

Adventist Youth Ministries  
**GENERAL CONFERENCE**



# AY SILVER AWARD



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# AY SILVER AWARD

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12501 OLD COLUMBIA PIKE, SILVER SPRING, MARYLAND 20904, USA.

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# PERSONAL RECORD



NAME \_\_\_\_\_ DATE COMPLETED \_\_\_\_\_

ADDRESS \_\_\_\_\_

GOLD AWARD PRESENT \_\_\_\_\_ AT \_\_\_\_\_

START DATE \_\_\_\_\_ BY \_\_\_\_\_

## CHALLENGE AND ACHIEVEMENT

THE AY SILVER AWARD IS A PRIZE WORTH STRIVING FOR. IT BRINGS TOGETHER CORE ASPECTS OF PHYSICAL, MENTAL, AND SPIRITUAL VITALITY. IT PRESENTS A CLEAR PLAN AND ENCOURAGES YOUNG PEOPLE TO BE WELL-ROUNDED, FIT INDIVIDUALS, BY EXCELLING IN ALL THREE AREAS. BY ENCOURAGING PHYSICAL FITNESS, GOOD HEALTH PRACTICES, LIFE SKILLS, AND MORE, THE AY SILVER AWARD IS AN IDEAL WAY TO DEVELOP STRONG CHARACTER QUALITIES, CLEAR THINKING, AND KEEN SPIRITUAL PERCEPTION THAT WILL PREPARE YOUTH FOR LIFE HERE AND FOR ETERNITY. NOW, AS NEVER BEFORE, WE NEED AN ARMY OF YOUTH RIGHTLY TRAINED, TO CARRY "THE MESSAGE OF A CRUCIFIED, RISEN, AND SOON-COMING SAVIOR . . . TO THE WHOLE WORLD!" (A CALL TO STAND APART, P. 67)

I AM PLEASED TO ENDORSE THE AY SILVER AWARD PLAN OF THE GENERAL CONFERENCE'S YOUTH MINISTRIES DEPARTMENT AND ENCOURAGE OUR YOUTH EVERYWHERE TO STRIVE FOR THIS HIGH ACHIEVEMENT

Ted N.C. Wilson, **President**  
**GENERAL CONFERENCE OF ADVENTISTS**

## **AY SILVER AWARD**

DID YOU KNOW THAT DANIEL THE PROPHET EARNED AN AY SILVER AWARD? OK, MAYBE NOT, BUT ONLY BECAUSE THE AWARD DIDN'T EXIST BACK THEN BUT DANIEL DEFINITELY TOOK CARE OF HIS BODY WAS GREATLY REWARDED FOR IT. DESPITE THE FACT, HE WAS DAILY TEMPTED TO RUIN HIS PHYSICAL, SPIRITUAL AND MENTAL HEALTH WITH THE KING'S FOOD AND DRINK, BUT THIS YOUNG MAN DETERMINED IN HIS HEART TO HONOR GOD INSTEAD, BY TREATING HIS BODY LIKE A TEMPLE! AS A RESULT, GOD BLESSED DANIEL AND HIS THREE FRIENDS TO THE POINT THAT THEY WERE TEN TIMES BETTER LOOKING AND TEN TIMES SMARTER THAN THE OTHER YOUNG PEOPLE! THIS SPECIAL AY SILVER AWARD IS A REMINDER THAT GOD STILL BLESSED YOUNG MEN AND WOMEN WHO DETERMINE IN HIS STRENGTH TO HONOR GOD WITH THEIR BODIES.

*Busi Khumalo, Director, Youth Ministries*  
**GENERAL CONFERENCE OF ADVENTISTS**

## **LIVE LIFE TO THE FULL!**

LIFE IS A PRECIOUS GIFT, AS IS HEALTH. WE ALL WISH TO BE STRONG AND HEALTHY - ESPECIALLY WHEN WE ADMIRE THE RIPPLING, SCULPTED, AND POWERFUL MUSCLES OF THE WELL-TRAINED ATHLETE. WE MAY DESIRE TO BE STRONG AND AGILE, BUT DESIRE IS NOT ENOUGH. THERE MUST BE THE CHOICE TO GET FIT AND TO DEVELOP OUR TOTAL FITNESS AND STRENGTH.

