

**BY ORDER OF THE COMMANDER
AIR FORCE RESERVE OFFICER
TRAINING CORPS (AETC)**

AIR FORCE INSTRUCTION 36-2905

AFROTC Supplement



12 JULY 2012

Personnel

FITNESS PROGRAM

COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

ACCESSIBILITY: Publications and forms are available on the Maxwell Publications and Forms Management Office AF Portal Web page for downloading.

RELEASABILITY: There are no releasability restrictions on this publication.

OPR: HQ AFROTC/DOT Certified by: HQ AFROTC/DO (Col Cameron L. Gilbert)
Supersedes AFI 36-2905_AFROTCSUP, 1 July 2010 Pages: 10

This supplement implements and extends the guidance in AFI 36-2905, *Fitness Program*. Users must read this supplement in conjunction with implemented publications. This supplement outlines the AFROTC Cadet Fitness Program and applies to all cadets and applicants. Refer recommended changes and/or corrections to this publication to the Office of Primary Responsibility (OPR) using the AF Form 847, *Recommendation for Change of Publication*, through your chain of command. Ensure that all records created as a result of processes prescribed in this publication are maintained in accordance with Air Force Manual (AFMAN) 33-363, *Management of Records*, and disposed of in accordance with the Air Force Records Information Management System (AFRIMS) Records Disposition Schedule (RDS) located at <https://www.my.af.mil/afirms/afirms/afirms/rims.cfm>. The use of the name or mark of any specific manufacturer, commercial product, commodity, or service in this publication does not imply endorsement by the Air Force.

SUMMARY OF CHANGES

This rewrite incorporates the AFROTC Form 28 to document the Pre-Participatory Sports Physical; updates the AFROTC Form 30; removes all references to the Field Training Qualifying Fitness Review; and designates which detachments are authorized a time correction due to altitude on the Cardiorespiratory Endurance portion of the Physical Fitness Assessment.

1.27. (AFROTC) AFROTC Detachment Commander.

1.27.1. (AFROTC) Develops, publishes, implements and maintains unit Physical Training (PT) program for cadets in accordance with guidelines at AFI 36-2905, Attachments 2 and 3.

1.27.1.1. (AFROTC) Determines the start and end date each term for the PT program. A minimum of 2 PT sessions will be offered each week. The Detachment Commander may authorize additional sessions each week.

1.27.2. (AFROTC) Motivates cadets to increase and maintain their cardiorespiratory fitness, muscular strength, endurance and flexibility.

1.27.3. (AFROTC) Administers a training program that allows cadets to meet or surpass minimum performance standards on the Physical Fitness Assessment (PFA) and commissioning Qualifying Fitness Review (QFR).

1.27.4. (AFROTC) Ensures a cadre member is present to supervise all PT activities.

1.27.4.1. (AFROTC) Cadre members will not participate in any PFA with cadets.

1.27.4.2. (AFROTC) All cadre members must be Adult Cardio Pulmonary Resuscitation (CPR) qualified IAW Air Force standards through the American Red Cross or other certified agency/program.

1.27.4.3. (AFROTC) Cadre will review operations orders for all PT activities to ensure safety.

1.27.5. (AFROTC) Ensures the PT program is conducted on the host institution and/or cross-town institution to the maximum extent practical.

1.27.6. (AFROTC) Refers to AFROTCI 36-2011, *Cadet Operations*, for required cadet personnel actions for cadets failing the PFA/QFR.

1.27.7. (AFROTC) Detachment Commander's Discretion.

1.27.7.1. (AFROTC) Commanders may, on a case-by-case basis, approve make-up activities in-lieu of attendance at regular PT activities.

1.27.7.2. (AFROTC) Cross-town cadets may be directed to perform individual PT. In these circumstances, the goals of the PT program may still be met via: (a) enrollment in an appropriate physical education or kinesiology course, (b) participation in a sister service's PT program at a cross-town location, or (c) an individual workout regimen approved by the Detachment Commander or designated representative, such as the Operations Officer/Operations Flight Commander (DO/OFC). Cadets are required to submit a weekly fitness report to the DO/OFC describing the type and duration of PT activities accomplished.

1.27.7.3. (AFROTC) On a case-by-case basis in unusual circumstances beyond the cadet's control, the Detachment Commander may temporarily suspend the requirement for a cadet to participate in the unit's mandatory PT program. (Example: A cadet returned home for a family emergency, was away from school for 10 days, and now risks failing a course and or semester unless maximum effort is applied to academics.) In such cases, the Detachment Commander must document the reason and maintain this documentation in the cadet's Unit Personnel Record Group (UPRG).

