

**CHAPTER 4**

**PO X04 – TRACK PARTICIPATION IN PHYSICAL ACTIVITIES**





**COMMON TRAINING**  
**ALL TRAINING LEVELS**  
**INSTRUCTIONAL GUIDE**  
**PERSONAL FITNESS**  
**AND HEALTHY LIVING**



**PO X04 – TRACK PARTICIPATION IN PHYSICAL ACTIVITIES**

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Total Time:

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For the following EOs, refer to the lesson specifications located in A-CR-CCP-801/PG-001, *Royal Canadian Air Cadets Proficiency Level One Qualification Standard and Plan*:

- CX04.01 – Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness,
- CX04.03 – Participate in a Cooking Class,
- CX04.04 – Attend a Personal Fitness and Healthy Living Presentation, and
- CX04.05 – Attend a Local Amateur Sporting Event.

For the following EOs, refer to the instructional guides located in A-CR-CCP-801/PF-001, *Royal Canadian Air Cadets Proficiency Level One Instructional Guides*:

- MX04.01 – Participate in 60 Minutes of Moderate- to Vigorous-Intensity Physical Activity (MVPA) and Track Participation in Physical Activities,
- MX04.02 – Identify Strategies to Improve Participation in Physical Activities and Participate in the Cadet Fitness Assessment,
- MX04.03 – Participate in the Cadet Fitness Assessment and Identify Strategies for Improving Personal Physical Fitness, and
- CX04.02 – Participate in Activities that Reinforce the Three Components of Physical Fitness.

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