SUCCESSFUL LIVING REQUIRES CHOICES AND THE CULTIVATION OF HEALTHY HABITS. IT IS NECESSARY TO GIVE PRIORITY TO THE IMPORTANT AND EXCLUDE OR DISCARD WHAT WILL NOT CONTRIBUTE TO SUCCESS. THIS MEANS WE SHOULD HAVE A PLAN AND FOLLOW IT. WE NEED TO BUDGET AND USE OUR TIME WISELY. WE ARE MULTIDIMENSIONAL BEINGS, CREATED IN THE IMAGE OF GOD. THE AY SILVER AWARD REQUIRES NOT ONLY PHYSICAL FITNESS, BUT MENTAL, SPIRITUAL, AND EMOTIONAL WELLNESS AND WHOLENESS (AS WHOLISTIC BEINGS). EACH DIMENSION OF HEALTH MUST BE CAREFULLY DEVELOPED AND NURTURED, AND SACREDLY GUARDED. WE NEED TO EXERCISE, BUT WE ALSO NEED TO REST. WE NEED A BALANCED, NUTRITIOUS DIET, AND LOTS OF PURE WATER. WE MUST AVOID HARMFUL SUBSTANCES AND BEHAVIORS, AND LIVE BALANCED LIVES.

AS WE STRIVE TO ADD SPEED TO OUR STRENGTH AND ENDURANCE TO OUR AGILITY, LET US EVER KEEP OUR EYES UPON JESUS. AS WE FEED ON HIS WORD, WE WILL LEARN TO KNOW HIM, AND SPEAK WITH HIM AS TO A FRIEND. HE CAME IN ORDER THAT WE MAY HAVE LIFE AND LIVE IT TO THE FULL (JOHN 10:10). IN HIS STRENGTH, AND BY HIS SPIRIT, PHYSICAL EXERCISE, SPIRITUAL COMMITMENT, EMOTIONAL STABILITY, AND MENTAL SHARPNESS CAN ALL COME TOGETHER IN PURPOSE, SERVICE, AND A FULFILLED LIFE. THE GOALS OF THE AY SILVER AWARD WINNERS WILL THUS BE FULLY ATTAINED, AND IN TURN, MANY OTHERS BLESSED BY THESE LIVES OF HEALTHY SERVICE.

*Peter Landless, M.D. Director, Health Ministries*  
**GENERAL CONFERENCE OF ADVENTISTS**

## **AY SILVER AWARD**

THE AY SILVER AWARD IS PRESENTED TO CHRISTIAN YOUTH IN SECONDARY THROUGH HIGH SCHOOL LEVEL WHO HAVE DEMONSTRATED EXCEPTIONAL QUALITIES OF PHYSICAL, MENTAL AND CULTURAL DEVELOPMENT. SPONSORED BY THE YOUTH MINISTRIES DEPARTMENT OF THE SEVENTH-DAY ADVENTIST CHURCH, THE PLAN GIVES TEEN-AGE YOUTH AN OPPORTUNITY TO FIND SATISFACTION IN WORTH-WHILE ACHIEVEMENT. EACH PARTICIPANT AND AY SILVER AWARD WINNER WILL BE BETTER PREPARED TO TAKE HIS PLACE AS A CONSTRUCTIVE MEMBER OF HIS CHURCH AND COMMUNITY. THE SINCERE EFFORT AND PERSEVERANCE REQUIRED TO QUALIFY IN THE VARIOUS ACTIVITIES WILL DEVELOP QUALITIES OF CHARACTER MUCH NEEDED IN TODAY'S GENERATION.

THE FUTURE OF OUR CHURCH DEPENDS UPON THE ABILITY AND WILLINGNESS OF YOUNG PEOPLE TO SERVE THEIR FELLOW MEN BY LIVING CHRIST-GUIDED LIVES. UNDER GOD THESE CHRISTIAN YOUTH HAVE A HIGH DESTINY IN THE FINAL CLIMACTIC HOURS OF HISTORY. BECAUSE DEMANDS UPON GOD'S PEOPLE WILL BE GREAT, ONLY THOSE YOUTH WHO HAVE A FIRM FOUNDATION ON THE WORD OF GOD AND HAVE CHOSEN A MORAL PLATFORM WHICH REFLECTS THE PURITY OF THE LORD JESUS, WILL BE ABLE TO STAND. GOOD HEALTH, CLEAR THINKING, AND KEENNESS OF SPIRITUAL PERCEPTION ARE CLOSELY LINKED TOGETHER. THE AY SILVER AWARD PLAN HAS BEEN ESTABLISHED TO GIVE STRENGTH TO THESE IMPORTANT ELEMENTS OF LIFE.

