

## The Pledge of Allegiance

The Pledge of Allegiance was written in August 1892 by Francis Bellamy (1855-1931). He hoped that the pledge would be used by citizens in any country, so it originally said:

"I pledge allegiance to my Flag and the Republic for which it stands, one nation, indivisible, with liberty and justice for all."

In 1923, the phrase "the Flag of the United States of America" was added, but it wasn't until President Eisenhower encouraged Congress to add the words "under God" to the pledge in 1954 that the pledge became what it is known as today:

"I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all."

## Chapter 9 – Physical Fitness

### PO.9 – Fitness, Health, and First Aid

EO.1 – Identify the definition, importance, and components of physical fitness.

EO.2 – Commit to a personal physical fitness program.

EO.3 – Pass the Young Marines Physical Fitness Test.

EO.4 – Understand the importance of basic first aid.

In the following pages you will find the basic information you need to begin and maintain a personal physical fitness program. These guidelines are intended for the average healthy individual. Make sure to check with your parents and your doctor before beginning any sort of fitness program. Also, be sure to work with Senior and Advanced Young Marines and your unit staff members to make sure the program you create is just right for you.

### EO.1 – Identify the Definition, Importance, and Components of Physical Fitness

Physical fitness is to the human body what fine-tuning is to an engine. It enables us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. More specifically, it is:

"The ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. It is the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well-being."

Physical fitness involves the performance of the heart, lungs, and the muscles of the body. Since what we do with our bodies also affects what we can do with our minds, fitness influences, to some degree, qualities such as mental alertness and emotional stability.

As you undertake your fitness program, it's important to remember that fitness is an individual quality that varies from person to person. It is influenced by age, sex, heredity, personal habits, exercise, and eating practices. You can't do anything about the first three factors. However, it is within your power to change and improve the others were needed. You need to consider those first three factors though when choosing which components of a physical fitness you want to include in your own routine.

The components of physical fitness are:

- **Cardiorespiratory endurance.** This is the ability to deliver oxygen and nutrients to tissues and to remove wastes over sustained periods of time. Long runs and swims are often used to measure this component.
- **Muscular Strength.** Muscular strength is the ability of a muscle to exert force for a brief period of time. Upper body strength, for example, can be measured by various weight-lifting exercises.
- **Muscular Endurance.** Though this also relates to your muscles, muscular endurance is the ability of a muscle or a group of muscles to sustain repeated contractions or to continue applying force against a fixed object. Pushups are often used to test endurance of arm and shoulder muscles.
- **Flexibility.** This is the ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs. Flexibility is important for proper movement and to keep you from injuring yourself.

Note: Body composition is often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue, and organs) and fat mass. The amount of fat in your body is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass. You should consider your body composition when setting fitness goals and when choosing certain exercises.

## **EO.2 – Commit to a Personal Physical Fitness Program**

The decision to carry out a physical fitness program cannot be taken lightly. It requires a lifelong commitment of time and effort. Exercise must become one of those things that you do without question, like bathing and brushing your teeth. Unless you are convinced of the benefits of fitness and the risks of living an unhealthy lifestyle, you will not succeed.

Patience is essential when developing physical fitness. It's important not to try to do too much too soon, to slowly build up your strength and endurance, and to not quit before you have a chance to experience the rewards of improved fitness. Physical fitness is not something that can be gained overnight especially when you haven't committed to a fitness program or routine in the past. With patience and perseverance though, the health benefits are worth it.

Before starting any fitness program or routine, make sure you are in good health. If you have not done much formal exercise or if you have health problems, ask your parents whether you should visit a doctor before beginning a physical fitness program.

### **Setting a Fitness Goal**

To begin creating a fitness program, have a Senior or Advanced Young Marine or Adult Volunteer help you set a fitness goal:

**Set a goal.** The first step in creating a fitness program is to set a fitness goal. Think about the things you do daily or the types of activities you would like to do better. Do you want to run faster? Would you like to be able to do more push-ups or sit-ups? Do you need to increase your flexibility? A good place to start is the Young Marines PFT or Physical Fitness Test (see PO.2 for more information). Is there some area where you need to improve?

Write your goal down on a fitness tracking chart so that you can always see it. When setting your goal, remember to be SMART:

- **S:** Is it Specific? Do you know exactly what your goal is?
- **M:** Is it Measurable? Attach some numbers to your goal. Example: decrease my run time by thirty seconds or do ten more push-ups.
- **A:** Is it Achievable? Based on your current level of fitness, is this something you can accomplish in the time you've set for yourself?
- **R:** Is it Relevant? Will this goal help you be a better Young Marine?
- **T:** Is it Time Limited? Can this goal be accomplished in a reasonable amount of time? Have you set a time limit? Example: By the next PFT.

