



## Chapter 8

### **CADET HEALTH AND WELLNESS PROGRAM**

8.1. The Cadet Health & Wellness Program (CHWP) is an integral part of the AFJROTC program and is conducted in conjunction with the Presidential Physical Fitness (PPF) Program. The President's Challenge is a national program that encourages all Americans to make being active part of their everyday lives. It is designed to offer all cadets a way to make significant improvement in their health and to promote a more active and healthy lifestyle. This program allows the development of individual training programs based on national standards by age and gender. It identifies areas of improvement and incorporates a physical training program to reach individual goals to be achieved during the school year. It is composed of exercises that work all muscle groups and do not require any special equipment.

8.2. The Cadet Corps Commander will implement the CHWP for cadets. Each cadet who meets their program's objectives will provide documentation and will be eligible for the AFJROTC CHWP Ribbon. Additionally, cadets will be eligible for one of the three PPF awards. The Health and Wellness Officer will manage and direct the CHWP. Wellness Training will normally be conducted for a few minutes at the beginning of each class and once a week on days designated by the ASI. Cadets who do not wear the issued AF PT uniform or refuse to participate will receive a "0" for the day's grade. Only cadets with a medical excuse will be exempt from participation, but are still required to wear the PT uniform and help with other duties as designated by the instructor.

8.3. Prior to starting the CHWP, cadets must take the PPF assessment to determine their physical fitness level. AFJROTC Instructors will also conduct a final assessment to determine the cadet's overall improvement at the end of the Academic Year. Cadets will be assessed on their performance of five exercises: Curl-ups, Right Angle Push-ups, V-Sit and Reach, Shuttle-run and the 1-Mile Run/Walk. The physical fitness program includes numerous activities and a personal fitness regimen that has obtainable objectives. The Health and Wellness Officer will publicize the efforts of cadets, and establish awards for cadets who reach their objectives.

8.4. The Health and Wellness Officer will announce the date of the semiannual physical fitness assessment with instructions. Those cadets who meet program requirements will be awarded the AFJROTC CHWP Ribbon. Cadets meeting the PPF standards may be awarded the Presidential Physical Fitness Award, National Fitness Award or the Participant Fitness Award.

8.5. Awards. During the year, physical fitness and athletic competitions will be a part of field days and corps competitions. All cadets who participate in the CHWP PT program will receive the Health and Wellness Ribbon if they do not receive any "0" grades in this area. For each year cadets participate in the program, they will receive an oak leaf cluster. There are other Air Force JROTC awards that may also be earned by cadets including the Health and Wellness Ribbon with bronze star (75-84%), silver star (85-95%) and gold star (96-100%). However, no matter what your activity and fitness level, the President's Challenge can help motivate you to improve. The Health and Wellness Officer will ensure all cadets have access to all standards associated with the Physical Fitness Challenge.

# The Physical Fitness Challenge Scoring Criteria

**Curl-Ups:** This event measures abdominal strength and endurance. Percentile Scores are based on Age/Test in number of curl-ups in 60 seconds. If the cadet is older than 17, the system will use the 17 year-old values.

## Curl-ups Test:

Have cadets lie on cushioned clean surface with knees flexed and feet about 12" from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to the chest. Keeping this arm position, cadets raise 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 cadets for one minute. The cadets stop on the word "stop".

Tip: Instruct helpers to count aloud the number of repetitions.

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

Male					Female				
Percentile	Age				Percentile	Age			
	14	15	16	17		14	15	16	17
<b>100</b>	79	81	77	73	<b>100</b>	72	74	77	67
<b>95</b>	62	62	62	61	<b>95</b>	53	55	53	53
<b>90</b>	58	59	58	57	<b>90</b>	49	51	49	47
<b>85</b>	56	57	56	55	<b>85</b>	47	48	45	44
<b>80</b>	54	55	53	53	<b>80</b>	45	46	43	41
<b>75</b>	52	53	51	51	<b>75</b>	43	44	41	40
<b>70</b>	51	51	50	50	<b>70</b>	42	41	40	38
<b>65</b>	49	50	48	48	<b>65</b>	41	40	38	37
<b>60</b>	48	49	48	46	<b>60</b>	40	39	37	36
<b>55</b>	47	47	46	45	<b>55</b>	39	37	36	35
<b>50</b>	45	45	45	44	<b>50</b>	37	36	35	34
<b>45</b>	44	44	44	43	<b>45</b>	36	35	34	33
<b>40</b>	42	43	42	41	<b>40</b>	35	34	33	31
<b>35</b>	41	41	40	40	<b>35</b>	34	32	32	30
<b>30</b>	40	40	40	40	<b>30</b>	32	31	30	30
<b>25</b>	39	38	38	38	<b>25</b>	31	30	30	28
<b>20</b>	37	36	37	36	<b>20</b>	30	28	27	25
<b>15</b>	35	35	35	35	<b>15</b>	28	26	25	25
<b>10</b>	33	32	31	32	<b>10</b>	25	23	23	22
<b>5</b>	28	29	27	27	<b>5</b>	20	20	19	19
<b>0</b>	0	0	0	0	<b>0</b>	0	0	0	0