## **TESTS, AWARDS, AND RECORDS**

THE CONFERENCE/FIELD YOUTH MINISTRIES DIRECTOR DIRECTS THE PLAN AND SUPERVISES THE TESTS. HE MAY DESIGNATE CERTAIN QUALIFIED INDIVIDUALS TO ACT FOR HIM IN ADMINISTERING THE PROGRAM. IN ACADEMIES AN AY SILVER AWARD COMMITTEE COMPOSED OF THE ACADEMY AY SPONSOR (AS CHAIRMAN), THE PHYSICAL EDUCATION INSTRUCTORS, DORMITORY DEANS, AY LEADER AND OTHER PERSONNEL IF DESIRED, SHOULD DIRECT THE AY SILVER AWARD PLAN.

IN THE LOCAL CHURCH, THE AY LEADER IS CHAIRMAN OF THE AY SILVER AWARD COMMITTEE, WITH QUALIFIED EXAMINERS APPOINTED BY THE AY EXECUTIVE COMMITTEE AND APPROVED BY THE CONFERENCE AY SECRETARY TO DIRECT THE PLAN. ALTHOUGH THE AY SILVER AWARD PLAN IS DESIGNED PRIMARILY FOR SEVENTH-DAY ADVENTIST TEEN-AGE YOUTH, IT IS NOT REQUIRED THAT ONE WHO RECEIVES THE AWARD BE A MEMBER OF THE SEVENTH-DAY ADVENTIST CHURCH.

AN ACCURATE RECORD OF THE CANDIDATE'S COMPLETION OF EACH REQUIREMENT IS TO BE KEPT IN THE AY SILVER AWARD MANUAL. SPACE IS PROVIDED IN COLUMNS TO THE RIGHT OF EACH REQUIREMENT FOR ENTERING (1) THE DATE COMPLETED, (2) SCORE (WHERE INDICATED), AND (3) CERTIFICATION SIGNATURE OF EXAMINER AUTHORIZED BY THE AY SILVER AWARD COMMITTEE.

## **PRESENTATION**

THE PRESENTATION OF THE AY SILVER AWARD SHOULD BE AN IMPRESSIVE OCCASION AT WHICH A GENERAL CONFERENCE, UNION CONFERENCE, OR LOCAL CONFERENCE YOUTH MINISTRIES DIRECTOR SHOULD BE IN CHARGE. OTHER OFFICIALS OF THE CHURCH OR COMMUNITY MAY BE INVITED TO PARTICIPATE IN THE CEREMONY. THE PRESENTATION OF THE AY SILVER AWARD SHOULD BE A PRINCIPAL COMPONENT OF THE PROGRAM.

THE AY SILVER AWARD MEDAL AND RIBBON WILL BE TREASURED BY ALL WHO RECEIVE IT. THE NAME OF THE RECIPIENT SHOULD BE ETCHED ON THE REVERSE. (NO AY SILVER AWARDS SHOULD BE PRESENTED WHICH DO NOT HAVE THIS PERSONALIZED INSCRIPTION).

## MATERIALS AVAILABLE

THIS AY SILVER AWARD PLAN MANUAL IS ALL YOU WILL NEED TO GET STARTED. OF COURSE, IN PASSING THE TESTS IN SECTION II YOU WILL NEED AN AY/PATHFINDER HONOR HANDBOOK, WHEREIN THE AY HONORS ARE OUTLINED. YOU WILL FIND ON THE FOLLOWING PAGES CHECK LISTS FOR THE VARIOUS REQUIREMENTS. YOUR PERSONAL RECORD SHOULD BE KEPT HERE.

## THE SCOPE OF THE PLAN

THE AY GOLD AWARD PLAN CONSISTS OF FIVE DIVISIONS:

1. **PHYSICAL FITNESS:** THERE ARE A NUMBER OF OPTIONAL PROVISIONS, BUT IT IS VERY IMPORTANT THAT EACH INDIVIDUAL WHO QUALIFIES HAVE THE CERTIFICATION OF AN OFFICIALLY DESIGNATED EXAMINER WHEN HIS FINAL RECORDS ARE TURNED IN. 2. **SKILLS:** THE DEVELOPMENT OF SKILLS FOLLOWS THE OUTLINE AS REPRESENTED IN THE AY HONORS PROGRAM. TEN HONORS ARE DESIGNATED FROM WHICH THE PARTICIPANT WILL QUALIFY IN TWO.
2. **EXPEDITION:** THE DIRECTIONS ARE GIVEN FOR A RATHER STRENUOUS OUTDOOR EXPEDITION, AND IT IS VERY IMPORTANT THAT THOSE WHO ANTICIPATE MAKING SUCH AN EXPEDITION CHECK WITH A QUALIFIED EXAMINER TO BE SURE THAT ALL CONDITIONS ARE MET AND CERTIFIED.
3. **SERVICE PROJECTS:** THIS REQUIRES THE PARTICIPANT TO HAVE A RECORD OF LEADERSHIP IN WHICH HE HAS SUCCESSFULLY DISCHARGED HIS RESPONSIBILITIES.
4. **CULTURAL IMPROVEMENT:** THERE IS A CHOICE ON THE PART OF THE PARTICIPANT. RECOGNIZED CERTIFICATION FOR THE READING OR WRITING ACCOMPLISHED IS AN ABSOLUTE NECESSITY.
5. **THE IMPORTANCE** OF HEALTHFUL LIVING HABITS CANNOT BE OVEREMPHASIZED IN STRIVING FOR THESE OBJECTIVES, NOR THE WONDERFUL FEELING OF ACCOMPLISHMENT ONE WILL ENJOY HAVING ACHIEVED THESE GOALS.

