

NAF PHYSICAL FITNESS CONDITIONING GUIDE

INTRODUCTION

1. Regardless of age, grade or specialty all NAF personnel should be physical fit to support the mission of the NAF. Physical training is a means to enable optimum conditioning of an individual's body system. Although such training is required 3 times in a week, personnel would exceed this requirement with additional workouts on their own. This pamphlet therefore provides tips required to better prepare personnel for the proposed Annual Physical Fitness Evaluation Programme (PFEP). The tips will cover the following areas:

- a. Fitness Test Components.
- b. Requirement for PFT.
- c. Preparation.
- d. Evaluation Tips.
- e. Scoring/Performance Requirements.
- f. Physical fitness education/intervention programmes.
- g. Fitness review panel.

FITNESS TEST COMPONENTS

2. Under the NAF Physical Fitness Standard to be adopted, personnel are to be tested in the areas related to how well the systems of the body work. They include cardiovascular test, body composition, flexibility, muscular strength as well as muscular endurance. This will involve 1min Chin up test, Pushups, Sit-ups, Sit and Reach and cardiovascular endurance (2.4-KM run or 5 KM walk). The following information describes the component breakdown of the test.

a. Chin-Ups (Chin-ups are for upper body, shoulder and forearms) Grasp the bar with palms and fingers facing forward, and arms away from the body. This is called the "pronated" grip. Keep arms straight and hang body straight down without swinging. Relax your shoulders and body. Pull up in a smooth motion without jerking until the chin goes over the bar. Lower the body smoothly back to the starting position. The chin-ups portion of the Physical Fitness Test (PFT) has a component score of 5 possible points.

b. Body Composition Body composition is determined by the abdominal circumference. Although all personnel are measured for height and weight, these measurements do not contribute to the composite score for body composition. The height/weight measurements are used to obtain a Body Mass Index (BMI). Those personnel with a BMI within the healthy standard of 18-25 (kg/m^2) will receive the full complement of points for this component (30 points).

c. Push-ups The goal of push-ups is for personnel to complete as many accurate push-ups as possible in one minute. The assessment begins with the body (in a straight line) in the "starting position" -- with arms fully extended and feet no more than 30.5cm. A complete push-up consists of lowering the body from the starting position to the ground, with elbows bent to at least 90 degrees, and returning to the starting position. The chest may touch the floor, but must be low enough to receive credit. The push-ups portion of the PFT has a component score of 5 possible points.

d. Abdominal Crunches The goal of abdominal crunches is for personnel to complete as many accurate abdominal crunches as possible in one minute. Proper positioning begins by lying flat on the floor or mat (if used, mat should not be thicker than 2.5cms) with arms folded across the chest, knees bent at a 90-degree angle and feet flat on the floor or mat. (Feet must remain in contact with the floor or mat during the entire testing time). A crunch is completed when the upper torso is raised off the floor or mat, the elbows touch the knees or thighs, and the shoulder blades again touch the floor or mat. Hands must stay in contact with the shoulders/upper chest at all times. Another person may help by holding the feet (but not the calves) with his or her hands or knees. A toehold bar may also be used, provided the bar does not move. The abdominal crunch portion of the PFT has a component score of 10 possible points.

e. 2.4- Km Run During the Jogging, personnel perform a 2.4 Km run, which has a component score of 50 possible points. Personnel who have been medically excused from the 2.4 Km run may be approved by their fitness provider to be assessed through the cycle ergometry test.

REQUIREMENT FOR THE PFT

3. All Personnel must complete a Fitness-Screening Questionnaire (FSQ) not later than 30 days and not earlier than 7 days before testing. Personnel with a positive answer on the FSQ must be evaluated and cleared by the medical personnel before taking the PFT. Unit commanders can authorize temporary PFT exemptions for Service personnel on the advice of their primary care provider for limiting medical reasons or catastrophic events beyond the control of the individual or commander. All Personnel on profile or exemptions are required to maintain fitness training with the guidance of their PT

provider or within the limitations of the environment. Personnel are required to have a current PFT prior to deployment. However, in the case of a short-notice deployment, Personnel can be granted a commander's exemption.