**Right Angle Push-Ups:** This event measures upper body strength and endurance. Percentile Scores are based on Age/Test in number of push-ups every three seconds. If the cadet is older than 17, the system will use the 17 year-old values.

**Push-ups Test:**

Have cadets lie face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. Cadets straighten the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds her/his hands at the point of the 90-degree angle so that the cadet being tested goes down only until their shoulder touches the partner's hand, then back up. The push-ups are done to a rhythm with one complete push-up every three seconds, and are continued until the cadets can do no more in rhythm (has not done the last three in rhythm).

Tip: Spend as little time in the starting position beforehand in order to increase the number of repetitions. Any extra movement may also decrease the number of repetitions.

Scoring: Record only those push-ups done with proper form and in rhythm.

**Male**

**Female**

Percentile	Age				Percentile	Age			
	14	15	16	17		14	15	16	17
<b>95</b>	47	50	59	60	<b>95</b>	25	34	32	29
<b>90</b>	41	44	46	56	<b>90</b>	21	23	26	28
<b>85</b>	40	42	44	53	<b>85</b>	20	20	24	25
<b>80</b>	37	40	41	50	<b>80</b>	19	20	22	22
<b>75</b>	32	37	40	46	<b>75</b>	15	20	20	20
<b>70</b>	30	35	36	44	<b>70</b>	12	18	19	19
<b>65</b>	28	34	34	43	<b>65</b>	11	18	16	18
<b>60</b>	25	32	32	41	<b>60</b>	10	16	15	17
<b>55</b>	24	31	30	40	<b>55</b>	10	15	13	16
<b>50</b>	24	30	30	37	<b>50</b>	10	15	12	16
<b>45</b>	22	30	29	35	<b>45</b>	9	15	12	15
<b>40</b>	21	27	28	34	<b>40</b>	8	13	12	15
<b>35</b>	20	25	25	30	<b>35</b>	5	11	11	14
<b>30</b>	18	25	25	30	<b>30</b>	5	11	10	12
<b>25</b>	18	24	25	27	<b>25</b>	5	11	8	11
<b>20</b>	15	21	23	25	<b>20</b>	5	10	5	9
<b>15</b>	13	20	22	23	<b>15</b>	3	7	4	7
<b>10</b>	11	18	20	21	<b>10</b>	2	5	3	5
<b>5</b>	7	15	15	20	<b>5</b>	1	2	1	2
<b>0</b>	0	0	0	0	<b>0</b>	0	0	0	0

**V-Sit Reach:** This event measures flexibility of the lower back and hamstrings. Percentile Scores are based on Age/Test in number of curl-ups in inches. If the cadet is older than 17, the system will use the 17 year-old values.

**V-Sit Test:**

Mark a straight line two feet long on the floor as a baseline. Draw a measuring line 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. Cadet removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12” apart. Cadet clasps hands together, palms down and places them on measuring line. With the legs held flat by a partner, cadet slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the cadet holds the fourth reach for three seconds while that distance is recorded.

**Tip:** Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

**Rules:** Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Cadets 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.

Percentile	Male				Percentile	Female			
	Age					Age			
	14	15	16	17		14	15	16	17
<b>100</b>	12	12	13	12.5	<b>100</b>	14	15	15	15
<b>95</b>	6.5	7	8	8.5	<b>95</b>	10	10	10.5	10.5
<b>90</b>	5	6	7	8	<b>90</b>	8.5	9	9.5	9
<b>85</b>	4.5	5	6	7	<b>85</b>	8	8	9	8
<b>80</b>	4	5	4.5	6	<b>80</b>	7	7.5	8	7.5
<b>75</b>	3.5	4	5	5.5	<b>75</b>	6.5	7	8	7
<b>70</b>	3	4	4.5	5	<b>70</b>	6	6.5	7	6
<b>65</b>	2.5	3	4	4.5	<b>65</b>	6	6	7	6
<b>60</b>	2	3	3.5	4	<b>60</b>	5	6	6	5.5
<b>55</b>	2	2.5	3	3.5	<b>55</b>	5	5	6	5
<b>50</b>	1	2	3	3	<b>50</b>	4.5	5	5.5	4.5
<b>45</b>	1	2	2	3	<b>45</b>	4	4.5	5	4
<b>40</b>	1	1	2	2	<b>40</b>	4	4	4.5	4
<b>35</b>	0	1	1.5	1.5	<b>35</b>	3.5	3.5	4	3.5
<b>30</b>	0	0	1	1	<b>30</b>	3	3	4	3
<b>25</b>	-1	0	.5	1	<b>25</b>	2.5	2	3	2.5
<b>20</b>	-2	-1	0	0	<b>20</b>	1	2	2.5	2
<b>15</b>	-2	-2	-1	-1	<b>15</b>	0	1	2	1.5
<b>10</b>	-4	-3	-3	-2	<b>10</b>	-1.5	.5	1	1
<b>5</b>	-5	-5	-4	-4	<b>5</b>	-10	-1	-.5	-1
<b>0</b>	-12	-10	-12	-10	<b>0</b>	0	-10	-.6	-12