# AY SILVER AWARD REQUIREMENTS

## SECTION I: PHYSICAL FITNESS

**MEN (PASS IN THREE OF THE FIVE GROUPS LISTED)**

**GROUP 1: TRACK (ANY FOUR OF THE FOLLOWING)**

|  | DATE | SCORE | SIGNATURE |
|--|------|-------|-----------|
| A. 50-YARD DASH (6.8 SECONDS)<br>50-METER DASH (6.9 SECONDS)                                     |      |       |           |
| B. 100-YARD DASH (14.2 SECONDS)<br>100-METER DASH (14.4 SECONDS)                                 |      |       |           |
| C. 220-YARD DASH (28 SECONDS)<br>200-METER DASH (28 SECONDS)                                     |      |       |           |
| D. 440-YARD DASH (67 SECONDS)<br>400-METER DASH (66.6 SECONDS)                                   |      |       |           |
| E. 600-YARD RUN-WALK<br>(1 MINUTES, 37 SECONDS)<br>600-METER RUN-WALK<br>(5 MINUTES, 34 SECONDS) |      |       |           |
| F. 1-MILE RUN (6 MINUTES)<br>1,500-METER RUN (5 MINUTES, 36 SECONDS)                             |      |       |           |
| G. 2-MILES RUN (13 MINUTES)<br>3,000-METER RUN (12 MINUTES, 27 SECONDS)                          |      |       |           |
| H. 3-MILES RUN (23 MINUTES)<br>5,000-METER RUN (23 MINUTES, 5 SECONDS)                           |      |       |           |

**GROUP 2: FIELD (ANY THREE OF THE FOLLOWING)**

|  | <b>DATE</b> | <b>SCORE</b> | <b>SIGNATURE</b> |
|--|-------------|--------------|------------------|
| A. STANDING BROAD JUMP<br>7 FEET, 11 INCHES   2.41 METERS  |             |              |                  |
| B. RUNNING BROAD JUMP<br>15 FEET   4.57 METERS             |             |              |                  |
| C. HIGH JUMP<br>4 FEET, 6 INCHES   1.37 METERS             |             |              |                  |
| D. SHOT PUT (12 LB. OR 5.44 KG.)<br>34 FEET   10.36 METERS |             |              |                  |
| D. SOFTBALL THROW<br>213 FEET                              |             |              |                  |

**GROUP 3: ENDURANCE-STRENGTH (ANY TWO OF THE FOLLOWING)**

|                                       | <b>DATE</b> | <b>SCORE</b> | <b>SIGNATURE</b> |
|---------------------------------------|-------------|--------------|------------------|
| A. SIT-UPS<br>55 SIT-UPS IN 2 MINUTES |             |              |                  |
| B. PULL-UPS 12                        |             |              |                  |
| C. PUSH-UPS 40                        |             |              |                  |
| D. ROPE CLIMB (HANDS ONLY) 21 FEET    |             |              |                  |



**GROUP 4: COORDINATION, AGILITY, BALANCE (ANY THREE OF THE FOLLOWING)**

|  | DATE | SCORE | SIGNATURE |
|--|------|-------|-----------|
| A. BASKETBALL FREE THROW (9 OUT OF 10 SHOTS)   |      |       |           |
| B. SHUTTLE RUN (SEE NOTES)<br>2 TRIPS 30 FEET (9.2 SECONDS)<br>10 METERS (20.2 SECONDS)  |      |       |           |
| C. SQUAT-THRUSTS   20 (30 SECONDS)(SEE NOTES)  |      |       |           |
| D. 1. FORWARD ROLL (SEE NOTES)<br>2. BACKWARD ROLL<br>3. HANDSPRING<br>4. FROG STAND (TIP UP)<br>5. HEAD STAND (10 SECONDS) OR<br>**7 SECONDS FOR BOTH #4 AND #5 |      |       |           |
| E. ROPE SKIPPING<br>(MINIMUM OF 300 SKIPS WITHOUT MISSING)   |      |       |           |

