

PHYSICAL FITNESS AWARD FOR AEROBIC EXCELLENCE

GENERAL

1. The Canadian Forces Award of Aerobic Excellence Program provides recognition for members who have demonstrated an exceptional level of commitment to developing their own personal level of aerobic fitness.

SCOPE

2. The CF Award of Aerobic Excellence is divided in 7 levels of achievement (I to VII). Each of these levels is broken down into in 6 sub-levels (red to gold seals), each of them requiring the member to complete 2000 units of aerobic exercise before moving on to the next seal. At the end of each level, a member will have completed 12 000 units of aerobic exercise. Completion of all 7 levels would signify the accumulation of 84,000 aerobic units.

REQUIREMENTS

2. To qualify for the Canadian Forces Physical Fitness Award for Aerobic Excellence a CF member must accumulate 2000 units, from participation in aerobically oriented activities, in less than two years. When the member completes the first 2000 points, he or she will receive a certificate with the first seal.

3. The primary consideration in earning qualifying units is the distance covered. Where the distance cannot be measured because of the equipment, or circumstances, the noted times may be used in lieu of the distances.

4. A minimum of one unit per exercise session must be obtained before the performance may be recorded in support of the program.

5. Units may be accumulated by participation in one or any combination of the activities listed in para 12 below. Members may accumulate units through participation in one or any combination of individually selected activities, formal fitness training and/or compulsory fitness program activity.

AWARDS

6. The primary level of the program involves the completion of the initial scroll and six seals. This signifies that 12,000 units of aerobic physical activity have been accumulated. The scroll with:

- a. red seal: first 2000 units accumulated;
- b. white seal: second 2000 units accumulated;
- c. blue seal: the third 2000 units accumulated;
- d. bronze seal: fourth 2000 units accumulated;
- e. silver seal: fifth 2000 units accumulated; and
- f. gold seal: sixth 2000 units accumulated.

7. For members who require a higher and continuing challenge, six additional levels can be achieved. Completion of all seven levels will signify the accumulation of 84,000 aerobic units. The award for each of levels II to VII are as follows:

- a. level II, red decal plus red to gold seals;
- b. level III, white decal plus red to gold seals;
- c. level IV, blue decal plus red to gold seals;
- d. level V, bronze decal plus red to gold seals;
- e. level VI, silver decal plus red to gold seals; and
- f. level VII, gold decal plus red to gold seals.

8. The form in Annex A, which shall be reproduced locally, may be used to record activities.

9. Because of the types of activity involved, it is impossible to provide staff supervision and accurate measurements of all performances. The cornerstone of this program is the honour system as the member is responsible to keep records of his/her own scores.

10. When posted, a member shall be responsible for carrying all completed or partially completed documents to the new location.

11. To submit an application for an award, the CF member must fill out Annex B and submit it to the PSP Fitness and Sports personnel for processing.

- a. CF member's request must include the following:
 - (1) Annex B completed and signed by the member.
- b. PSP Fitness and Sports personnel will:
 - (1) Review and sign Annex B;
 - (2) Send either the scroll/seal or just seal to the member or if member wishes, to the Commanding Officer for official presentation.
 - (3) Keep a copy of memorandum in PSP fitness files.

QUALIFYING UNITS

12. Qualifying units may be earned as follows:

Activity	Performance Standard	Value
Swimming	400 meters	1 unit
Jogging	1 kilometer	1 unit
Snowshoeing	1.5 kilometers	1 unit
Cross-country Skiing	1.5 kilometers	1 unit
Skating (ice and roller)	1.5 kilometers	1 unit
Walking	3 kilometers	1 unit
Aerobic classes	10 minutes	1 unit
Cycling and Stationary cycling	3 kilometers or 7 minutes	1 unit
Rowing (canoeing/ kayaking)	500 meters or 7 minutes	1 unit
Stationary rowing	500 meters or 7 minute	1 unit
Cross-country skiing machine	1.5 kilometers	1 unit
Stair climbing	7 minutes	1 unit
Rope skipping	7 minutes	1 unit
Martial arts	7 minutes	1 unit

**Annex A PHYSICAL FITNESS AWARD FOR AEROBIC EXCELLENCE
ACTIVITY LOG**

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SN Rank Surname and Initials Unit

MONTH:								
Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
Week 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Points
Activity(s)								
Distance/Time								
Points								
TOTAL POINTS								

Certification:

Certified that I, _____
 SN Rank Surname and Initials

have accumulated the number of units and achieved the evaluation standards detailed above.

Date Member's signature

This form to be reproduced locally

