

THE ONE-MILE RUN

1. Objective of the one-mile run:
 - a. the one-mile run is designed to assess cardiovascular endurance.
 - b. cadets set their own pace for the one-mile run.
 - c. the test will take place on a one-mile track with a marked start and finish line. Ideally, the track would start and finish at the same point.
 - d. a group of cadets can run this test at the same time.
 - e. cadets should be given bibs with individual numbers so scorekeepers can record their times.
2. Conducting the one-mile run:
 - a. have the cadets line up at the start line;
 - b. on the command “Go” the cadets will start running; and a scorekeeper at the start and finish will start a timer;
 - c. as the cadets cross the finish line, a scorekeeper must record their finish time in minutes and seconds.
3. Scoring the one-mile run:
 - a. the score for the one-mile run will be based on the minutes and seconds it takes the cadet to cross the finish line.
 - b. cadets can walk, jog, or run for one mile according to their ability.
 - c. cadets must make a reasonable effort to finish the test no matter how long it takes. If they become tired, they can walk or take breaks, as long as they finish the test. This is crucial for data collection.