

# National Youth Physical Fitness Program

“The Solution to a Drug-Free America”™...

...That is the aim and ultimate purpose of the National Youth Physical Fitness Program. The United States Marines Youth Foundation, Inc., furnishes – **FREE OF CHARGE** – the instruction booklets and certificates needed to successfully administer this fitness program. The YPF Program provides students with the incentive necessary to encourage good physical fitness and healthy lifestyle choices for a – “*Lifetime of Wellness.*”

## Implementing the Program:

Getting the program started is simple. As the “coach” you need to become familiar with the exercises associated with this program, as well as with the scoring of each event. All this information is located on page 10 of this book.

The YPF program is designed to provide physical education instructors with a quality fitness program that is easy to administer and yet provides wide flexibility for determining appropriate modifications and scoring of the exercises so ALL students, including the overweight, underdeveloped, and physically challenged, are able to participate and earn certificates of Athletic Accomplishments.

## Four simple steps to starting a successful Program:

1. **Teach** Students the proper execution of each exercise.
2. **Practice** the exercises in school and encourage students to practice at home everyday.
3. **Test** your students.
4. **Order** the certificates from the United States Marines Youth Foundation.

## The five exercises:

1. **Sit-Up** – Strengthens abdominal muscles
2. **Push-Up** – Develops upper body strength
3. **Pull-Up** – Develops upper body strength
4. **Standing Long Jump** – Increases leg strength
5. **300-Yard Shuttle Run** – Increases agility, speed and endurance

It is recommended that students warm up their muscles with stretching exercises prior to working out. Students are urged to participate in an aerobic activity at least three times a week for a minimum of 20 minutes each time to improve cardiovascular fitness and performance of the five exercises.

***Please consult a physician before beginning this, or any other exercise program.***

## Program Objectives:

1. To increase the national overall percentage of physically fit young Americans
2. To enable schools with limited facilities, equipment, and professional staff to provide their students with a complete, high-quality physical fitness education program.
3. To provide this program **FREE OF CHARGE** to all schools and youth organizations.
4. To give students the opportunity, encouragement, and guidance to participate in competitive physical activity.
5. To provide a combination of realistic challenge and recognition, thus setting a pattern of fitness for a lifetime.
6. To instill the positive values of physical fitness by providing 17 full-color certificates to be awarded throughout a student's school career.
7. To inspire a lifelong respect for a healthy body and development of personal resistance to drug, alcohol and tobacco abuse.

## Testing:

This booklet contains all the information you will need to begin the National Youth Physical Fitness Program in your school or organization. It is recommended that students be tested three times during the course of the school year:

**Fall:** The first testing should take place at the beginning of the school year to gauge fitness levels.

**Winter:** The second testing should be done near the middle of the school year to evaluate progress.

**Spring:** The final testing should be conducted near the end of the school year with these scores being used to determine which students qualify for a **Certificate of Athletic Accomplishment\***.

*\* A composite score of 250 points for boys and girls is considered acceptable for a student to earn a Certificate of Athletic Accomplishment. Students who participate throughout the school year, but do not reach this score are eligible to receive a Certificate of Participation.*

## Scoring:

Each of the five exercises is fully illustrated and explained on the following pages, and each exercise has its own scoring chart. Pull-ups, sit-ups and push-ups are shown with three variations and varying degrees of difficulty. The physical education instructor, on an individual basis, shall determine which variation each student may use\*. The scores from all five exercises are added together to obtain the student's composite score.

*\* It is the objective of this program to enable ALL students to participate and obtain Certificates of Athletic Accomplishments. It would be impossible to set standards for all levels of physically challenged, under-developed and overweight students. It is left to the judgment of the physical education instructor to determine how exercises should be modified to meet an individual's needs and the appropriate scoring.*

## Ordering Awards:

Certificates are ordered when the final testing is complete in March or April. Certificates are mailed to you - Completely **Free of Charge**. You can order certificates by mail, telephone or e-mail at the following:

### **The United States Marines Youth Foundation, Inc.**

8626 Lee Highway, Suite 201

Fairfax, Virginia 22301

(703) 207-9690 888-876-2348 Fax: (703) 207-9692 E-Mail: [www.marineyouthfoundation.org](http://www.marineyouthfoundation.org)

**Certificates are not awarded according to age or grade level. The first time a student passes the test, he/she is awarded the First Certificate of Athletic Accomplishment. The second time that same student passes the test, the very next year or several years later, he/she is awarded the Second Certificate of Athletic Accomplishment. Only one certificate per student per year is to be awarded.**