

**The Air Force Reserve Officer Training Corps
Ohio University Detachment 650
New Cadet Welcome Packet**



U.S. AIR FORCE

Current as of 22 June, 2010

Table of Contents

Section	Page
1. Welcome to the Cadet Corps	3
2. Arriving at Ohio University	3
3. AFROTC: The Basics	3
4. AFROTC: Training	4
5. AFROTC: Course Explanations	4
6. The AFROTC Lifestyle: A Typical Week	6
7. Expectations	7
8. New Student Checklist	7
9. AFROTC Detachment 650 Cadre	9
10. First Weekend Schedule of Events	10
11. Attachment 1 PFA Procedures	11
12. Attachment 2 PFA Score Charts	13
13. Attachment 3 Pre-participatory Physical Form*	15
14. Attachment 4 Health Questionnaire Form*	16
15. Attachment 5 New Cadet Orientation Checklist	17

* For the above items, you will need to download IBM Viewer for free by clicking [here](#).

1. Welcome to the Cadet Corps

Welcome to the AFROTC Detachment 650 “Bobcat” Wing! Your interest in becoming a cadet and pursuing a commission into the United States Air Force speaks highly of your character and dedication. There are many fun and exciting things that happen at Detachment 650 and we are happy that you are going to be a part of them.

This New Cadet Welcome Packet has been compiled to give you a brief overview of the AFROTC program and will help you succeed as a cadet. In this guide you will find information on the basics of the AFROTC program here at Ohio University, information on cadet life and it will give you a quick overview of one of the most exciting steps you can take towards a rewarding future and career.

2. Arriving at Ohio University

Moving to college can be a very stressful and hectic time but we are here to help you with your transition! Every cadet in our Detachment has been where you are (moving away to college) so we understand all the questions you might have! Unfamiliar streets, new roommates and a seemingly endless stream of boxes to move can take a large toll on anyone. To help you with move in and adjust to the college environment, we have given you a “sponsor.” In the active duty Air Force, newly commissioned lieutenants and Airmen fresh from training are given “sponsors” that have the task of helping the individuals get around and learn their new base. At Ohio University, each new cadet will be paired with a current upper-class cadet, who will be your sponsor.

If you have not contacted your sponsor, do so after reading this information. If you do not have a sponsor, one will be assigned to you over the summer.

3. Air Force ROTC: The Basics

The mission of AFROTC is to produce leaders for the Air Force by recruiting, educating, and commissioning officer candidates based on Air Force requirements. There are three ways someone can earn an active duty commission into the United States Air Force: Air Force Reserve Officer Training Corps (AFROTC), The U. S. Air Force Academy (USAFA), and Officer Training School (OTS). While each commissioning program prides itself in the quality of officers it produces, AFROTC stands above the rest. Cadets who graduate from AFROTC into the officer corps will commission with a diversified knowledge and experience that only a college environment can produce.

The career of an Air Force ROTC cadet can be highlighted by three key phases: general military course (GMC), field training, and professional officer course (POC). These three key phases are the way in which AFROTC ensures all of its cadets gain the knowledge and experience mentioned above.

4. AFROTC: Training

You might be anxious to find out what to expect when you start AFROTC. Most of you have probably seen movies or heard stories about military training. Before you begin to sweat, AFROTC is **NOT** *Full Metal Jacket* or basic training. You will learn the skills necessary to become a leader in the United States Air Force in an effective training environment. You will not be yelled or screamed at, and you certainly will not be touched physically. In fact, Holm Center Training Manual T-700 specifically addresses behavior that is not conducive to training, and outright forbids it. These principles apply to both cadre and cadet trainers. Below are some guarantees regarding your AFROTC training at Ohio University.

1. Training is based on mutual respect.
2. There will be absolutely no hazing of any kind (real or perceived).
3. Cadet trainers will set the example and “walk the walk.”
4. Sarcasm will be avoided as it is easily misunderstood.
5. Profanity from cadre and cadets will not be tolerated.
6. Corrections will be consistent throughout the cadet wing.
7. Physical discipline is strictly prohibited.

If at any time you feel you are being treated unfairly, discriminated against, or that one of the above guidelines might have been violated, do not hesitate to address the issue with your cadet chain of command. You will learn this further when you begin the program.

That being said, you can expect to be put in stressful situations, if you are selected to go to field training (and ultimately continue with the program). These principles also apply at field training, although field training cadre will not hesitate to correct you in a raised voice so that surrounding cadets can learn from your mistake(s). In addition, field cadre need to evaluate how you will react under stressful situations.