**Pull Ups:** This event measures upper body strength and endurance. Percentile scores are based on Age/Test in number of pull-ups. If the cadet is older than 17, the system will use the 17 year-old values.

**Pull-ups Test:**

Cadet hangs from a horizontal bar at a height the student can hang from with arms fully extended and feet free from floor, using either an overhand grasp (palms facing away from body) or underhand grip (palms facing toward body). Cadet raises body until chin clears the bar and then lowers body to full-hang position. Cadet performs as many correct pull-ups as possible.

Tip: Spend as little time hanging from the bar beforehand as possible, the extra time on the bar may reduce the number of pull-ups performed. Discourage any kicking of the legs or swinging of the body as this may also decrease the number of repetitions.

Scoring: 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.

**Male**

**Female**

Percentile	Age				Percentile	Age			
	14	15	16	17		14	15	16	17
<b>100</b>	23	29	26	26	<b>100</b>	24	14	10	21
<b>95</b>	13	14	15	17	<b>95</b>	4	3	4	4
<b>90</b>	11	12	12	15	<b>90</b>	3	2	2	2
<b>85</b>	10	11	11	13	<b>85</b>	2	1	1	1
<b>80</b>	9	10	10	12	<b>80</b>	1	1	1	1
<b>75</b>	8	10	10	11	<b>75</b>	1	1	1	1
<b>70</b>	7	9	9	10	<b>70</b>	1	1	1	1
<b>65</b>	6	8	8	10	<b>65</b>	1	0	0	1
<b>60</b>	6	7	8	10	<b>60</b>	0	0	0	0
<b>55</b>	5	7	7	9	<b>55</b>	0	0	0	0
<b>50</b>	5	6	7	8	<b>50</b>	0	0	0	0
<b>45</b>	4	5	7	7	<b>45</b>	0	0	0	0
<b>40</b>	4	5	6	7	<b>40</b>	0	0	0	0
<b>35</b>	3	4	5	6	<b>35</b>	0	0	0	0
<b>30</b>	3	4	5	5	<b>30</b>	0	0	0	0
<b>25</b>	2	3	4	5	<b>25</b>	0	0	0	0
<b>20</b>	1	2	4	4	<b>20</b>	0	0	0	0
<b>15</b>	1	2	3	3	<b>15</b>	0	0	0	0
<b>10</b>	0	1	2	2	<b>10</b>	0	0	0	0
<b>5</b>	0	0	0	1	<b>5</b>	0	0	0	0
<b>0</b>	0	0	0	0	<b>0</b>	0	0	0	0

**Shuttle Run:** This event measures speed, quickness and agility. Percentile scores are based on Age/Test in seconds and tenths. If the cadet is older than 17, the system will use the 17 year-old values.

**Shuttle Run Test:**

Mark two parallel lines 30 feet apart and place two blocks of wood or similar object behind one of the lines. Cadets start behind the opposite line. On the signal “Ready? Go!” the cadet 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 the starting line.

Tip: Be sure the participants understand the importance of running through the finish line.

