

GENERAL PHYSICAL FITNESS GUIDANCE FOR NSCC UNITS

Action Letter 08-04 calls for more emphasis on PT and military drill at the unit level in an effort to reduce injuries at Recruit Training.

The following perspective on NSCC physical fitness training is provided by LTjg Jeffrey Dooley, CO of the Aurora Division. LTjg Dooley is a nationally certified and state licensed Athletic Trainer (ATC). He holds a BA and MA degree in physical education and sports medicine and has completed 30 hours of doctoral work in exercise physiology. He has served as assistant Medical officer at multiple RT's and at Advanced Trainings as well.

“...The physiology involved in developing and maintaining physical fitness is working against us, as is today's society. The primary reason for our youth's decreased overall fitness level is the nation's denial of the importance of physical education. I believe Illinois is the only state which still requires PE throughout high school, and it allows so many waivers to this requirement that they might as well not have it.

...The key factors in an exercise program are mode, frequency, duration, and intensity of exercise. In our case, frequency is something over which we have no control. The optimum frequency is 3-4 times a week; more can provide additional benefits if the individual is prepared for it. No NSCC unit I know of meets more than once a week. Exercising only once a week will provide only slight benefits. Our unit meets twice a month; results from this frequency of exercise would be minimal. Other units meet once a month; we can't realistically expect PT on this frequency to produce any benefits.

A very important factor...is acclimatization to the environment and the physical activity. A sudden large increase in the level of a particular activity, especially in repetitive motions, will quickly lead to overuse injuries such as tendonitis, strains, shin splints, etc. The key to avoiding these is a more gradual build up in the activity level. Even if units spent their entire drill doing nothing but PT and military drill, the jump from twice a month to daily would be difficult for most cadets. We can tell our cadets to go out marching every day, but really have no control over them when they're not at drill....”

The NSCC endorses physical fitness training, but also recognizes the overwhelming importance of encouraging cadets to make good physical fitness habits a matter of daily routine for all the reasons presented above. Units are encouraged to invite ATC's to visit during drills and provide didactic training that allows development of physical fitness programs that are part of daily lifestyles. Resources include The National Athletic Trainers Association (NATA), the Armed Forces Athletic Trainers Society, as well as Colleges and University Athletic Departments.

NSCC MINIMUM PHYSICAL FITNESS STANDARDS

MALE

Age	Curl Ups	V-Sit Reach	Shuttle Run	One Mile Run	Push Ups
13	34	+0.5	12.2	9:45	20
14	36	+1.0	11.9	9:30	20
15	38	+2.0	11.7	9:15	25
16	40	+3.0	11.4	9:00	25
17	40	+3.0	11.4	8:45	30

FEMALE

Age	Curl Ups	V-Sit Reach	Shuttle Run	One Mile Run	Push Ups
13	32	+3.5	13.1	12:15	7
14	32	+4.5	13.2	12:00	7
15	31	+5.0	13.0	11:45	10
16	30	+5.5	12.9	12:15	10
17	29	+4.5	13.0	12:15	12

Note: These minimum standards must be passed prior to submitting for Recruit Training. Cadets must maintain their physical fitness from date of testing through graduation of Recruit Training.

NLCC MINIMUM PHYSICAL FITNESS STANDARDS

MALE

Age	Curl Ups	V-Sit Reach	Shuttle Run	One Mile Run	Push Ups
10	28	1.0	14.5	11:40	12
11	29	1.0	13.5	11:25	14
12	32	1.0	12.4	10:22	15

FEMALE

Age	Curl Ups	V-Sit Reach	Shuttle Run	One Mile Run	Push Ups
10	26	3.0	14.2	13:00	9
11	28	3.0	13.4	12:42	7
12	30	3.5	12.9	12:24	5

SWIM QUALIFICATIONS

The Swim Qualifications per Navy Standards are as follows:

Swim Skills Assessment:

- Shallow Water Swim – 15 yards in water chest deep
- Deep Water Swim – 15 yards in water over the head
- Tread Water for 1 minute
- Prone Float for 1 minute

Third Class Swimmer:

- Successful completion of Swim Skills Assessment
- Deep Water jump – from a minimum height of 5 feet
- 50 yard swim – demonstrating front crawl, breaststroke, backstroke, elementary backstroke
- 5 minute Prone Float
- Shirt and Trouser Inflation

Second Class Swimmer:

- Successful completion of Third Class Swimmer
- 5 minute Prone Float Back Float
- 100 yard swim
 - 25 yards front crawl
 - 25 yards breaststroke
 - 25 yards backstroke
 - 25 yards elementary backstroke

First Class Swimmer:

- Successful completion of Third and Second Class Swimmer Certification
- 100 yard swim – same as second class swimmer – grading criteria stricter than second class swimmer
- 5 minute Prone Float and Back Float
- 25 yard Underwater Swim – demonstrating Burning Oil Maneuver twice