5. AFROTC: Course Explanations

General Military Course (GMC)

During your freshman and sophomore years you will be known as a cadet airman and will be a part of the GMC. This two-year course consists of a one hour class and a two hour session of leadership laboratory (LLAB) per week. During class each week, you will learn about the development of airpower and the history of the United States Air Force. LLAB will provide you with training through leadership exercises, informative briefings, drill, warrior runs, mock deployments and more. It is during LLAB that you will get the hands-on training and knowledge necessary to becoming an Air Force leader.

In the past, we've also done esprit de corps activities such as a ropes course, base visits, paintball and other team building exercises.

Field Training

Between your sophomore and junior years you will attend a 28-day field training at Maxwell Air Force Base in Alabama, where you will experience a strenuously paced training environment designed to test your ability to lead. You will apply what you have learned in your first two years as a cadet and lead your fellow cadets through a series of mental and physical challenges. Field training is the ultimate test for any AFROTC cadet and requires dedication and perseverance to succeed. Upon successful completion of field training, you will have the option of contracting into the professional officer course and return to your detachment as a leader.

Professional Officer Course (POC)

During your last two years in the AFROTC program you will become a cadet officer and will be part of the POC. The POC curriculum provides educational and training experiences structured to blend and refine the knowledge, skill, and attitudes learned in the GMC. You will learn about military management and leadership principles, national security and defense and study Air Force leadership at the junior officer level. The professional officer course is designed to prepare cadets for the active duty Air Force.

The POC curriculum consists of three hours of class and two hours of LLAB per week. While you will be training alongside the cadet airmen, you will also be leading them. One of the most defining features of AFROTC is the leadership training you will receive. As a cadet officer, you will run the cadet wing. All cadet wing functions will be planned, organized and executed by cadet officers, and much of the leadership experiences you gain will happen during your time as a cadet officer.

Physical Training (PT)

As a cadet, you are required to meet specific physical standards. We have an outstanding physical fitness program designed to help our cadets achieve those standards. You will be required to attend 2 (of 3 offered) PT sessions each week. The three available sessions are on Tuesday and Thursday 6:30am-7:30am and on Friday 3:30pm-4:30pm. The purpose of PT is to prepare you for the physical fitness assessment (PFA) performed once a quarter (tentatively scheduled October 21st of this year). Please see Attachment 1 on the physical fitness assessment procedures, Attachment 2 on the PFA standards, and Attachments 3 and 4 are two forms that must be completed and turned in before you can begin doing PT. Ideally, you should complete these forms prior to the start of the quarter (you will need to have your family doctor fill out and sign Attachment 3) so that you can begin participating in PT right away. If you do not turn these documents in on time, you will still be required to attend PT, but you will only be allowed to observe. Failure to complete these documents in a reasonable amount of time (approx. 2 weeks into the fall

quarter) shows that you are not serious about the program and may result in action taken against you.

Drill

Being able to march is an important skill in the Air Force. While it is not used on a daily basis when on active duty, every member in the Air Force is expected to be able to march when the situation arises. Pass in review, open ranks inspections, and changes of command are just a few of the events that occur on active duty that require the ability to march. Marching is also a critical aspect of AFROTC because it is a way for cadre to evaluate your leadership. Drill will now be mandatory for all cadets every Wednesday morning, 6:30am-7:30am. This will provide the additional practice needed for cadets to become adept in this important military skill.

6. The Air Force ROTC Lifestyle: A Typical Week

A typical week in the life of an AFROTC Cadet cannot be easily described. Some may tell you that without physical training (PT), leadership laboratory (LLAB) and uniform days, it would be a standard college experience, while others may describe a lifestyle of early mornings, late nights and wearing the Air Force blues on a daily basis. The simple reason of this difference in how a person views the cadet lifestyle is this: With AFROTC, *you* get out of the program what *you* put into the program.

As a new student and cadet, you are balancing a lot. Adjusting to life away from home, college classes and shining boots will likely be new experience for you. For roughly the first quarter, upper-class cadets and cadre members will stress to all incoming cadets the never-ending importance of time management. Because of this, do not worry about spending every waking moment at the detachment, afraid that nobody will know you. As the weeks progress, there will be many opportunities to get to know your fellow cadets. You are in college to earn a degree and the Air Force cannot commission you without a degree, so with that said, make sure you place academics at the top of your list. As you begin to grasp the art of managing your time, opportunities to lead in ROTC will be offered.

