the respective knee. Hold knees to chest with hands, relaxing back muscles.

14. Calf Stretch

- a. From a standing position, next to a wall or stationary object
- b. Stand facing the wall approximately four feet away. Lean against the wall, bring the right leg forward while keeping the left leg extended and left heel off the deck.
- c. Press the left heel down stretching the calf.
- d. Repeat for the right calf.

15. Achilles Tendon stretch.

- a. From the standing position with hands on hips
- b. Stand with feet shoulder width apart and step forward approx. 6 inches with one foot.
- c. Sit back over back heel and press body forward keeping back heel on the ground, or
- d. From a standing position, next to a wall or stationary object

Instructor may select either Achilles tendon stretch.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- e. Stand facing the wall approximately four feet away. Lean against the wall, with both legs extended back, attempting to keep both heels on deck, slightly bend both knees.

K. Curl-up Technique (strength and muscular endurance test)

Demonstrate proper method.

- 1. Lie flat on back with knees bent, heels close to buttocks (approx. 10 inches) and arms folded across the chest and feet held down to floor by partner. Curl up touching elbows to upper thighs. Lie back touching shoulder blades to deck.
- 2. Serves as functional measure of abdominal muscle group endurance.
- 3. Good abdominal muscle conditioning is an important preventative in lower back injury.

L. Push-ups (upper body strength and muscular endurance)

Demonstrate proper method.

- 1. Assume the front leaning position with the hands approximately shoulder-width apart. The arms, back, buttocks, and legs must be straight from head to heels. Bend elbows and lower entire body until the top of the upper arms reaches a 90 degree angle, shoulders and lower back are parallel to the deck. Return to the starting position, locking elbows at top.

M. Height / Weight measurements. Personnel overweight or over body composition standards run a higher risk of cardiovascular disease, diabetes, and other negative

DISCUSSION POINT

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health conditions. All efforts should be made by Naval personnel to remain within height/weight or body composition standards.

1. Perform Height / Weight measurements in accordance with OPNAVINST 6110.1 series.
2. If above height/weight maximum standards, perform body composition measurements in accordance with OPNAVINST 6110.1 series.

05/08 instructors take measurements and record.

05/08 instructors take measurements and record.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY

A. State Lesson Objectives

Turn to cover page for objectives.

B. Review Major Teaching Points

Briefly summarize.

APPLICATION

See presentation for application.

EVALUATION

None.

ASSIGNMENT

None.

LESSON PLAN

January 2005

COURSE TITLE: Limited Duty/Chief Warrant
Officer Indoctrination Course
Q-9B-0023

TERMINAL OBJECTIVE:
Partially supported by this lesson topic:

CLASSIFICATION: Unclassified

10.1 Develop an understanding of long term physical fitness, nutritional values, and implement a physical training program using proper exercise guidelines as described in Command Fitness Coordinator Exercise Leader Handbook and OPNAVINST 6110.1 series.

LESSON TOPIC NUMBER: 10.2

ENABLING OBJECTIVES:

LESSON TOPIC: Warm-up/Stretching
Mustang Test
Conditioning Program
Cool Down

Completely supported by this lesson topic:

10.9 Complete warm-up and stretching exercises.

10.10 Complete curl-up/push-up exercises using safe exercise procedures.

ALLOTTED LESSON TIME: 18.0 Laboratory

10.11 Complete cardiovascular exercises using safe exercise procedures.

INSTRUCTIONAL SUPPORT:

1 Physical Training instructor
2 Safety Observers

10.12 Complete curl-up/push-up exercises utilizing safe exercise procedures within a given time limit and followed by a 1.5 mile run.

INSTRUCTIONAL REFERENCES:

1. Lesson Topic Guide 11.2
2. OPNAVINST 6110.1 Series
3. Health and Physical Readiness Manual (NAVPERS 15563A)
4. Command Fitness Coordinator Handbook
5. NAVAVSCOLSCOMINST 5101 series

10.13 Complete cool down exercises.

CRITERION TEST:

Students must complete Mustang Test and conditioning program in one session.