1.27.7.3.1. (AFROTC) Any cadet, contract or non-contract, authorized to miss group PT sessions must still meet AFROTC physical fitness standards during the term.

1.27.7.4. (AFROTC) Commanders may excuse in-season intercollegiate athletes from attendance provided they pass the PFA each semester.

1.27.7.5. (AFROTC) At Senior Military Colleges (SMC) with PT programs which meet or exceed the requirements of the AFROTC cadet PT program, Detachment Commanders may elect to utilize the higher attendance and performance standards required by the SMC.

1.28. (AFROTC) AFROTC Cadet.

1.28.1. (AFROTC) All cadets, regardless of AS year, must participate in cadre supervised PT activities at least twice per week each term until released by the Detachment Commander.

1.28.2. (AFROTC) All cadets will attend 80% of scheduled PT sessions throughout the term. (Example: 14 weeks of PT per term allows for 28 PT events. To meet the 80% rule, cadets must attend 23 events). Failure to attend 80% of mandatory PT events will result in failure of LLAB.

1.28.3. (AFROTC) Cadet Leadership Responsibilities. Cadets in Field Training Preparation (FTP) LLAB, and AS 300 and AS 400 cadets, under the supervision of qualified cadre, should organize and lead PT activities whenever possible. Cadets will not be the primary supervisor of PT activities.

1.29. (AFROTC) Special Students.

1.29.1. (AFROTC) Special Students may participate in the PT program with the approval of the Detachment Commander if they have met all requirements of this supplement and provide proof of liability insurance. Special Students will not receive medical coverage by the Department of Labor (DoL) for injuries incurred during PT. A medical waiver of liability form must be signed by the cadet and the cadet's parents/guardians releasing AFROTC from being held liable for any injury incurred while the Special Student participates in the PT program. The above information should be documented on an AFROTC Form 16. Special Students at SMC who will not be qualified for advanced training may not participate in PT activities IAW Title 10 U.S.C section 2109(c)(1).

6.1.2. (AFROTC) Body Mass Index (BMI) and body fat determinations (if exceeding BMI) remain part of accession physical standards and are used as entry criteria for AFROTC. Refer to AFRSI 36-2001. Conduct BMI checks on all cadets within 15 days prior to enlistment or scholarship activation. Additionally, for all cadets/applicants, conduct BMI checks within 10 school days of the start of each term. If over BMI, conduct body fat measurement in accordance with DODI 1308.3. The maximum body fat standard is 20% for males and 28% for females. For cadets who fail to meet standards, reference AFROTCI 36-2011.

6.1.2.1. (AFROTC) Detachments will update BMI in WINGS.

7.4. (AFROTC) AFROTC Cadet Physical Fitness Program. PT is mandatory Professional Military Training (PMT). PT objectives and attendance are part of LLAB grading. PT includes,

but is not limited to, PFA/QFR and weekly PT activities. As with all PMT, follow accountability requirements of this instruction.

7.4.1. (AFROTC) Administrative Requirements

7.4.1.1. (AFROTC) Review AFI 36-2905 to ensure proper form for PFA components.

7.4.1.2. (AFROTC) Review AFI 36-2905, Attachments 2 and 3 for physical fitness guidelines and sample unit physical fitness programs.

7.4.1.3. (AFROTC) Review 36-2905 for PFA scoring tables.

7.4.1.4. (AFROTC) IAW AFI 36-2905, paragraph 2.4.1., ensure all components of the PFA/QFR are completed within a 3-hour window on the same day. If extenuating circumstances occur, e.g. rapidly changing or severe weather conditions, emergencies, travel time needed to complete other components at alternate locations, etc., all components must be completed at the earliest opportunity but within 5 duty days.

7.4.1.5. (AFROTC) Cadets and applicants may be allowed up to 30 days from the start of the term to obtain required medical clearance, complete the AF Fitness Screening Questionnaire (as required) and receive the safety briefing. PT is authorized as early as term start for cadets who meet all participation requirements.

7.4.1.6. (AFROTC) PFA Failures. AS 100 cadets have until the end of the Fall term to pass their initial PFA and may take the PFA as many times as necessary during this term. After the first term of the AS 100 year, any PFA failure will result in a Conditional Event (CE) for contract cadets per AFROTCI 36-2011. Non-contract cadets may also be awarded a CE, but must, at a minimum, be counseled on an AFROTC Form 16, *Officer Candidate Counseling Record*, about the consequences of not meeting AFROTC fitness standards.