Keep in mind that academic schedules will vary from day to day, with classes starting at 8:00am and ending at roughly 4:00pm. A first year student will typically take approximately four hours of class per day. The following is a “typical” week for a freshman cadet:

1. Monday:
 - a. AF Class (AST 101):
 - b. OU Classes:

2. Tuesday
 - a. Physical Training: 6:30am-7:30am
 - b. OU Classes:

3. Wednesday

- a. Supplemental Drill (Marching): 6:30am-7:30am
- b. OU Classes:
- c. Leadership Laboratory (LLAB): 4:10pm-6:00pm (uniform will be worn on LLAB days from 8:00am-6:00pm)

4. Thursday

- a. Physical Training: 6:30am-7:30am
- b. OU Classes:

5. Friday

- a. OU Classes:
- b. Optional Physical Training: 3:30pm-4:30pm

7. Expectations

Honor Code: “We will not lie, steal or cheat, nor tolerate among us anyone who does.”

Core Values: Integrity First, Service Before Self, Excellence in All We Do

To the untrained eye, the above text may seem like simple catch phrases, but they are in fact the principles of which the Airmen of the world’s greatest Air Force conduct themselves by. As a cadet in AFROTC, you have taken the first step in commissioning as a second lieutenant into the United States Air Force. The title of second lieutenant carries with it a high level of respect and honor, and as a cadet you must always remember that your actions reflect on this detachment and on the United States Air Force. If you live by the core values and hold the honor code to a high regard, it will quickly become a strong indication of the pride that you hold in preparing to serve your country.

8. New Student Checklist

We have created this simple checklist to help you through your first few days at Ohio University. While this is nowhere near a complete “to-do” list, it just may remind you to do something you may have forgotten. Remember, you have a sponsor, so if you have any questions, give them a call!

****Obtain a pre-sports physical PRIOR TO ARRIVAL****

In order to participate in any AFROTC activity that is physically demanding (such as PT), you must have a completed PRE-PARTICIPATORY PHYSICAL, AFROTC Form 28 (Attachment 3). (The ONLY exceptions are for cadets who are entering AFROTC with a scholarship and have already accomplished a DODMERB Physical). All others MUST have the PRE-PARTICIPATORY PHYSICAL, AFROTC Form 28 (Attachment 3) completed by a physician. Bring your completed form to the first scheduled Leadership Laboratory to turn in. If you cannot accomplish your physical prior to arrival, it may be possible to be granted an extension of time by the commandant of cadets.

Check out our detachment's website for great photos of our detachment and cadets and additional info! <http://www.ohio.edu/afrotc/index.cfm>.

Get fit!

In preparation for your first quarter in AFROTC we recommend you use the summer to get in good physical condition. Remember you need to be able to meet the PFA standards as a cadet. Having good physical fitness can get you extra incentive money and heighten your chances for receiving a scholarship.

Read through the AFROTC orientation packet

We created this packet to help you, a new college student and new AFROTC cadet. If you have a question, the answer just may be in this packet. However, if you cannot find the answer, do not hesitate to ask. Contact your sponsor or visit the detachment and we will help you find what you are looking for.

Sign up for classes

While you may have already signed up for your Fall Quarter classes, you may have forgotten to register two very important classes: Aerospace Studies 101 and AFROTC Leadership Laboratory. When you are registered for both of these classes, you become an AFROTC cadet. Keep in mind, there is no required commitment during your freshman and sophomore year (unless you already have been offered a scholarship).

Obtain Ohio University student ID

Hopefully you got your student ID during pre-college orientation, but if you didn't, go to the first floor of Baker Center and get one. Your student ID is essentially your ticket into the dining halls, athletic events and even the recreation center (The Ping Center, which is often the location of physical training).

Set up an OU school email account

Ohio University uses an email service called "Mulberry." This is essentially a generic email service and is used by most organizations, professors and even AFROTC to spread information. Every student enrolled at Ohio University is given an email address. To use your Ohio University email address, it must be activated.

Obtain PT and LLAB information

Physical training (PT) and leadership laboratory (LLAB) are two cornerstone programs that help make AFROTC an excellent training program for the future officers of the USAF. Because of their importance, you should not miss them. The times, dates and locations of these two events will be given to everyone by whatever means are necessary (often by email), but it is not a bad idea to visit the detachment and find out yourself.