4. Any personnel who achieves a composite PFT score at the fitness levels of "Excellent" or "Good" takes the PFT once a year unless otherwise indicated by the commander. Those individuals scoring in the "Marginal" or "Poor" ranges must re-test within 90 days after the initial PFT. This gives them time to physiologically and safely adapt to their increasing fitness levels.

5. The scores for personnel reflects a composite score of the aerobic, muscular strength/endurance and body-composition components. The best possible score is 100 points, and the lowest passing composite score is 70 points.

PREPARATION

6. The following tips can help personnel get ready for the PFT:

a. Preparation Develop a physical fitness program and training plan approximately 6 to 8 weeks before the PFT so as to maximise your performance on the test. keep written records as you train for each event -- marking your progress and taking note of areas where you need to improve. Develop a contingency plan for or other interruptions in your program.

b. Train with a Partner For support and encouragement, find a friend to train with who's at your approximate training level. Try to evaluate each other on the PFT events and help each other perform the events correctly. If you and your partner have different strengths and weaknesses, use them as a way to encourage each other.

c. Pre-test Yourself. To see exactly where you stand on the PFT, try pre-testing yourself once a week. Time yourself (or recruit your partner to time you) on the run, abdominal crunches, and push-ups. Use these results to work on improving your score.

d. Maintain a Proper Diet and Healthy Lifestyle Staying fit comes down to 2 simple rules: eating better and exercising more. By incorporating the right amounts of grains, fruits, vegetables, dairy foods and proteins into your diet and observing portion control, you can give your body the fuel and strength required for health, fitness and improved PFT performance. In addition, cutting down on fast foods, drink more water, and get enough sleep. For information on the food guide pyramid and healthy eating, make an appointment with the staff of your Health and unit dietician.

e. Train and Test in the Same Manner The test day is not the day to try a new energy bar or protein drink or to wear a new pair of shoes. Find out which foods, shoes, stretches and other exercise-related elements work best for you during training and use them on the test day.

f. Use Smart Stretching Techniques A good fitness program incorporates a balance of exercise and stretching. However, cold muscles should never be stretched due to the poor circulation to tendons and ligaments. It's recommended to do 5min warm-up routine of walking or other rhythmic activity and then 5 to 10 minutes of stretching. Avoid using ballistic movements. Use only slow, concentrated stretches that incorporate slow, deep breathing.

EVALUATION TIPS

7. The following tips can better prepare personnel for the evaluation:

- a. Relaxation Relaxation is recommended 2 days before the PFT. Tired, sore muscles will not improve your score, and only 2 days of intense exercise will not improve your score either. Use your relaxation time before the test to mentally encourage yourself through visualization and imagery. Picture yourself making a great time on your run or performing perfect sit-ups. Take a few deep breaths before the stopwatch starts and keep a positive frame of mind.

- b. Choose Meals Wisely The night before the PFT, drink water, eat fruits, vegetables and lean proteins. Many runners also prefer the carbohydrate-boosting energy of pasta the night before a race. On the day of the test, eat just one light meal before the stopwatch starts. In addition, apples, bananas, or carrots can boost your blood sugar for immediate energy. It is important to avoid over-eating before the test so that you do not feel full and sluggish.

- c. Wear Proper Clothing You should wear "normal" fitness attire for the PFT such as a T-shirt, shorts, socks and running shoes. You may decide not to wear boots for the test.

- d. Get Adequate Hydration Exercise demands adequate hydration and taking the PFT is no different. Generally, drink 2-3 cups of water approximately 2-3 hours before exercise and then drink another cup immediately before you start exercising. During breaks in the test, drink small amounts of water slowly (eight ounces every 20 minutes) to replenish fluids lost during sweating. During the first 2 hours following exercise or the PFT, try to drink another 2 to 3 cups of water.

- e. Always Warm Up and Cool Down A warm-up period should include light exercise that gets your heartbeat up to 50 to 60 per cent of your maximum rate. The warm-up should include a lighter version of your exercise activity, such as jogging before running. The "cool down" process lets your heart rate and breathing return to their "resting"

rates. The process should last 10 to 15 minutes and should include some slow walking to prevent blood "pooling" in the legs (which can cause dizziness), as well as light stretching to prevent sore muscles.