**GROUP 5: SWIMMING: (ANY ONE OF THE FOLLOWING)**

|   | DATE | SCORE | SIGNATURE |
|---|------|-------|-----------|
| A. FREESTYLE<br>100 YARDS (1 MINUTE, 30 SECONDS)<br>100 METERS (1 MINUTE, 38 SECONDS)   |      |       |           |
| B. BACK-STROKE<br>100 YARDS (1 MINUTE, 45 SECONDS)<br>100 METERS (1 MINUTE, 55 SECONDS) |      |       |           |
| C. BREAST-STROKE<br>100 YARDS (1 MINUTE, 50 SECONDS)<br>100 METERS (2 MINUTES)          |      |       |           |

**YOUNG LADIES (PASS IN THREE OF THE FIVE GROUPS LISTED)**

**GROUP 1: TRACK (ANY IN THREE OF THE TWO OF THE FOLLOWING)**

|  | DATE | SCORE | SIGNATURE |
|--|------|-------|-----------|
| A. 50-YARD DASH (7.3 SECONDS)<br>50-METER DASH (8.2 SECONDS)                                     |      |       |           |
| B. 100-YARD DASH (17 SECONDS)<br>100-METER DASH (17 SECONDS)                                     |      |       |           |
| C. 220-YARD DASH (36 SECONDS)<br>200-METER DASH (36 SECONDS)                                     |      |       |           |
| D. 400-METER RUN/WALK<br>(1 MINUTES, 25 SECONDS)   |      |       |           |
| E. 600-YARD RUN/WALK<br>(2 MINUTES, 23 SECONDS)<br>600-METER RUN/WALK<br>(2 MINUTES, 36 SECONDS) |      |       |           |
| F. 1500 METERS RUN/WALK<br>(8 MINUTES, 40 SECONDS)   |      |       |           |
| G. 3000-METER RUN (19 MINUTES, 55 SECONDS)   |      |       |           |
| H. 5000-METER RUN/WALK<br>(39 MINUTES, 20 SECONDS)   |      |       |           |

**GROUP 2: FIELD (ANY TWO OF THE FOLLOWING)**

|   | DATE | SCORE | SIGNATURE |
|---|------|-------|-----------|
| A. STANDING BROAD JUMP<br>(6 FEET 2 INCHES/1.88 METERS) |      |       |           |
| B. RUNNING BROAD JUMP<br>(10 FEET 9 INCHES/3.28 METERS) |      |       |           |
| C. HIGH JUMP (1.25 METERS)                              |      |       |           |
| D. SOFTBALL THROW (104 FEET/31.7 METERS)                |      |       |           |

**GROUP 3: ENDURANCE-STRENGTH (ANY TWO OF THE FOLLOWING)**

|  | DATE | SCORE | SIGNATURE |
|--|------|-------|-----------|
| A. SIT-UPS<br>40 IN 2 MINUTES                |      |       |           |
| B. FLEXED-ARM HANG<br>19 SECONDS (SEE NOTES) |      |       |           |
| C. PUSH-UPS, MODIFIED<br>30 (SEE NOTE)       |      |       |           |

**GROUP 4: COORDINATION, AGILITY, BALANCE (ANY THREE OF THE FOLLOWING)**

|  | DATE | SCORE | SIGNATURE |
|--|------|-------|-----------|
| A. BASKETBALL FREE THROW (7 OUT OF 10 SHOTS)   |      |       |           |
| B. SHUTTLE RUN (SEE NOTES)<br>30 FEET, 2 TRIPS (10.4 SECONDS)<br>10 METERS (11.3 SECONDS)  |      |       |           |
| C. SQUAT-THRUSTS (30 SECONDS) SEE NOTES  |      |       |           |
| D. FORWARD ROLL (SEE NOTES)<br>BACKWARD ROLL<br>FROG STAND (TIP UP, SEE NOTES)<br>HEAD STAND (7 SECONDS FOR BOTH (3) AND (4),<br>SEE NOTE) |      |       |           |
| E. ROPE SKIPPING<br>(MINIMUM OF 300 SKIPS WITHOUT MISSING)   |      |       |           |

**GROUP 5: SWIMMING (ANY ONE OF THE FOLLOWING)**

|  | DATE | SCORE | SIGNATURE |
|--|------|-------|-----------|
| A. FREESTYLE, 100 YARDS (1 MINUTE, 40 SEC.)<br>100 METERS (1 MINUTE, 40 SECONDS)     |      |       |           |
| B. BACK-STROKE, 100 YARDS (1 MINUTE, 55 SECONDS)<br>100 METERS (2 MINUTE, 5 SECONDS) |      |       |           |
| C. BREAST-STROKE 100 YARDS (2 MINUTE)<br>100 METERS (2 MINUTES, 11 SECONDS)          |      |       |           |

# NOTES

## YOUNG MEN

### **PULL-UPS.** (PROPER GRIP IS REVERSE GRIP.)

- CHIN MUST CLEAR BAR ON PULL-UP.
- ARMS MUST BE NEARLY EXTENDED, WITH ELBOWS SLIGHTLY FLEXED IN DOWN POSITION.

