

Chapter 10

PHYSICAL EDUCATION (PE) PROGRAM

10.1. General. Although AFJROTC does not have cadet weight or physical fitness standards, we encourage cadets to establish their own physical fitness training program. For cadets enrolling in a college ROTC program, service academy, or for those enlisting in a military service, they will have to attain and maintain minimum weight and physical fitness standards. If you start a program now and stay physically active, you will reap the benefits of a physically fit body throughout your life. If you are physically fit, you will perform better in school and in all of your activities. Cadets who participate in all physical education activities will receive the Health and Wellness Ribbon.

10.1.1. PT will be every Friday. You are graded by participation, effort and PT uniform wear. You must have on the PT uniform (issued) and you must have on sneakers. Cadets will wear an authorized PT uniform on Fridays. Failure to wear the PT uniform will result in a grade of 59 for the first miss and a ZERO for each miss after that. **SASI and the ASI will evaluate disenrollment after three failures to wear the uniform during any grading period.** Cadets who receive a grade of 59 or 0 may either choose to participate in the Physical Fitness (PFT) portion of class or MARCH. Cadets who lack in effort or participation will MARCH. Male only and Female only changing rooms are available in the ROTC building.

10.2. Parental Consent. Prior to starting the PE program, each cadet must return a parental consent form which allows them to participate in the physical fitness program.

10.3. Objective: Motivate JROTC cadets to lead active, healthy lifestyles beyond program requirements and into their adult lives.

10.4. Goals:

- Identify areas of improvements for each cadet
- Incorporate physical training program to reach goals

10.5. Program. An exercise program developed around individual's base line improvements with the focus of achieving a national standard as calculated with age and gender. Exercises work all muscle groups and provide sufficient anaerobic and aerobic intensity. Finally, the exercises can be conducted with minimal space and minimal climate dependency (can be done indoors).

10.6. Performance Assessment. Cadets use the Presidential Fitness Test as the baseline for exercises. comprised of 3 events: 1-mile run, sit-ups, and push-ups. The initial assessment will be within the first 45 days of school and is used to establish an individual baseline and goals. Another assessment will be done in December and the final assessment will be accomplished near the end of school and this assessment determines individual improvement and additional fitness awards.