10.2-1

6. NAVAVSCOLSCOMINST 1500.10 series
7. NAVAVSCOLSCOM PTI (P-9E-1238)
8. Anderson, Bob, Stretching, Stretching Inc., 1990

Safety Note: Check flag condition prior to PT evolution. LDO/WO PT & Mustang Test will not be conducted for those students on board NASP for less than four weeks. This is for yellow flag conditions and above.

HOMEWORK:
None.

INSTRUCTIONAL AIDS:

NAVAVSCOLSCOM 6310/1
Amplifier speakers
Remote microphone headset
Stereo Cassette/CD player
Airboxing CD/Tape
Government Vehicle
Numbered Jerseys

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

INTRODUCTION

A. Establish Contact

Take roll, record absentees and light duty students.

1. Introduce self, give rank, current job.
2. State background, schools, duty stations, etc.
3. State question and answer policy.

4. State Training Time Out policy.

Brief students on Training Time Out indicating specific signals for use during class.

5. Ask for medical concerns:

- a. Has anyone gone to the hospital/branch clinic for treatment within 24 hours, and are you taking any medications?
- b. Has anyone taken over-the-counter medications within 24 hours?
- c. Are there any potentially disqualifying illnesses/conditions?
- d. Has anyone in this class been on board NASP for four weeks or less?

Safety Note:

6. Mishap Reporting Procedures and Definitions

Check flag condition. In the event of a yellow flag condition or higher. Students on board NASP are prohibited from conducting outdoor fitness activities. Fitness activities can be conducted indoors as long as WBGT readings

- a. Mishap: A mishap is any unplanned or unexpected event causing personal injury, occupational illness, death, material loss, or an explosion, whether damage occurs or not.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- b. Near Mishap: A situation where if allowed to go unchecked or uncorrected has the potential to cause a mishap.
 - c. Unsafe Act: A violation of an accepted safety procedure, which could permit the occurrence of a mishap.
 - d. Mishap Reporting Procedures: All mishaps shall be reported to candidate Officers or OTCP staff members as soon as possible. Candidate officers or staff members shall complete a Personal Accident Injury Notification (PAIN) chit, Appendix H in OTCPINST 5100.2. A PAIN chit shall be delivered to the OTCP Safety Office within 24 hours of the mishap.
 - e. Near Mishap Reporting Procedures: Any near mishap shall be reported to LDO/WO staff members.
 - e. LDC Instructions: At any time when a staff member, student, or equipment is above some one's head, the below person shall wear a helmet and proper PPE.
- Indoors are less than yellow flag conditions. This is due to the required acclimation period stated in NAVAVSCOLSCOMINST 6200.1K.

DISCUSSION POINT

B. State Lesson Objectives

C. Establish Readiness

1. Motivating statements:

- a. Every student should strive to achieve and maintain the highest standard of physical conditioning. A well balanced fitness program includes warm up and stretching exercises prior to muscular endurance and cardiovascular workouts and a cool down period following each workout.
- b. Warm-up and stretching exercises will improve individual performance and reduce the chance of injury from muscular strain.
- c. Physical fitness enhances mental alertness and reduces fatigue. Exercise is a vital part of an overall wellness program.
- d. Exercise should be part of a daily routine.

2. Lesson overview

The purpose of this lesson topic is to lead the students through proper warm-up, stretching and cool down procedures, perform curl-up and push-up exercises with proper form, and to undergo a Mustang Test and conditioning program.

- a. Lesson Topic:
Mustang Test/Conditioning Program

RELATED INSTRUCTOR ACTIVITY

Turn to cover page of Lesson Plan and paraphrase objectives.

Relate through personal experiences or examples how and why physical fitness is important.