### EO.3 – Pass the Young Marines Physical Fitness Test

The Young Marines are required to take two PFTs each year - one between January and June and the other between July and December. The unit commander may schedule additional PFT's in order to achieve the unit's goal for a higher fitness level. The PFT:

- Measures your current physical fitness level,
- Raises your awareness of importance of physical fitness,
- Motivates you to participate in physical activities, and
- Creates an interest in physical fitness as a life-long activity.

Once you complete the PFT, you will receive a score and can earn awards. The minimum score to pass the Young Marines Physical Fitness Test (PFT) is 200 points for Young Marines Recruits to YM/LCPL. For YM/CPL to YM/MGYSGT, the minimum physical fitness score is 250 points.

The score ranges and corresponding awards are listed in the following chart.

	<b>3rd Class</b>	<b>2nd Class</b>	<b>1st Class</b>
<b>Score Range</b>	200-299	300-399	400-500
<b>Qualification Award</b>	Qualification Award Physical Fitness Ribbon 250-299 YM/CPL & Above	Physical Fitness Ribbon w/ Roman numeral 2	Physical Fitness Ribbon w/ Roman numeral 1

- Young Marines retain their respective ribbons w/appropriate devices as long as they meet the established standards above.
- The Achievement Ribbon can be awarded to Young Marines earning a score of 475 to 499 at the Unit Commander's discretion.
- The Perfect Physical Fitness Ribbon is awarded to Young Marines earning a score of 500.

### PFT Components

The five basic exercises used in the PFT are the **Curl-ups** or Partial Curl-ups (modified), the **Shuttle Run**, the V-sit or Sit & Reach (modified), the **One Mile Run** or the Half-Mile Run for 8 to 9-year-olds (modified), and the Right-angle Push-ups (modified), **Pull-ups**, or the Flexed Arm Hang. Modified events will have a maximum score of 95 points except for Sit & Reach which has a maximum score of 99 points.

## Curl-Ups.

The curl-up exercise strengthens abdominal muscles and as part of the PFT it measures abdominal muscle strength.

- Execution: Keeping the arms crossed over the chest, raise the trunk curling up to touch elbows to thighs and then lower back to the floor so that the shoulder blades touch the floor for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing for one minute. You stop when the timer says "Stop!" You may rest in the down position as long as you maintain the correct body position while resting. "Bouncing" off the floor is not permitted. The curl-up will only be counted if performed correctly.
- Time Limit: 1 minute.
- Scoring: The Curl-up Scoring table is available at your unit.



## Partial Curl-Ups

Partial curl ups can be used as an alternate to the Curl-Up.

- Execution: Lie on the back with feet twelve inches from the tail bone and with fingers resting on the thighs. Partners will sit behind the participant with their hands underneath their head for protection. At the start of the timer, participants will reach their hands to the top of their knees, raising their shoulders off the ground and keeping their head in line with their spine. They will then lower back down. Partial Curl-Ups are done in groups of three until the target number of Curl-Ups are reached or until time runs out.

Note: Use a metronome or other rhythmic instrument or sound to keep participants in rhythm.

- Time Limit: Must be done in rhythm (one partial curl-up every three seconds without missing beats) to exhaustion.
- Scoring: Only those Partial Curl-Ups that are done in rhythm and in groups of three can be counted.



## Right Angle Push-Ups or Flexed Arm Hang or Pull-Ups

This event measures upper body strength and endurance. The unit commander (or designee) will determine which of these three exercises the Young Marine will do. However, the unit commander (or designee) should work with the Young Marine to determine which of the three gives the Young Marine the best opportunity to pass the PFT, while at the same time most challenges the individual Young Marine as well. Only males thirteen-years-old and older are allowed to do Pull-Ups. Females are to do Flexed Arm Hangs. Anyone, male or female of any age, is allowed the option of doing Right Angle Push-Ups.



## Right Angle Push-Ups (Modified)

- Execution: The push-up is done to a metronome (or audio tape, clapping, drums) with one complete push-up being performed every three seconds, and are continued until the student can do no more in rhythm (not in rhythm for three push-ups). Spend as little time in the starting position as possible in order to increase the number of repetitions.
- Time Limit: None
- Scoring: Score only those push-ups done with proper form and in rhythm (one push-up every three seconds with no missing beats). The Push-Up scoring table is available at your unit.

## Flex Arm Hang (Girls or Boys ages 12 and below)

The Flex Arm Hang exercise measures upper body strength and endurance.

- Starting Position: Using either an overhand grasp (palms facing away from the body) or an underhand grip (palms facing toward the body), assume a flexed arm hang position with the chin clearing the bar. You should be lifted or assisted into this position.
- Execution: Hold your body straight with your chin above the bar and chest close to the bar for as long as possible. This is a timed event. Time is started when your partner is no longer providing you support. When your chin touches or falls below the bar, time is called. You are not permitted to rest your chin on the bar.
- Time Limit: Time begins when you are in position and you signal your partner to let you go. Time ends when your chin touches or falls below the bar.
- Scoring: The Flex Arm Hang Scoring table is available at your unit.