### **PUSH-UPS.**

- WEIGHT EQUALLY DISTRIBUTED.
- HANDS JUST BELOW SHOULDERS.
- FEET TOGETHER.
- PUSH STRAIGHT UP, KEEPING BODY RIGID.
- ARMS EXTENDED TILL ELBOWS ARE STRAIGHT.
- IN RETURNING TO DOWN POSITION, CONTINUE TO KEEP BODY RIGID AND STRAIGHT AND LOWER BODY CLOSE TO FLOOR WITHOUT TOUCHING IT EXCEPT WITH HANDS AND FEET.
- MUST BE CONTINUOUS.

## YOUNG WOMEN

### **FLEXED-ARM HANG.**

STARTING POSITION: (A HORIZONTAL BAR APPROXIMATELY 1 1/2 INCHES IN DIAMETER SHOULD BE ADJUSTED TO A HEIGHT APPROXIMATELY EQUAL TO THE STUDENT'S STANDING HEIGHT.) THE STUDENT GRASPS THE BAR WITH AN OVERHAND GRASP.

#### **ACTION:**

- WITH THE ASSISTANCE OF TWO SPOTTERS, ONE IN FRONT AND ONE IN BACK OF STUDENT, THE STUDENT RAISES HER BODY OFF THE FLOOR TO A POSITION WHERE THE CHIN IS ABOVE THE BAR, THE ELBOWS' FLEXED AND THE CHEST CLOSE TO THE BAR.
- THE STUDENT MUST HOLD THIS POSITION FOR AT LEAST 25 SECONDS TO PASS THE TEST.

#### **RULES:**

- A STOP WATCH IS STARTED AS SOON AS THE STUDENT TAKES THE HANGING POSITION.  
THE STOP WATCH IS STOPPED WHEN:
  - A) THE STUDENT'S CHIN TOUCHES THE BAR,
  - B) THE STUDENT'S HEAD TILTS BACKWARD TO KEEP CHIN ABOVE THE BAR, OR
  - C) WHEN THE STUDENT'S CHIN FALLS BELOW THE LEVEL OF THE BAR.
- RECORD IN SECONDS TO THE NEAREST SECOND THE LENGTH OF TIME THE SUBJECT HOLDS THE HANGING POSITION.

### **PUSH-UPS (MODIFIED).**

STARTING POSITION: EXTEND ARMS, PLACE HANDS, FINGERS POINTING FORWARD ON FLOOR JUST UNDER AND SLIGHTLY OUTSIDE SHOULDERS. KNEES ON FLOOR, BODY STRAIGHT FROM HEAD TO KNEES. BEND KNEES AND RAISE FEET.

#### **ACTION:**

- KEEPING BODY TENSE AND STRAIGHT, BEND ELBOWS AND TOUCH CHEST TO FLOOR.
- RETURN TO ORIGINAL POSITION. (KEEP BODY STRAIGHT; DON'T RAISE BUTTOCKS; ABDOMEN MUST NOT SAG.)

## YOUNG MEN AND YOUNG WOMEN

### SIT-UPS.

**STARTING POSITION:** STUDENT LIES ON HIS BACK WITH LEGS EXTENDED, FEET ABOUT 1 FOOT APART. THE HANDS, WITH FINGERS INTERLACED, ARE GRASPED BEHIND THE NECK. ANOTHER PERSON HOLDS HIS PARTNER'S ANKLES AND KEEPS HEELS IN CONTACT WITH THE FLOOR WHILE COUNTING EACH SUCCESSFUL SIT-UP.

### ACTION:

1. SIT UP AND TURN THE TRUNK TO THE LEFT. TOUCH THE RIGHT ELBOW TO THE LEFT KNEE.
2. RETURN TO STARTING POSITION.
3. SIT UP AND TURN THE TRUNK TO THE RIGHT. TOUCH THE LEFT ELBOW TO THE RIGHT KNEE.
4. RETURN TO THE STARTING POSITION.
5. REPEAT THE REQUIRED NUMBER OF TIMES.
6. ONE COMPLETE SIT-UP IS COUNTED EACH TIME THE PERSON RETURNS TO THE STARTING POSITION.