SCORING /PERFORMANCE REQUIREMENTS

8. The NAF PFT would be based on a composite score of 0 to 100 points. Each personnel receives a component score for each of the 4 segments of the PFT, which combine to give a total composite score. The lowest passing composite score is 70 points. (However, this is a marginal score that proves a continued need for education and intervention by the fitness providers).

9. The PFT classification scores are divided into 4 categories according to fitness level. They are:

- a. Excellent – 90 – 100 points
- b. Good – 75 – 89 .99 points
- c. Marginal – 70 -74.99 points
- d. Poor – Less than 70 points

PHYSICAL FITNESS EDUCATION/INTERVENTION PROGRAMMES

10. The NAF physical fitness education and intervention programmes are "wellness" programmes that are not punitive, but designed to provide supportive sessions, guidance and information to improve personnel overall health and fitness.

11. Healthy Living Programme Personnel who score in the "marginal" or "poor" fitness levels on the PFT must attend a Healthy Living Programme within 10 days of the test. The HLP is a class focusing on behavioral-change techniques, goal setting as well as fitness and nutrition information.

12. Fitness Improvement Programme The Fitness Improvement Programme is a unit-maintained program and is attended by all Service personnel (within 10 days of completing the HLP) who score in the "poor" fitness level on the PFT. The FIP is an exercise program with "hands-on" training provided to participants. Service personnel involved in an FIP should continue with monthly follow-ups (with the fitness program manager - FPM) until they have scored greater than 70 on their PFT.

13. Body Composition Improvement Program. Service personnel scoring in the "poor" fitness level and having abdominal circumferences exceeding acceptable, healthy measurements 35 inches for females and 40 inches for males must also attend a Body Composition Improvement Program (BCIP) class within 10 days of completing the HLP. The BCIP is a nutrition course focusing on the following: obesity, health risks, losing weight healthfully, reading food labels and keeping a "food record" others include planning healthy meals, dealing with everyday challenges, and getting support from loved ones. The BCIP is required on a monthly basis until personnel score greater than 70 points on the PFT.

FITNESS REVIEW PANEL

14. A fitness review panel (including, for example, the personnel, supervisor, medical provider, a dietician and the Fitness Provider) will be assembled for all personnel in the "poor" category who fail to get higher PFT scores at the 90-day re-test. They also evaluate the personnel fitness program, test results, and barriers to improvement. They will recommend necessary additional interventions.

To produce battle winning agile personnel
Fit for challenges of today
Ready for the tasks of tomorrow
Capable of building for the future

OO PETINRIN
Air Marshal
Chief of the Air Staff
Nigeria

Mar 10

Height		Weight	
Ft/Inch	Metres	Kilograms	
4	10	1,47	
4	11	1,50	
5	0	1,52	
5	1	1,55	
5	2	1,57	54-61
5	3	1,60	56-64
5	4	1,63	58-66
5	5	1,65	60-68
5	6	1,68	62-70
5	7	1,70	64-72
5	8	1,73	65-74
5	9	1,75	67-75
5	10	1,78	69-77
6	11	1,80	71-79
6	0	1,83	73-82
6	1	1,85	75-84
6	2	1,88	77-86
6	3	1,91	79-89

DESIRABLE WEIGHT FOR ADULT MEN

Height	Weight
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Wherever you are in the world,
Regardless of facilities, there is
ALWAYS an opportunity to train!

BACK PAGE

DESIRABLE WEIGHT FOR ADULT WOMEN

Ft/Inch		Metres	Kilograms
4	10	1,47	43-51
4	11	1,50	44-53
5	0	1,52	46-54
5	1	1,55	48-56
5	2	1,57	50-58
5	3	1,60	52-60
5	4	1,63	54-62
5	5	1,65	55-64
5	6	1,68	57-65
5	7	1,70	59-67
5	8	1,73	61-69
5	9	1,75	67-71
5	10	1,78	69-73
6	11	1,80	71-74
6	0	1,83	
6	1	1,85	
6	2	1,88	
6	3	1,91	