

AEROSPACE STUDIES 191

Fall 2008

Advanced Physical Fitness

Class Meeting Time: UMASS, T/Th 0630-0730
WNEC, M/W 0630-0730

Location: UMass: Totman Gym (always check cadet website)
WNEC: AHLC

Contact Information:

Capt Paul J. Christie

Office Hours: M/W afternoons, T/Th/F mornings; recommend always calling ahead

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1. Description: This course is designed to encourage physical fitness and teambuilding and prepare cadets for the physical requirements of Field Training and Active Duty through a variety of activities. Emphasis is placed on the exercises and requirements of the Air Force Physical Fitness Assessment and on team sports to promote esprit de corps and practice the tenets of good leadership and followership in an alternate environment.

2. Objectives/Goals:

- a. Improve each student's fitness level
- b. Build detachment esprit de corps
- c. Develop self-confidence
- d. Prepare cadets for Field Training (FT)

3. Course Policies:

- a. **PARTICIPATION:** PT is an integral part of AFROTC Leadership Laboratory. ALL AFROTC cadets and those pursuing entry into the AFROTC program are required to attend. UMass, WNEC and some cross-town students have the option of registering for this course (AS191) for college credit and a letter grade. Students may attend sessions at either college, as long as you attend two (2) sessions per week.
- b. **ATTENDANCE:** An **80%** attendance rate is required to pass this course. If you miss a class, you can make it up at the alternate campus during the week in which the class was missed. No more than 2 sessions each week will count toward your grade. **Less than 80% attendance will result in automatic failure and removal or disenrollment from the AFROTC program regardless of your performance.** If you miss a class and are unable to attend a scheduled PT session, you must submit an official memorandum stating the cause of the absence **and documenting a 60-minute individual fitness activity.** The memo will be submitted to your cadet fitness monitor and due to me the PT session following your absence. I will not accept late memorandums and I will not remind you of this requirement. (See Tongue and Quill page 183-184 for example). **ALL** absences will require a memorandum and final determination of an excused vs. unexcused absence rests with me. If no memorandum is received within one (1) week of an otherwise excused absence the absence will be considered unexcused and will count against your attendance requirement.

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- c. **PROTOCOL:** You must participate in all activities, display proper military courtesies and conform to military bearing and appearance standards.
- d. **MEDICAL SCREENING:** An AFROTC Physical Health Questionnaire **AND** Pre-Participation Physical (AFROTC Form 28) must be accomplished by all students prior to attending this course. A copy of an approved DODMERB, MEPS, or Sports Physical can be submitted in place of the Pre-Participation Physical.
- e. **UNIFORM:** Fully participating cadets will be issued AF Physical Training (PT) Gear to wear for this class. Full compliance with AFI 36-2903 is required while in this gear. Non-contracted cadets and students who have not yet been issued PT gear are required to dress appropriately. Appropriate attire consists of: short sleeve, crew neck t-shirt and athletic shorts, sweatshirt and sweatpants (depending on weather), white socks, and athletic or running shoes. Special uniform/dress requirements will be posted in the weekly Operations Order. You will be asked to leave class if your dress is determined to be inappropriate by the Staff member in attendance. Clothing items strictly prohibited in AFROTC physical training include:
 - anything offensive (no political messages, sexual material, tobacco or alcohol products or logos, such as sports teams, musical groups, etc.)
 - tank tops or sleeveless t-shirts.
 - sports bra or top only.
 - any shirts which expose the skin around the midriff or cut low down from the neck.
 - cut-off shorts, excessively short shorts (use soccer shorts as standard), spandex (may be worn under standard length shorts.)
 - walkman/CD/MP3 players or headphones of any kind.
 - bikinis/Speedos for water PT (swim trunks for men, one-piece suit for women.)
 - jewelry (with exception of simple wedding bands and sport watches.)
 - eyeglasses without safety strap.
 - glass lenses.
- f. **TESTING:** We will administer two (2) Physical Fitness Assessments (PFA) throughout the semester. To be eligible to take the PFA, you must attend at least 8 PT sessions (see class schedule.) PFA performance is NOT a factor in determining grades, but does count as a PT session for the purposes of attendance.

4. Grading: PT grading is based purely on attendance. There are 26 regularly-scheduled PT sessions this semester. Therefore, grades will be awarded using the following criteria:

# Sessions Attended	Letter Grade Option	Pass/Fail Option
24-26	A	P
22-23	B	P
21	C	P
< 21	F	F

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5. Academic Calendar: W=WNEC; U=UMass; M=Makeup Session

Mon	Tues	Wed	Thurs		Mon	Tues	Wed	Thurs
1 Sep	2 Sep	3 Sep	4 Sep		8 Sep	9 Sep	10 Sep	11 Sep
		W1	U1		W2	U2	W3	U3
15 Sep	16 Sep	17 Sep	18 Sep		22 Sep	23 Sep	24 Sep	25 Sep
W4	U4	W5	U5		W6	U6	W7	U7
29 Sep	30 Sep	1 Oct	2 Oct		6 Oct	7 Oct	8 Oct	9 Oct
W8	U8	W9	U9		W10	U10	W11	U12
13 Oct	14 Oct	15 Oct	16 Oct		20 Oct	21 Oct	22 Oct	23 Oct
OFF	OFF	<u>PFA</u> W13	<u>PFA</u> U13		W14	U14	W15	U15
27 Oct	28 Oct	29 Oct	30 Oct		3 Nov	4 Nov	5 Nov	6 Nov
W16	U16	W17	U17		W18	U18	W19	U19
10 Nov	11 Nov	12 Nov	13 Nov		17 Nov	18 Nov	19 Nov	20 Nov
W20	OFF	OFF	U20		W21	U21	W22	U22
24 Nov	25 Nov	26 Nov	27 Nov		1 Dec	2 Dec	3 Dec	4 Dec
W23	U23	OFF	OFF		W24	U24	W25	U25
8 Dec	9 Dec	10 Dec	11 Dec		15 Dec	16 Dec	17 Dec	18 Dec
<u>PFA- Retake</u> W26	<u>PFA- Retake</u> U26	M-W1	M-U1		M-W2	M-U2		

6. Instructor Comments: I look forward to an exciting semester and your full participation in the Air Force ROTC physical fitness program. PT can be one of the most fun, and the most challenging, aspects of the Air Force ROTC program. Your success will depend on your attitude, motivation and desire to succeed. Please feel free to stop by my office or call anytime if you have a problem or question.

///SIGNED///

PAUL J. CHRISTIE, Captain, USAF
Commandant of Cadets