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

Male					Female				
Percentile	Age				Percentile	Age			
	14	15	16	17		14	15	16	17
<b>100</b>	6.6	6.3	6.5	6.9	<b>100</b>	8	8.3	6.4	7.6
<b>95</b>	8.8	8.5	8.4	8.5	<b>95</b>	9.6	9.5	9.6	9.5
<b>90</b>	9	8.8	8.6	8.6	<b>90</b>	9.9	9.5	10	9.9
<b>85</b>	9.1	9	8.7	8.7	<b>85</b>	10.1	10	10.1	10
<b>80</b>	9.3	9.1	8.9	8.9	<b>80</b>	10.3	10.1	10.2	10.2
<b>75</b>	9.4	9.2	8.9	8.9	<b>75</b>	10.5	10.3	10.4	10.3
<b>70</b>	9.5	9.3	9	9	<b>70</b>	10.6	10.4	10.5	10.4
<b>65</b>	9.6	9.4	9.1	9.1	<b>65</b>	10.8	10.6	10.6	10.6
<b>60</b>	9.7	9.5	9.2	9.2	<b>60</b>	10.9	10.7	10.7	10.7
<b>55</b>	9.8	9.5	9.3	9.3	<b>55</b>	11	10.8	10.8	10.9
<b>50</b>	9.9	9.7	9.4	9.4	<b>50</b>	11.2	11	10.9	11
<b>45</b>	10	9.8	9.5	9.5	<b>45</b>	11.3	11.1	11	11.1
<b>40</b>	10.1	9.9	9.6	9.6	<b>40</b>	11.4	11.2	11.2	11.2
<b>35</b>	10.2	10	9.7	9.6	<b>35</b>	11.6	11.4	11.4	11.3
<b>30</b>	10.3	10.1	9.8	9.8	<b>30</b>	11.7	11.5	11.5	11.5
<b>25</b>	10.5	10.2	10	9.9	<b>25</b>	11.9	11.7	11.7	11.7
<b>20</b>	10.7	10.4	10.1	10.1	<b>20</b>	12.1	11.9	11.9	11.9
<b>15</b>	11	10.7	10.3	10.3	<b>15</b>	12.5	12.2	12.2	12.1
<b>10</b>	11.3	11	10.6	10.6	<b>10</b>	12.9	12.6	12.6	12.7
<b>5</b>	12	11.8	11.1	11.1	<b>5</b>	14	13.2	13.2	13.2
<b>0</b>	19.9	19.8	23	23	<b>0</b>	21.4	16.6	15.4	19.8

**One-Mile Run/Walk:** This event measures endurance. Percentile scores are based on Age/Test in minutes and seconds. If the cadet is older than 17, the system will use the 17 year-old values.

**Male**

**Female**

Percentile	Age				Percentile	Age			
	14	15	16	17		14	15	16	17
<b>100</b>	4:30	4:42	4:49	4:46	<b>100</b>	5:00	5:51	5:58	6:20
<b>95</b>	6:01	5:50	5:40	5:35	<b>95</b>	7:20	7:28	7:26	7:22
<b>90</b>	6:13	6:07	5:56	5:57	<b>90</b>	7:43	7:52	7:55	7:58
<b>85</b>	6:26	6:20	6:08	6:06	<b>85</b>	7:59	8:08	8:23	8:15
<b>80</b>	6:33	6:29	6:18	6:14	<b>80</b>	8:20	8:24	8:39	8:34
<b>75</b>	6:45	6:38	6:25	6:23	<b>75</b>	8:36	8:40	8:50	8:52
<b>70</b>	6:59	6:48	6:33	6:32	<b>70</b>	8:50	8:55	9:11	9:15
<b>65</b>	7:09	6:57	6:44	6:40	<b>65</b>	9:09	9:09	9:25	9:33
<b>60</b>	7:19	7:05	6:50	6:50	<b>60</b>	9:27	9:23	9:48	9:51
<b>55</b>	7:29	7:16	6:58	6:57	<b>55</b>	9:51	9:37	10:09	10:08
<b>50</b>	7:44	7:30	7:10	7:04	<b>50</b>	10:06	9:58	10:31	10:22
<b>45</b>	7:59	7:39	7:20	7:14	<b>45</b>	10:25	10:18	10:58	10:48
<b>40</b>	8:13	7:52	7:35	7:24	<b>40</b>	10:51	10:40	11:15	11:05
<b>35</b>	8:30	8:08	7:53	7:35	<b>35</b>	11:10	11:00	11:44	11:20
<b>30</b>	8:48	8:29	8:09	7:52	<b>30</b>	11:36	11:20	12:08	12:00
<b>25</b>	9:10	8:49	8:37	8:06	<b>25</b>	11:52	11:48	12:42	12:11
<b>20</b>	9:35	9:05	8:56	8:25	<b>20</b>	12:18	12:19	13:23	12:40
<b>15</b>	10:18	9:34	9:22	8:56	<b>15</b>	12:56	13:33	14:16	13:03
<b>10</b>	11:22	10:10	10:17	9:23	<b>10</b>	14:10	14:13	16:03	14:01
<b>5</b>	12:11	11:25	11:49	10:15	<b>5</b>	15:44	15:17	18:00	15:14
<b>0</b>	18:10	21:44	20:15	16:49	<b>0</b>	20:05	24:07	21:00	28:50