### SQUAT-THRUST.

**EQUIPMENT:** A STOP WATCH, OR A WATCH WITH A SWEEP-SECOND HAND.

**STARTING POSITION:** YOUNG PERSON STANDS AT ATTENTION.

### ACTION:

1. BEND KNEES AND PLACE HANDS ON THE FLOOR IN FRONT OF THE FEET. ARMS MAY BE BETWEEN, OUTSIDE, OR IN FRONT OF THE BENT KNEES.
2. THRUST THE LEGS BACK FAR ENOUGH SO THAT THE BODY IS PERFECTLY STRAIGHT FROM SHOULDERS TO FEET (THE PUSH-UP POSITION).
3. RETURN TO THE SQUAT POSITION.
4. RETURN TO STANDING POSITION.

**SCORING:** THE TEACHER CAREFULLY INSTRUCTS THE STUDENTS HOW TO CORRECT SQUAT-THRUSTS. THE TEACHER TELLS THE STUDENT TO DO AS MANY CORRECT SQUAT-THRUSTS AS POSSIBLE WITHIN A 30-SECOND LIMIT.

- THE TEACHER TELLS THE STUDENT TO DO AS MANY CORRECT SQUAT-THRUSTS AS POSSIBLE WITHIN A 30-SECOND LIMIT.
- THE TEACHER GIVES THE STARTING SIGNAL, "READY! Go!" ON "Go" THE STUDENT BEGINS.
- THE PARTNER COUNTS EACH SQUAT-THRUST.
- AT THE END OF 30 SECONDS THE TEACHER SAYS, "STOP."

### **SHUTTLE RUN**

STARTING LINE: TWO ERASERS OR SIMILAR-SIZED BLOCKS 30-FEET (10 METERS) DISTANCE.

1. RUN, PICK UP ONE BLOCK, RUN BACK ACROSS STARTING LINE, SET BLOCK DOWN.
2. RUN BACK, PICK UP OTHER BLOCK, RUN BACK ACROSS STARTING LINE HOLDING IT.
3. FORWARD ROLL EXECUTE PERFECT FORM ON EACH EXERCISE.
4. DO SERIES OF 3 FORWARD ROLLS. BEGIN EACH AT ATTENTION, SQUAT DOWN AS FORWARD MOTION STARTS.
5. CHIN ON CHEST, HANDS AND FINGERS FORWARD AND FLAT ON MAT, WEIGHT EQUALLY DISTRIBUTED. STAY DOUBLED UP, LET WEIGHT DOWN EASY, LAND ON BACK OF NECK AND SHOULDERS RATHER THAN HEAD. GRAB KNEES OR SHINS WITH FOREARMS, AND BACK UP TO ATTENTION.
6. BACKWARD ROLL BEGIN AT ATTENTION, DROP BACK AND DOWN AS IF SITTING DOWN IN A LOW CHAIR.
7. BREAK FALL WITH HANDS, FINGERS POINTING FORWARD. PUSH OFF, BEND IN MIDDLE, CHIN ON CHEST AS LEGS KEPT TOGETHER GO BACK TOWARD MAT.
8. HANDS GO TO POSITION APPROXIMATELY 6 INCHES FROM EACH SIDE OF HEAD WITH PALMS EXTENDED UP AND BACK.
9. HAVE FEET HIT FIRST (NOT KNEES) AND COME DIRECTLY UP TO ATTENTION. (SERIES OF 3.)

### **FROG STAND (TIP UP).**

1. HANDS FLAT ON FLOOR, ELBOWS HOOKED INTO INSIDE OF LEGS ABOUT AT KNEES.
2. GO FORWARD UNTIL BODY IS BALANCED WITH NEITHER FEET NOR HEAD TOUCHING FLOOR.
3. (POINTER: KEEP HEAD UP.) HOLD 7 SECONDS.

**HEAD STAND.** FORM EQUAL TRIANGLE WITH FOREARMS AND HANDS FLAT ON MAT.

1. WHERE HANDS COME TOGETHER PLACE FRONT PART OF HEAD WHERE ELBOWS WERE, PLACE HANDS FLAT, FINGERS STRAIGHT AHEAD SLIGHTLY SPREAD.
2. GO UP EASY, BALANCE, KEEPING LEGS AND FEET TOGETHER AND TOES POINTED.
3. HOLD 7 SECONDS.

