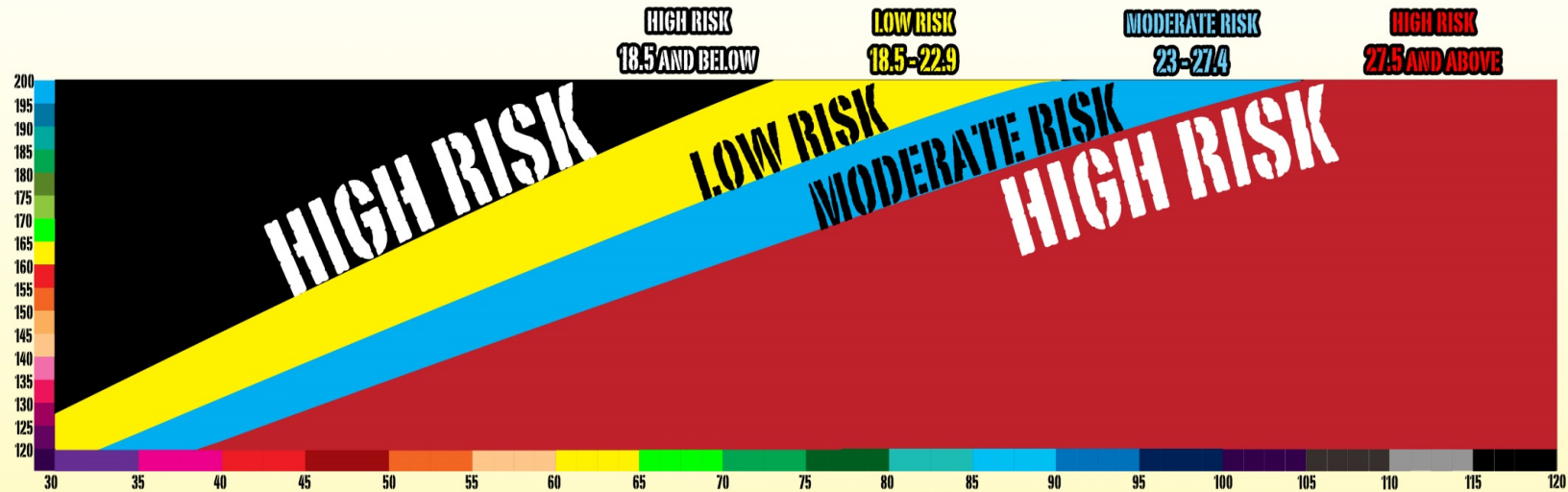

GENERAL MATTERS, GUIDELINES AND ADVICE



WHERE IS YOUR HEALTH RISK?



What is BMI?

BMI is an indicator of fatness which can affect your health risk. A healthy BMI range is between 18.5 - 22.9.

Calculate your

$$\text{BMI} = \frac{\text{Weight [kg]}}{\text{Height [m]} \times \text{Height [m]}}$$

- between 18.5 and 23 is considered ideal
- below 18.5 indicates underweight
- between 23 and 30 indicates overweight
- 30 or higher, experts consider an indicator of obesity

Know Your Health Risk Now!

Use this chart as a hassle-free way to know your health risk without calculating your BMI.

Step 1:

Stand according to where your weight is on the chart.

Step 2:

Your health risk is where your height and weight meet.

To reduce your health risk, make sure your weight falls within the healthy BMI range for your height.

APPROPRIATE ATTIRE

Quick-dry short sleeved t-shirt



Shorts to prevent heat exhaustion



Advised footwear: Proper running shoes to reduce probability of injury



TRAINING TIPS & PRINCIPLES

1. Overloading
2. Advice on preparing for IPPT
3. Tips on training
4. Training sessions
5. IPPT



I. OVERLOADING

At adaptation phase, exercise have to be at a greater than usual load

F-I-T-T PRINCIPLES OF TRAINING

- **F**requency - how often to train.
- **I**ntensity - how hard to train.
- **T**ime - how long to train.
- **T**ype - methods of training



2. ADVISE ON PREPARING FOR IPPT

- Always begin at a relatively low level and gradually build up your exercise duration or intensity
- Expect some tightness or soreness the day after a good workout but a good stretch and regular exercise will minimise or prevent this
- Do not exercise when feeling unwell or just after recovering from a severe illness
- Avoid solid or oily food less than two (2) hours before an exercise session
- Always warm-up and cool-down thoroughly before & after exercising
- Wear light & comfortable sports attire including properly fitted & cushioned shoes
- Drink water regularly before, during (if necessary) and after an exercise session
- Do not exercise if you are completely fatigued
- Listen to your body and stop when there is persistent pain in any part of the body
- Have adequate rest and sleep the night before your training
- Exercise with friends and help to motivate each other

3. TIPS ON TRAINING FOR IPPT

- In general, a regular training period of 1 to 3 months should be sufficient to prepare you for the Pass Award. Where possible, your training should include the test items or activities that mimic the movements required in IPPT. Apply the F.I.T.T formula.

Weeks 1 - 3

- Jog for at least 15 minutes
- Do as many sit-ups as possible within 1 min
- Do as many push-ups as comfortably as you can

Weeks 4 - 6

- Do interval jogging for 3 mins X 8 Reps
- Do as many sit-ups as possible within 1 min
- Do as many push-ups as comfortably as you can

Weeks 7 - 8

- Trial run 2.4km
- Do a minimum of 35 sit-ups within 1 min
- Do as many push-ups within 1 min
- Register for a IPPT trial test and gauge your level of fitness

4. TRAINING SESSIONS



- Training sessions are provided for students who have difficulty in achieving the minimum standards
- Trainings are held regularly at the Stadium where students are supervised by qualified trainers to help them improve on their fitness levels
- Students who wish to join the training sessions should at least undergo one IPPT test to determine their level of fitness and identify the areas for improvement

5. INDIVIDUAL PHYSICAL PROFICIENCY TEST (IPPT)

- All medically-fit, final-year NYP students are required to take the Individual Physical Proficiency Test(IPPT). It comprises test items that measures both health-related components of fitness as well as performance-related fitness components. The results will be reflected in the CCA Transcript. The 3 test items are:
 - Bent-Knee Sit-Ups
 - Push-Ups/Knee-bend Push-Ups
 - 2.4 km Run-Walk
- Your school co-ordinator will inform you of the available dates to take the IPPT. It is your responsibility to inform him/her if you wish to reschedule or if you would like to seek medical exemption from IPPT.
- Pre-enlistees who are medically graded PES A/BI and who obtain a NAPFA Silver and above enjoy a 2 months cut in full-time NS duration (qualifying for enhanced BMT without the Physical Training Phase (PTP))