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| **AFJROTC Physical Fitness Training AY2024/2025** | **Total Hrs** |
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| Physical Training (PT) and the Presidential Fitness Program |

 |  |  36 |



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**\*\*MO-851 AFJROTC staff will publish uniform wear and information on upcoming PT activities on the Gateway MO-851 Facebook page and through weekly Public Affairs dissemination in the classroom(s).**

**Program Overview:**

IAW HQ AFJROTC directives, at the beginning of each school year (or as students enter the corps), each cadet is required to fill out the AFJROTC Health / Wellness Program health-screening questionnaire/consent form (also signed by parent/guardian) prior to participation in the program. The foundation for this physical fitness program is the same standard set for all AFJROTC units worldwide. Participation in the AFJROTC Presidential Fitness Program will lead to developing a more productive and healthier lifestyle. The goal of the program is to reverse the trend of an unhealthy lifestyle among our nation’s youth and instill pride, esprit-de-corps and unit cohesion.

**Course Content:**

Weekly fitness class periods will include stretches and warm-up activities prior to the main, scheduled fitness activity. The purpose of the stretching/warm-up is to prepare the cadets for participation in strenuous physical activity. The main PT activity should challenge cadets through both strengthening and cardiovascular elements. The Services Officer and/or NCOIC will pre-select the stretches, warm-ups and main fitness activity prior to the scheduled class period. The Services Officer or NCOIC will complete the Fitness Weekly Report (attached) and submit it to AFJROTC staff every Wednesday (the week prior to the scheduled events). The ultimate goal of the weekly PT sessions is to prepare cadets for their Presidential Fitness Challenge(s).

Additionally, a wellness component of the program consists of short, periodic lessons on healthy foods, eating habits, reading health labels on store products, and various exercises to target the muscle groups, etc. These classes are typically presented during inclement weather or unscheduled physical fitness class periods. Throughout the school year, cadet physical fitness will also occur during field day competitions, JROTC social events, and other activities.

Prior to conducting the bi-annual Presidential Fitness Challenge, AJFORTC instructors will teach and demonstrate the correct techniques and proper form for each of the three (3) events to ensure safety and standardization. Gateway MO-851 instructors will administer the Presidential Fitness Challenge once each semester (1st Semester – within the first 45 days of school; 2nd Semester – within the last 30 days of school).

Presidential Fitness Challenge - the fitness standards of this program evaluate the cadet’s individual fitness level by using three (3) specific events testing cardio endurance, strength, and flexibility:

* One-mile run/walk (Cardio/Endurance)
* Pushups (Strength/Endurance)
* Sit-ups (Strength/Flexibility)

**Course Objectives:**

Students will understand:

* Excellence: Develop the highest level of personal physical fitness
* Physical fitness components and demonstrate improvement and competency in the five health-related components (muscular strength, endurance, cardiovascular fitness, flexibility, and body composition
* Health Enhancement: the relationship between health and physical education to attain a high level of wellness and personal satisfaction
* Social development: develop appropriate social behaviors, including good sportsmanship, respect for ones’ self and others, and appreciation for peers by working independently as well as with other cadets during planned and guided activities

**Course Materials/Information:**

* Cadets **MUST** wear any combination of the JROTC PT uniform (JROTC sweats or shorts, JROTC t-shirt or sweatshirt) on scheduled PT days, to include proper shoes (tennis or athletic shoes). **No sandals or “slides” allowed.** Please refer to the Cadet Handbook for specific requirements. We recommend Cadets arrive to class wearing the PT uniform. However, a small window of time will be allowed for students to change into their PT uniforms if they need to. Only those students who have their PT uniforms will be allowed to leave the classroom to change into the proper PT uniform.
* **EVERY** Cadet must complete the *Cadet Participation Consent Health Screening Questionnaire* prior to beginning any physical activity. This form must also be legibly signed by a parent/guardian. A Spanish version of the form is available for those who request it.
* PT is typically on Fridays.