DISCUSSION POINT

b. Major Teaching Points

- (1) Warm-up/stretching
- (2) Exercise techniques
- (3) Mustang Test exercises
- (4) Conditioning Program exercises
- (5) Cool down and stretching exercises

RELATED INSTRUCTOR ACTIVITY

PRESENTATION

A. Perform warm-up/stretching.

1. 3 easy laps around basketball court
2. 15 - 4 count jumping jacks
3. 15 bent knee push ups
4. 10 - 4 count bicycle crunches
5. Side to side stretch
6. Triceps stretch
7. Chest stretch
8. Posterior shoulder stretch
9. Trunk twist (seated)
10. Inside hurdler
11. Groin stretch

Lead class through warm-up and stretching routine per Lesson Topic Guide 10.1.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- 12. ITB/Knee stretch
- 13. Ankle rotation
- 14. Quadriceps stretch
- 15. Abdominal stretch
- 16. Lower back stretch
- 17. Calf stretch
- 18. Achilles Tendon stretch

B. Conditioning Program. The following workouts will be used for strengthening and conditioning:

NOTE: Conditioning workout options (air boxing, calisthenics, team sports, weight training) can be done if weather conditions preclude going outdoors.

Monitor form of curl-ups and push-ups for correctness per Lesson Topic Guide 10.1. If performed incorrectly, notify student. The 08 Primary Instructor will lead and complete all conditioning workout options. Staff will monitor students for correct form IAW Lesson Topic Guide 10.1. If performed incorrectly, they will notify the students.

1. WEEK ONE: MONDAY

Classroom setting per Lesson Topic Guide 10.1

2. WEEK ONE and FIVE: WEDNESDAY

- a. Perform warm up and stretching.

Performed IAW LTG 10.1
05 staff will conduct Mustang Test. 08 staff will serve as safety observers. In the event of

DISCUSSION POINT

- b. Review Mustang Test curl-up and push-up minimum scores.
- c. Time will be called out at 1 minute, 1 minute 30 seconds, 1 minute 45 seconds.
- d. Pair up students in straight rows.

NOTE: All instructor and safety observers will rove around the rows of students to ensure proper form.

- e. First set of students, ready to start curl-ups, start.
- f. Second set of students, ready to start curl-ups, start.
- g. First set of students, ready to start push-ups, start.
- h. Second set of students, ready to start push-ups, start.
- i. Put class on a 5 minute head and water break and tell them to meet you at the Mustang Test starting line and stretch more, if needed.

NOTE: Make sure test running course and numbered jerseys are ready (jerseys are optional).

- j. Hand out numbered jerseys.
- k. Explain Mustang Test run minimums and number 10.2-8

RELATED INSTRUCTOR ACTIVITY

multiple classes onboard, 08 instructors will man the classes not performing the mustang test. Instructors ensure correct form IAW LTG 10.1.

05 personnel record scores of both groups

05 personnel record scores of both groups.

IAW LTG 10.1

DISCUSSION POINT

of times around running track for completion of run distance.

- l. All students stand behind the starting line. Start the test. Use two stop watches.
- m. Monitor for SAFETY and compliance.
- n. As the students cross the finish line, record their jersey number and time.
- e. Perform cool down. Walk for two minutes.
- f. Perform stretching exercises.

2. WEEK TWO, THREE, and FOUR: WEDNESDAY

- a. Perform warm up and stretching.
- b. Perform curl-up exercise.
 - (1) Four sets of curl-ups at 30 seconds per set.
 - (2) Rest 30 seconds between each set.
- c. Perform push-up exercise.
 - (1) Four sets of push-ups at 15 seconds per set
 - (2) Rest 30 seconds between each set
- d. Perform run - self paced for 30 minutes

RELATED INSTRUCTOR ACTIVITY

05 personnel counsel those not making minimum score.

Ensure students get a drink of water before dismissing class.

Performed IAW LTG 10.1

Have class take a five minute head call/water break and muster outside. Instructor may run laps with the class. Runs may be conducted on the chip trail, running track, sea wall, or NATTC

DISCUSSION POINT

- e. Perform cool down. Walk for two minutes.
- f. Perform stretching exercises.

