



Leadership/Followership, Responsible Citizenship, Health/Hygiene and Physical Fitness

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Overview

The Youth Challenge Academy has 8 Core Components that are the foundation of the program. The Core Components are as follows:

- 1. Leadership/Followership**
2. Service to Community
3. Job Skills
4. Academic Excellence
- 5. Responsible Citizenship**
6. Life Coping Skills
- 7. Health and Hygiene**
- 8. Physical Fitness**

Goal

For the Cadets to work on the Core Components of Leadership/Followership, Responsible Citizenship, Health/Hygiene and Physical Fitness to supplement the tasks given by the Education Department in order to meet the requirements for graduation.

Specifications

The challenges are specific to the Core components defined above and related to our Quasi Military environment, Home environment and current COVID-19 pandemic.

Core Components

Leadership: A simple definition is that leadership is the **ART** of motivating a group of people to act toward achieving a common goal. Susan Ward

<https://www.thebalancesmb.com/leadership-definition-2948275>

Followership: Followership is a straightforward concept. It is the ability to take direction well, to get in line behind a program, to be part of a team and to deliver on what is expected of you. How well the followers follow is probably just as important to enterprise success as how well the leaders lead. John S. McCallum

<https://iveybusinessjournal.com/publication/followership-the-other-side-of-leadership/>

Responsible Citizenship: A responsible citizen has knowledge about his/her role in community, state and the world. A responsible citizen has a role in making the world a better place to live. A responsible citizen is a change agent that acts out against injustice in social, economic, and environmental sectors. G_Ozdilek

<https://www.rollingstone.com/politics/politics-news/civic-coronavirus-census-citizen-vote-968150/>

Health: Health is "a state of complete physical, mental, and social well-being and not merely the absence of disease" according to the World **Health** Organization (WHO). Physical is about the body. Mental is about how people think and feel.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2080455/>

Hygiene: Hygiene is typically thought of in terms of proper handwashing, body washing, and facial cleanliness. These practices are essential to overall cleanliness and interrupting the spread of disease. The human body can provide places for disease-causing germs and parasites to grow and multiply. These places include the skin and in and around the openings to the body. It is less likely that germs and parasites will get inside the body if people have good personal hygiene habits. Center for Disease Control and Prevention.

<https://www1.health.gov.au/internet/publications/publishing.nsf/Content/ohp-enhealth-manual-atsi-cnt-l-ohp-enhealth-manual-atsi-cnt-l-ch3~ohp-enhealth-manual-atsi-cnt-l-ch3.7>

Physical Fitness: The Youth Challenge Physical Fitness program has two factors: the weigh-in and the Physical Fitness Test. The Physical Test is a three-event physical performance test used to assess endurance. It is a simple way to measure your physical strengths, abilities, and cardio-respiratory fitness. The intent of the Physical Test is to provide a baseline assessment regardless of your body type and physical condition.

<https://www.military.com/military-fitness/fitness-test-prep/practice-for-perfect-push-ups>
<https://www.military.com/military-fitness/fitness-test-prep/improving-your-pft-run-time>

Instructions:

Cadets, you will receive an invitation via Gmail from the Commandant to join the classroom. Press Join and you are in. Once you are in the classroom browse around to become familiar with the tabs. Have fun, be creative and enjoy!

Respectfully,

Jackson M. Rivera, Commandant