## Pull-Up (Males only ages 13 and above)

The Pull-up exercise measures upper body strength and endurance.

- Starting Position: Hang from the bar at a height you can hang from with arms fully extended and feet free from the floor or ground using either an overhand grasp (palms facing away from the body) or an underhand grip (palms facing toward the body). If needed, you may be lifted into position.
- Execution: On the command “Begin,” raise the body until chin clears the bar and then lower the body to full-hang position. Repeat the procedure performing as many pull-ups as you can. Spend as little time as possible hanging from the bar beforehand. Kicking of the legs (kipping) or swinging of the body is not permitted. Pull-ups should be done in a smooth rather than jerky motion. There is no rest position for this exercise.
- Time Limit: There is no time limit for this event.
- Scoring: The Pull-up Scoring table is available at your unit.



## V-sit and Reach and Sit and Reach

This event measures flexibility of the lower back and hamstrings.

### V-sit testing

Make a straight line two feet long on the floor as the 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.

- Execution: Remove shoes and sit on the floor with measuring line between the legs and soles of feet placed



immediately behind baseline, heels 8-1/2" apart. Clasp thumbs so that hands are together, palms down, and place them on measuring line. With the legs held flat by a partner, slowly reach forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the hold the fourth reach for three seconds while the distance is recorded.

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

- Scoring: Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Students 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 base line.

### Sit and reach testing. (Modified)

Use a specially constructed box (see below) with a measuring scale marked in centimeters with 23 centimeters at the level of the feet.

- Execution: Removes shoe and sit on the floor with knees fully extended, feet shoulder-width apart and soles of the feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, reach along the measuring line as far as possible. After three practice reaches, the fourth reach is held while the distance is recorded.

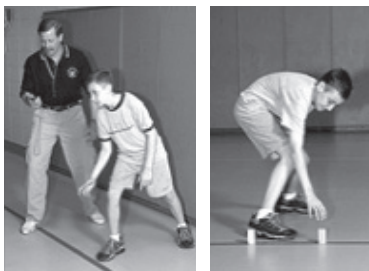
Note: Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

- Scoring: Legs must remain straight, soles of feet against box and fingertips of both hands should reach evenly along measuring line. Scores are recorded to the nearest centimeter.

### Shuttle Run.

This event measures speed, quickness and agility. Mark two parallel lines 30 feet apart and place two blocks of wood or similar object behind one of the lines. Students start behind opposite line.

- Execution: On the signal "Ready? Go!" the student 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 starting line. 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.



### Endurance Run/Walk.

This event measures heart/lung endurance. Always review students' health status before administering this test. Give students ample instruction on how to pace themselves. Allow them to practice running this distance against time, as well as sufficient time for warming up and cooling down before and after the test.

- Execution: On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to convert the distance in as short a time as possible. Use a large enough running area so that no more than eight laps are necessary to complete a mile.

Note: Help participants learn proper pacing for the mile by having them run at the mile pace for short distances during warm-up time. If you are not using a track that is measured in miles, then you will need to convert from that measurement into miles. Refer to the conversion chart below for converting to miles when using a 400 meter track or 440 yards.

- Scoring: Times are recorded in minutes and seconds. Alternative distance for 8 and 9-year-old-Young Marines is ½ mile. The same objective and testing procedure are used as with the milerun.

### Conversion for Miles

On a 400 meter track		On a 440 yard track
1 mile = 4 laps + 9 meters		1 mile = 4 laps
3/4 mile = 3 laps + 6.75 meters		3/4 mile = 3 laps
1/2 mile = 2 laps + 4.5 meters		1/2 mile = 2 laps
1/4 mile = 1 lap + 2.25 meters		1/4 mile = 1 lap

### EO.4 – Understand the Importance of Basic First Aid

First Aid is defined as immediate care given to an injured person until the trained personnel or emergency services can arrive. First Aid training is an important piece of being a responsible citizen. In the event of a major catastrophe or emergency, medical and hospital services may be temporarily unavailable. Citizens must rely on caring for their own injuries as well as those of others. Possession of First Aid knowledge is a civic responsibility.

In the Young Marines, each member, whether Young Marine or adult, should be first aid trained. This will enable you to properly care for your sick and/or injured Young Marines in case of an emergency. It is important in keeping you and those around you safe and healthy.

Until you are first aid certified, it is important to know who in your unit is first aid certified in case of an emergency. Even after you receive your first aid and CPR training, make sure to go to an adult any time there is an emergency situation that might require CPR or first aid.

Finally, remember that first aid is never a substitute for emergency medical attention. Even after being trained in first aid, most people are not doctors and are not qualified to treat people's major injuries or illnesses. In case of a major medical emergency, first aid is just to help the injured until emergency services can arrive and take the victim to the hospital.