3. WEEK ONE THROUGH FOUR: FRIDAY

- a. Perform warm up and stretching.
- b. Air boxing conditioning workout option:
 - (1) Proper punching form is essential for safety.
 - (2) Stand with knees slightly bent, feet should be positioned shoulder width apart.
 - (3) Ready defensive position: defensive stance with fists loosely clenched just below face, elbows and forearms protecting ribcage.
 - (4) Avoid hyperextension of the elbow and locking of knees.
 - (5) Throw the following punches with a loose fist, beginning and ending with ready position:
 - (a) Punch: arms extends in front (imagine punching opponent's eye)

RELATED INSTRUCTOR ACTIVITY

running track. Runs on sea wall and NATTC running track will be followed by a safety observer in 08 government vehicle. Observe students for heat stress symptoms.

Ensure students get a drink of water before dismissing class. Run may be conducted on running track, chip trail, or sea wall.

Performed IAW LTG 10.1

Position safety observers around mats.

Do not lock out elbows.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

Lead students through practice of alternating right/left punches.

- (b) Jab: arm extends double time in front (imagine jabbing opponent's eye)

Lead students through practice of alternating right/left jabs.

- (c) Cross: arm extends crossing slightly in front (imagine punching opponent's nose)

Lead students through practice of alternating right/left cross punches.

- (d) Hook: arm remains slightly bent and extends in front (imagine punching side of opponent's jaw)

Lead students through practice of alternating right/left hooks.

- (e) Uppercut: punch comes from underneath (imagine punching opponent under the chin)

Lead students through practice of alternating right/left uppercuts.

- (f) Flurry: punch comes from underneath, alternating right and left uppercuts, double time (imagine a series of alternating

Keep head up during flurry punches.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

uppercuts)

Lead students through practice of flurry punches.

- (g) Speed bag: both hands in air level with face, imitate punching a speed bag.

Lead students through practice of speed bag.

- (h) Combination: any combination of more than two different punches thrown in succession.

Lead students through practice of a combination punch.

- (i) Demonstrate boxer shuffle step: primary step to be used throughout choreography of different punches. Shift weight back and forth right to left foot, weight on front portion of foot.

Do not lock out knees.

After demonstration, have students practice boxer shuffle step in ready position.

c. Session One:

All exercises performed IAW NASC PTI (P-9E-1238).

- (1) Shuffle, arms ready position
- (2) Alternate right/left punch

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (3) Shuffle
- (4) Alternate right jab/left jab
- (5) Shuffle
- (6) Right punch, right punch, left jab
(Right combination jab)
- (7) Shuffle
- (8) Left punch, left punch, right jab
- (9) Shuffle, arms ready position
- (10) Repeat steps 4 through 9, substituting
cross punch for jab.
- (11) Repeat steps 4 through 9, substituting
hook punch for jab.
- (12) Repeat steps 4 through 9, substituting
uppercut for jab.
- (13) Shuffle, arms ready position
- (14) Side to side step, flurry
- (15) Simulate skipping rope
- (16) Simulate jumping rope
- (17) Cross country skier exercise
- (18) Speed bag

Keep feet moving, head up at all times.

Knees don't extend past toes.
Don't bend leg beyond 90 degree angle. Keep back straight, head up.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (19) Jumping jack foot movement, arms simulate skipping rope
- (20) ½ jumping jack foot movement, arms simulate skipping rope
- (21) Repeat steps 14 thru 20.
- (22) Walk in place.
- (23) Side to side step, arms extended out to sides palms up.
- (24) Side to side step, bend elbows make hand into fist, bring fist to shoulder. Pump biceps.
- (25) Side step, palms down, make small clockwise circles with hands, reverse motion of hands
- (26) Side step, shoulder press
- (27) Side step, press out to side
- (28) Speed bag, shuffle feet
- (29) Walk in place.
- (30) Side to side step, flurry
- (31) Simulate skipping rope.
- (32) Simulate jumping rope.