7.4.2. (AFROTC) Briefing Requirements

7.4.2.1. (AFROTC) Brief new cadets and applicants on the goals and requirements of the AFROTC mandatory PT program.

7.4.2.2. (AFROTC) At the beginning of each term, and before the first PT activity of the term, brief all the cadets and applicants on hydration, heat stress disorders, the importance of monitoring one's physical condition and promptly reporting problems to cadre. Use AETCI 48-101, *Prevention of Heat Stress Disorders*, which can be obtained electronically on the Air Force E-Publishing website.

7.4.3. (AFROTC) Term Requirements

7.4.3.1. (AFROTC) Detachments must conduct one PFA prior to 31 December for the Fall semester and prior to 30 June for the Spring semester. Additionally each cadet must take the commissioning QFR no earlier than 30 days prior to commissioning. A published PFA schedule

must be posted for cadet review at the beginning of each term. See Table 7.1 for term requirements.

Table 7.1. (AFROTC) Term Requirements

Cadets must complete the following before the end of the term:	Term PFA	Commissioning QFR
All cadets (Spring and Fall)	X	
Cadets scheduled to commission (either term)	X	X

7.4.4. (AFROTC) Physical Exam

7.4.4.1. (AFROTC) Prior to beginning PT each term, verify that all cadets have a certified DoD physical (DODMERB/MEPS) or a Pre-Participatory Sports Physical (provided at their own expense) from a certified medical authority, showing medical clearance to participate in AFROTC PT. The AFROTC Form 28, *Air Force ROTC Pre-Participatory Sports Physical*, will be used to document the Pre-Participatory Sports Physical.

7.4.4.2. (AFROTC) Cadets awaiting the results of a medical appeal to a DoD physical may participate in PT with specific certified medical authority approval. If the appeal is not resolved in the cadet's favor, the cadet will be placed in Special Student status and removed from participating in PT. A Pre-Participatory Sports Physical does not override a disqualified DoD physical even if the Sports Physical was accomplished after the DoD physical.

7.4.5. (AFROTC) AF Fitness Screening Questionnaire

7.4.5.1. (AFROTC) Use the AF Fitness Screening Questionnaire for all cadets and applicants. The AF Fitness Screening Questionnaire is used by detachments to have cadets self-identify their current physical status. Cadets and applicants will complete the AF Fitness Screening Questionnaire prior to the first PT activity of each term and before each PFA/QFR. Any "yes" response on the AF Fitness Screening Questionnaire automatically suspends the cadet from participating in AFROTC sponsored activities until cleared by certified medical authority (DoD or Civilian).

7.4.6. (AFROTC) AFROTC Form 30, *AFROTC Physical Fitness Assessment Score Sheet*.

7.4.6.1. (AFROTC) On the day of the PFA/QFR, prior to starting, each cadet will sign the AFROTC Form 30 indicating that they are physically/mentally able to take the PFA/QFR and that they understand the requirements to pass the assessment.

7.4.6.2. (AFROTC) Any cadet who feels he/she is not physically or mentally able to take the PFA/QFR must notify the on-site cadre. Cadets who do not sign the AFROTC Form 30 in advance, will not take the PFA/QFR.

7.4.6.3. (AFROTC) Cadets will perform the PFA/QFR while the spotter records their repetitions and run time. PFA score charts from AFI 36-2905 will be used to convert the composite score. The final score will be calculated and the participant and spotter will sign the bottom of the form

after the PFA/QFR is completed and results are scored. Once completed, file the form in the cadet's UPRG and record all official PFAs/QFRs in WINGS.

7.4.7. (AFROTC) Altitude Correction. The list in Table 7.2 outlines which detachments are authorized an Altitude Time Correction for the Cardiorespiratory Endurance component of the PFA. Before entering the scores in WINGS, detachments will manually adjust the cadet's run times as indicated in AFI 36-2905.

Table 7.2. (AFROTC) Detachments Authorized Altitude Time Correction

Group 1	Group 2	Group 3
Det 940 – Univ of Wyoming	Det 027 – Northern Arizona Univ	Det 028 – Embry Riddle Univ, Prescott
		Det 090 – Colorado State Univ
		Det 105 – Univ of Colorado, Boulder
		Det 510 – Univ of New Mexico

7.4.8. (AFROTC) Cadet Medical Care

7.4.8.1. (AFROTC) All cadre will be familiar with current cadet medical care guidance. Cadet medical care guidance applies to any cadet injured while participating in any AFROTC sponsored cadet PT program, to include cross-town cadets engaged in any pre-coordinated and approved individual fitness routine. Coverage only applies to injuries the Detachment Commander assigned an "in the line of duty" determination on appropriate DoL documentation.