**Course Grade Break Out:**

 **\* *Physical Fitness Training – 20*%** of your overall AFJROTC grade

Uniform wear: 50% of the daily PT grade (all portions of PT uniform must be worn to earn full 50% credit – see “Course Materials/Information” paragraph above);

Participation/Conduct: 50% of the daily PT grade (students must participate in all aspects of the activity and for the full duration to earn full 50% credit)

*\*\* Note: PT will typically occur on Fridays. Attend PT on the appropriate day (A or B) that you typically attend JROTC classes on during the week.*

**School/JROTC Expectations:**

* Students may not “sit out” or refuse to participate in PT without a note from a parent or guardian, doctor, or school nurse (instructors may confirm exceptions later via telephone or email). **Refusing to participate in PT without a parent/doctor note will result in a grade of “0” for the participation portion of your grade that day.**
* Additionally, if a student does not participate in physical activities due to abovementioned medical conditions, they must write a one-page paper on one of the following:
	+ The four food groups (what the body needs, what is a balanced diet, what does each group provide).
	+ Basic exercise (cardio vs. weights or strength training and the benefits of each)
	+ The cardiovascular system (how diet, nutrition, and exercise effect it)
	+ Any other relevant topic selected by AFJROTC staff
* AFJROTC MO-851 will participate in the Presidential Fitness Program. All exercises will benefit cadets in their quest for better health and successful strides towards better fitness standards and scores
* AFJROTC MO-851 staff will coordinate with Gateway High School medical staff (EMTs) to ensure proper medical assistance is available for each strenuous physical training activity/competition
* AFJROTC MO-851 staff will conduct two (2) fitness evaluations during the academic year
* Fitness awards and recognition are based on meeting or exceeding the U.S. standardized average scores
* The Presidential Physical Fitness Award recognizes youth who achieve an outstanding level of physical fitness. Cadets who earn/score at or above the **85th percentile** of qualifying standards on all three activities are eligible for this award.
* MO-851 AS-1 Cadets will receive PE credit for participating in the AFJROTC fitness program for **one full year.** Failure to complete the full academic year **will not** result in PE credit
* Cadets earning a 90% average in PT for the year will receive the AFJROTC Health and Wellness Ribbon

**Academic Integrity:**

All students are expected to act with civility, personal integrity, respect other students’ dignity, rights and property; and help create and maintain an environment in which all can succeed through the fruits of their own efforts. An environment of academic integrity is requisite to respect for self, others, and a civil community.

Academic integrity includes a commitment to not engage in or tolerate acts of falsification, misrepresentation or deception. Such acts of dishonesty include cheating or copying, plagiarizing, submitting another persons’ work as one’s own, using Internet sources without citation, taking or having another student take your exam, tampering with the work of another student, facilitating other students’ acts of academic dishonesty, etc.

Sanctions for breaches in academic integrity may range, depending on the severity of the offense from an “F” grade on an assignment or test to an “F” in the course. Severe cases and/or repeat offenses of academic dishonesty may also result in more severe disciplinary sanctions up to and including suspension or expulsion.

***NOTE****: This syllabus is subject to change based on schedule conflicts, events and/or special guests.*

***Attached:***

***Services Officer/NCOIC PT Weekly Report Template
Cadet Participation Consent Form / Health Screening Questionnaire (latest version on WINGS)***

**SERVICES OFFICER / NCOIC PHYSICAL FITNESS WEEKLY REPORT**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Affected Class Periods: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Weather Forecast:**

Temperature:
Cloud Condition:

Precipitation %:

Wind:

**Stretches** (*select three* from white or goldenrod sheets in PT Binder – list # and total reps of each stretch): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Warm- up Activities** (*select two* from blue sheet in PT binder – list activity and total reps for each)
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**Main Activity/Activities**: (select one from purple sheet in PT binder, or suggest one to Staff)
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**Cool Down** (time allowing): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Inclement Weather Plan**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PT Monitors Briefed/Notified: (Mandatory participation in main activities – no exceptions!)

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**This form must be turned in to AFJROTC Staff no later than Wednesday (by the end of the school day) EVERY week!!**