Arms slightly bent at elbows, no bouncing leg movements. Muscular endurance, don't allow arms to drop.

Keep arms slightly bent. No bouncing leg movements while performing arm circles.

Head up, keep feet moving.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (33) Cross country skier exercise
- (34) Jumping jack foot movement,
lateral arm raise movement
- (35) ½ jumping jack foot movement,
lateral arm raise movement
- (36) Perform boxer shuffle, any combination
punch for a period of 60 seconds.
- (37) Perform boxer shuffle, any combination
punch for a period of 60 seconds.
- (38) Side to side step, flurry
- (39) Simulate skipping rope.
- (40) Simulate jumping rope.
- (41) Cross country skier exercise
- (42) Jumping jack foot movement,
lateral arm raise movement
- (43) ½ jumping jack foot movement,
lateral arm raise movement
- (44) Perform boxer shuffle, any punch for
a period of 30 seconds.
- (45) Perform boxer shuffle, any punch for
a period of 30 seconds.
- (46) Walk in place.
- (47) Side to side step, Flurry

Head up, keep feet moving.

DISCUSSION POINT

(48) Walk in place, slowing down pace gradually.

d. NOTE: The air boxing workout may be personalized by utilizing any of the following approved exercises in conjunction with the choreography listed above.

- (1) Jumping Jacks
- (2) ½ Jumping Jack
- (3) simulate jumping rope
- (4) simulate skipping rope
- (5) walk in place
- (6) run in place
- (7) side steps
- (8) forward steps
- (9) lunges
- (10) squat
- (11) cross country skier
- (12) bicep curls
- (13) arm circles (small)
(forward/backward)

RELATED INSTRUCTOR ACTIVITY

One to two minutes

NOTE: LUNGES, SQUATS, CROSS COUNTRY SKIERS: Knees do not extend past toes. Leg doesn't go beyond 90 degree angle, keep back straight and head up.

Keep arms slightly bent. No bouncing leg movements while performing arm circles.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- (14) shoulder press (up)
- (15) shoulder press (out to side)
- (16) lateral arm raise, elbows bent

e. Session Two

- (1) Perform pelvic tilt exercise. Laying on back arms supporting lower back, gently lift pelvis toward ceiling and lower, using abdomen muscles. 15 repetitions.
- (2) Perform bicycle crunches 15 repetitions.
- (3) Perform oblique crunches right side. 15-25 repetitions.
- (4) Perform oblique crunches left side. 15-25 repetitions.
- (5) Perform abdominal crunch exercise. 15-25 repetitions.
- (6) Relax for 30 seconds.
- (7) Perform two or three sets of session two at instructor's discretion and based on fitness level of the class.
- (8) Perform lower back exercise: Lie prone with arms outstretched palms down; place forehead on tops of feet on the floor.

Ensure the students keep their lower back on the deck by placing their hands underneath their buttocks while performing leg lifting exercises. This will add support to the lower back, and will prevent injury.

DISCUSSION POINT

Drop shoulders back and away from ears. Pull abdominals inward, dropping tailbone down toward the floor. Contract buttocks and thighs, pressing hips and pelvic area to the mat. Legs should come off floor with contraction. Allow them to come off only as high as student can without causing undue tension in spine. Slowly lift upper torso off floor, reaching in opposite directions with extremities to create length in spine.

RELATED INSTRUCTOR ACTIVITY

f. Perform cool down stretching exercises. Performed IAW LTG 10.1

4. WEEK TWO thru FIVE: MONDAY

a. Perform warm up and stretching. Performed IAW LTG 10.1

b. Perform curl-up exercise.

(1) Four sets of curl-ups at 30 seconds per set.

(2) Rest for 30 seconds between each set.

c. Perform push-up exercise.

(1) Four sets of push-ups at 15 seconds per set.