7.4.8.2. (AFROTC) HQ Holm Center/JA is the point of contact for Department of Labor issues. HQ AETC/SG is the point of contact for cadet medical care issues.

7.4.8.3. (AFROTC) Ensure all cadre members are familiar with applicable Department of Labor (DoL) forms: CA-1, *Federal Notice of Traumatic Injury and Claim for Continuation of Pay/Compensation*; CA-2, *Notice of Occupational Disease and Claim for Compensation*; CA-16, *Authorization for Examination And/Or Treatment*; CA-20, *Attending Physician's Report*; and OWCP-1500, *Health Insurance Claim Form*. Forms CA-1, CA-2, CA-20 and OWCP-1500 may be obtained at the DoL website: <http://webapps.dol.gov/libraryforms/>.

7.4.9. (AFROTC) Safety

7.4.9.1. (AFROTC) Cadre members should be familiar with the AETC Form 435, *Mishap Data Worksheet*. Refer to Table 13.1 of HOLMCENTERI 91-101, *Holm Center Safety Program*, to determine if an AETC Form 435 is required for a cadet mishap.

7.4.9.2. (AFROTC) Ensure clean drinking water is available in sufficient quantities to allow participants to properly hydrate IAW AETCI 48-101.

7.4.9.3. (AFROTC) Required safety equipment will be decided at the Detachment Commander's discretion. Suggested items for first aid kit include items that could be used immediately to treat

the injured onsite or while awaiting trained medical personnel to arrive such as elastic bandage (ace wrap), gauze bandage, muslin bandage (cravat, sling), field dressing (4 x 7, 7 x 8, 11 x 11), disposable gloves, gauze, surgical tape, splint, chemical ice packs, etc.

JEFFERSON S. DUNN, Col, USAF
Commander, AFROTC

Attachment 1**GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION*****References***

Title 10 U.S.C. Section 2109, *Practical Military Training*

AETCI 48-101, *Prevention of Heat Stress Disorders*, 4 October 2000

HOLMCENTER 91-101, *Holm Center Safety Program*, 9 February 2012

AFROTCI 36-2010, *Cadet Training Programs*, 15 July 2010

AFROTCI 36-2011, *Cadet Operations*, [currently in coordination]

AFRSI 36-2001, *Recruiting Procedures for the Air Force*, 1 April 2005

Prescribed Forms

AFROTC Form 28, *Air Force ROTC Pre-Participatory Sports Physical*

AFROTC Form 30, *AFROTC Physical Fitness Assessment Score Sheet*

Adopted Forms

CA-1, *Federal Notice of Traumatic Injury and Claim for Continuation of Pay/Compensation*

CA-2, *Notice of Occupational Disease and Claim for Compensation*

CA-16, *Authorization for Examination And/Or Treatment*

CA-20, *Attending Physician's Report*

OWCP-1500, *Health Insurance Claim Form*

AF Form 847, *Recommendation for Change of Publication*

AETC Form 435, *Mishap Data Worksheet*

AFROTC Form 16, *Officer Candidate Counseling Record*

Abbreviations and Acronyms

AFROTC—Air Force Reserve Officer Training Corps

AFROTCI—Air Force Reserve Officer Training Corps Instruction

AS—Aerospace Studies

BMI—Body Mass Index

CE—Conditional Event

CPR—Cardio Pulmonary Resuscitation

DO —Operations Officer

DODMERB—Department of Defense Medical Examination Review Board

DoL—Department of Labor

FTP—Field Training Preparation

LLAB—Leadership Laboratory

MEPS—Military Entrance Processing Station

OFC—Operations Flight Commander

PFA—Physical Fitness Assessment

PMT—Professional Military Training

QFR—Qualifying Fitness Review

SMC—Senior Military College

UPRG—Unit Personnel Record Group

Terms

Qualified Cadre—An AFROTC detachment cadre member who has completed all training requirements necessary to observe and respond to emergency situations during AFROTC sponsored PT activities.

Term—A college or university academic period. A term may be a semester or quarter.

Attachment 8**1.5-MILE RUN AND 1.0-MILE WALK COURSE REQUIREMENTS**

A8.2.16. (AFROTC) Exercise Site and Running Course will be determined by the detachment commander IAW AFI 36-2905, Attachment 8. Detachments should work with university/college athletic departments to measure and verify distances.