## SECTION II: SKILLS

COMPLETE TWO OF THE FOLLOWING AY HONORS

| CATEGORY                    | DATE COMPLETED | SIGNATURE |
|-----------------------------|----------------|-----------|
| 1. COMMUNITY WATER SAFETY   |                |           |
| 2. BASIC RESCUE             |                |           |
| 3. CANOEING                 |                |           |
| 4. HOME NURSING             |                |           |
| 5. CYCLING                  |                |           |
| 6. FIRST AID (STANDARD)     |                |           |
| 7. ORIENTEERING             |                |           |
| 8. OUTDOOR LEADERSHIP       |                |           |
| 9. BACKPACKING              |                |           |
| 10. PHOTOGRAPHY             |                |           |
| 11. JUNIOR YOUTH WITNESSING |                |           |



## SECTION III: EXPEDITION

(COMPLETE ONE OF THE FOLLOWING)

**DATE COMPLETED** \_\_\_\_\_ **SIGNATURE** \_\_\_\_\_

1. HIKE IN WILDERNESS COUNTRY AT LEAST 20 MILES (36 KILOMETERS), INCLUDING TWO NIGHTS IN THE OPEN OR IN TENTS, THESE TWO NIGHTS TO BE SPENT IN SEPARATE CAMPS AT LEAST 5 MILES (8 KILOMETERS) APART.
2. NOT LESS THAN THREE AND NOT MORE THAN SIX MUST BE IN THE PARTY, THOUGH IT IS NOT NECESSARY FOR ALL PARTICIPANTS TO BE UNDER TEST.
3. FULL AND INTERESTING LOG AND MAP OF JOURNEY MUST BE SUBMITTED, WITH OBSERVATIONS OF WILD LIFE, PLANTS, OR SOME OTHER STUDY AUXILIARY TO THE EXPEDITION.
4. PLANNING SHOULD BE A JOINT EFFORT, AND ALL PLANS MUST BE APPROVED IN FULL BY THE CONFERENCE YOUTH MINISTRIES DIRECTOR OR HIS DESIGNATED REPRESENTATIVE BEFORE STARTING.
5. ALL FOOD NEEDED SHOULD BE CARRIED. USE DEHYDRATED FOODS AS NEEDED FOR BALANCED MENUS.
6. NORMAL PERSONAL KIT PLUS LIGHTWEIGHT CAMPING EQUIPMENT, COMPASS, COOKING UTENSILS, AND FIRST-AID KIT MUST BE CARRIED BY MEMBERS OF THE EXPEDITION.





## SECTION IV: SERVICE PROJECTS

(COMPLETE ONE OF THE FOLLOWING)

**DATE COMPLETED**\_\_\_\_\_ **SIGNATURE**\_\_\_\_\_

- A. DURING AT LEAST ONE SEMESTER DISCHARGE SATISFACTORILY THE DUTIES OF AN OFFICER OF THE AY SOCIETY, SABBATH SCHOOL, TEMPERANCE CHAPTER, STUDENT ASSOCIATION, PATHFINDER CLUB, OR OTHER PERSONAL SERVICE THAT IN THE ESTIMATION OF THE CONFERENCE/FIELD YOUTH MINISTRIES DIRECTOR IS THE EQUIVALENT OF THE DUTIES MENTIONED ABOVE.
- B. PARTICIPATE IN A COMMUNITY SERVICE PROJECT OF NOT LESS THAN 1 WEEK DURATION.
- C. COMPLETE ONE OF THE 9 COMMUNITY SERVICE HONORS.
1. COMMUNITY ASSESSMENT
  2. COMMUNITY SERVICE
  3. CRISIS INTERVENTION
  4. DISASTER RELIEF
  5. HUNGER RELIEF
  6. REFUGEE RESETTLEMENT
  7. RURAL DEVELOPMENT
  8. TUTORING
  9. URBAN DEVELOPMENT

## SECTION V: CULTURAL IMPROVEMENT

DO ONE OF THE FOLLOWING: (INDICATE WHICH ONE)

**DATE COMPLETED**\_\_\_\_\_ **SIGNATURE**\_\_\_\_\_

1. READ A BOOK OF NOT LESS THAN 250 PAGES LISTED IN A SENIOR AY BOOK CLUB. \_\_\_\_\_
2. READ 200 PAGES OR MORE WRITTEN BY ELLEN G. WHITE. \_\_\_\_\_
3. WRITE AN ARTICLE OR STORY OF NOT LESS THAN 1,000 WORDS AND HAVE IT ACCEPTED FOR PUBLICATION IN DDDAN SDA JOURNAL. \_\_\_\_\_
4. READ A BOOK OF NOT LESS THAN 200 PAGES ON LEADERSHIP SKILLS DEVELOPMENT, DISCIPLINE OR FUND RAISING.



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