(2) Rest for 30 seconds between each set.

d. Run in formation for 30 minutes

Have class take a five minute head call/water break. Muster outside. Formation runs will be run at the slower students' pace and led by 05 Department staff. Observe students for heat stress symptoms.

DISCUSSION POINT

- e. Perform cool down. Walk for two minutes.
- f. Perform stretching exercises.

5. CONDITIONING WORKOUT OPTION: TEAM SPORTS

- a. Perform warm up and stretching.
- b. Select Team Sport:

(1) Volleyball

(2) Soccer

(3) Basketball

(4) Flag football

- c. Perform cool down.
- d. Perform stretching.

RELATED INSTRUCTOR ACTIVITY

Instructor should run laps with the class. Runs may be conducted on the chip trail, running track, sea wall, and NATTC running track.

Runs on sea wall and NATTC running track will be followed by a safety observer in 08 government vehicle. Observe students for heat stress symptoms.

Performed IAW LTG 10.1

Performed IAW LTG 10.1

Ensure water breaks are taken.

Divide the class into teams of appropriate size for sport being played.

Maintain class discipline. Ensure rules are fair to all students.

If class is large, rotate in and out to allow maximum participation.

Performed IAW LTG 10.1

DISCUSSION POINT

6. CONDITIONING WORKOUT OPTION: CALISTHENICS

- a. Perform warm up and stretching.
- b. Each exercise will be for a minimum of 30 seconds, with a ten second transition period between each exercise. A two minute rest will be adhered to between each set of exercises. A workout will consist of two-three sets of exercises.
 - (1) Side straddle hop
 - (2) Sun Gods
 - (3) Run in place
 - (4) Push-ups
 - (5) Oblique sit ups (Right and Left)
 - (6) Simulate skipping rope
 - (7) Eight count body builders
 - (8) Superman
 - (9) Hip rollers
 - (10) Lunges
 - (11) Dive Bomber Push-ups
 - (12) Dirty Dogs
 - (13) Crunches

RELATED INSTRUCTOR ACTIVITY

Performed IAW LTG 10.1

Two minute water break between sets.

Exercises conducted IAW NASC PTI (P-9E-1238.)
Any approved exercise from NASC PTI may be substituted.

NOTE LUNGES AND SQUATS -
Knees should not extend past toes.
Leg doesn't bend beyond 90 degree angle, keep back straight, head up.

DISCUSSION POINT

(14) Squats

(15) Donkey kicks

(16) 4 count bicycle crunches

c. Perform cool down.

d. Perform stretching exercises.

7. CONDITIONING WORKOUT OPTION: WEIGHT TRAINING

a. Perform warm up and stretching.

b. Class participate in individual weight training workout utilizing resistance equipment or free weights.

c. Perform cool down.

d. Perform stretching.

RELATED INSTRUCTOR ACTIVITY

To avoid hyperextension of the back, the leg shouldn't be raised higher than the hip.

Performed IAW LTG 10.1

Performed IAW LTG 10.1

Instructor monitor class to ensure compliance with safety IAW NASC PTI (P-9E-1238)

Performed IAW LTG 10.1

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

SUMMARY AND REVIEW:

- A. State lesson objectives.
- B. Review major teaching points.

Turn to cover page for objectives.
Briefly summarize.

APPLICATION

See presentation for application.

EVALUATION

Mustang Test performance.

ASSIGNMENT

None.

Side straddle hop	10 4 count
Push ups	15
Lunges	15 (R/L)
Lower Back Exercise	15/5 X 2
Crunches	15
Obliques (r)	15
Obliques (l)	15
Cross country skier	30
Side straddle hop	10 4 cnt
Push ups	15
Squat	15
Lower Back Exercise	15/5 x 2
Crunches	15
Obliques (r)	15
Obliques (l)	15
Cross Country Skier	30

LIE PRONE WITH ARMS OUT, PALMS DOWN.

FOREHEAD AND TOPS OF FEET ON FLOOR. DROP

SHOULDERS BACK AND AWAY FROM EARS. PULL

ABS IN, DROPPING TAILBONE DOWN TOWARD THE

FLOOR. CONTRACT BEHIND AND THIGHS, PRESSING

PELVIC AREA TO MAT.

BALANCING ON PUBIC BONE ALLOW CONTRACTION

OF BUTTOCKS AND THIGHS TO LIFT LEGS OFF THE

MAT, LIFT UPPER TORSO OFF FLOOR, REACHING IN

OPPOSITE DIRECTIONS WITH EXTREMITIES.

BREATHE DEEPLY IN WITH COMPLETE EXHALATION,

REPEAT THROUGHOUT EXERCISE.

REPEAT WITH CROSS / HOOK / UPCUT

SIDE BOB LUNGE ALT R/L PUNCH
FRONT KICK (HAND FRONT OF FACE)

SQUAT "

SIDE KICK FROM HIP "

BACK KICK "

STEP TAP

BACK ROLL

SHOULDER ROLL FORWARD / BACK 8

HANDS TO FLOOR DOWN UP (SQUAT)

SIDE TO SIDE LEG STRETCH

TAP TO SIDE SHOULDER STRETCH

TAP TO SIDE TRICEP STRETCH

CHANGE MUSIC

SIDE KNEE RAISE TO ELBOW	16
WALK IN PLACE	
SIDE KNEE RAISE TO LEFT ELBOW	16
WALK IN PLACE	
HAND ON HIP / SLOW LEFT KICK (4 STEP)	16
WALK IN PLACE	
HAND ON HIP / SLOW RIGHT KICK (4 STEP)	
WALK IN PLACE	
FRONT KICK / BACK KICK (LOOK BACK)	16
SQUAT STEP KICK STEP SQUAT RIGHT	16
WALK IN PLACE	
SQUAT STEP KICK STEP SQUAT LEFT	16
WALK IN PLACE	
JACKS PUNCH ALT R/L	
MARCH IN PLACE	
SHUFFLE	
ALT PUNCH	
PUNCH RIGHT	RIGHT LEG LEADS
ALT PUNCH /	RIGHT LEG LEADS
PUNCH RIGHT /	RIGHT LEG LEADS

REPEAT WITH
CROSS/HOOK/UPPERCUT

ALT PUNCH

PUNCH LEFT /

LEFT LEG LEADS

ALT PUNCH /

LEFT LEG LEADS

PUNCH LEFT /

LEFT LEG LEADS

REPEAT WITH
CROSS/HOOK/UPPERCUT

ALT FRONT KICK (HANDS IN FRONT OF FACE)

4 FRONT KICKS STEPPING FRONT

KICK RIGHT TAP LEFT

ALT KICKS

FRONT KICK LEFT TAP RIGHT

4 FRONT KICKS STEPPING BACK

REPEAT ABOVE

SIDE KICK

ALT R/L

SIDE KICK

4 WALKING FORWARD

SIDE KICK RIGHT / TAP LEFT

SIDE KICK ALT R/L

SIDE KICK LEFT / TAP RIGHT

SIDE KICK

4 WALKING BACK

REPEAT ABOVE

BOB AND WEAVE HANDS IN FRONT OF FACE
RIGHT KNEE UP / KICK LEFT
LEFT KICK ONLY
RIGHT KNEE UP / KICK LEFT (HANDS DOWN /
HANDS OUT)

REPEAT WITH RIGHT KICK

BOB AND WEAVE HANDS IN FRONT OF FACE
LEFT KNEE UP / KICK RIGHT (HANDS DOWN /
ELBOW GOES OUT)
LEFT KICK ONLY
LEFT KNEE UP / KICK RIGHT (HANDS DOWN /
ELBOW GOES OUT)

+

REPEAT WITH RIGHT KICK

SHUFFLE

DO AIRBOXING STEPS