- See TSgt Pruitt or SSgt Gambrel for application paperwork

Technical Sergeant (TSgt) Pruitt and Staff Sergeant (SSgt) Gambrel are the detachment's noncommissioned officers and are in charge of all of the administrative duties. This enters your data into the AFROTC system and is the first step for consideration for a field training allocation or scholarships.

- See Mrs. Amy Troiano for uniforms

Mrs. Amy Troiano is the Secretary for AFROTC Detachment 650 and is also in charge of ordering and distributing uniforms to all cadets. You need to make an appointment with her sometime in the first few weeks of school to get your uniforms. She is located in the cadre hallway, first door on the right.

- Contact your academic advisor

Most colleges offer a four-year bachelor's degree, and graduation from a four year degree program is a requirement to earn a commission into the Air Force. Unfortunately, the heavy academic demands that are placed on students can make graduating in four years an unattainable goal. This is where your academic advisor comes into play. They will ensure you are taking the required classes and will help keep you on track to graduate in time. You may also want to make sure you check out the academic calendar at <http://www.ohio.edu/registrar/calendar.cfm> so you'll know when the last day to drop or add a class will be and more.

- Introduce yourself to your fellow cadets and the detachment cadre!

The cadets you meet in this program can quickly become your best friends, so introduce yourself and meet new people. The detachment cadre are the active duty Air Force personnel that will be training you and mentoring you through your AFROTC career. Their personal experiences and leadership abilities are a great asset to the detachment and you should make every attempt to learn as much as you can from them. That starts with introducing yourself.

- You will be assigned an upperclassman cadet to help you adjust to AFROTC. That cadet will help you adjust throughout the first quarter and will answer any questions you have. Additionally, they will walk you through the New Cadet Orientation Checklist (Attachment 5) during your first week. We included it in the packet to give you a glimpse of how much you will need to do that first week!

9. Ohio University Air Force ROTC Detachment 650 Cadre

Lieutenant Colonel Alex Cantu- Commander, AFROTC Detachment 650

Captain Wayne Straw- Unit Admissions Officer, AFROTC Detachment 650

First Lieutenant Chris Goertz- Commandant of Cadets, AFROTC Detachment 650

Technical Sergeant Todd Pruitt- NCOIC, Information Management, AFROTC Detachment 650

Staff Sergeant Kenneth Gambrel- NCOIC, Personnel, AFROTC Detachment 650

Mrs. Amy Troiano- AFROTC Detachment 650 Secretary

We hope that this packet has given you a brief taste of what you can expect as a cadet in AFROTC. While this in no way covers every aspect of our detachment, it should give you a better grasp on the weeks to come. If you have any questions at all, feel free to ask your sponsor or simply visit the detachment. Again, we welcome you to AFROTC Detachment 650 “Bobcat Wing” and look forward to helping you become a leader in the world greatest Air Force.

10. Schedule of Events 2010-2011

Friday Sep 3rd (tentative)

- Freshman assisted move in
- You can move in as early as Thursday and as late as Monday, but we highly encourage and recommend that you move in on Friday or early Saturday.

Saturday Sep 4th (tentative)

- Continue freshman move in

Sunday Sep 5th (tentative)

- New Cadet Welcome cookout/picnic 5:00pm-7:00pm (location TBD)

*Contact your sponsor to answer any questions regarding the first weekend. They can help you with directions

Attachment 1

PFA/QFR Verbal Instructions (AFI 36-2905-replaced AFI 10-248 10 Jan 10)

A7.1.10. Push-Up Verbal Instructions. Test Administrator should state:

The push-up is an assessment of muscular fitness for the upper body (shoulder, chest, and triceps).

Your hands will be placed on the floor, slightly wider than shoulder width apart.

You must lower your upper body until your upper arm is at least parallel to the floor and elbows bent at 90 degrees before pushing back up to the starting position. If you do not come down that far the push-up will not count.

Start in the up position with your elbows fully extended, feet no more than 12 inches apart, and your weight supported by your arms and toes. You must keep your back straight at all times and lower your upper body until your upper arm is at least parallel to the floor, then return to the up position with arms fully extended. This is one repetition.

Resting must be done in the **UP** position. If you rest in the down position, this component of the test will be terminated.

Your breathing should be as normal as possible. Make sure you do not hold your breath.

You have **1 minute** to perform as many push-ups as you are able. The **correct** number of push-ups will be counted out loud. Incorrect push-ups will not be counted, and the number of the last correct push-up will be repeated. You will be told what you're doing wrong until you correct the error. The total number of correct push-ups in 1 minute will be recorded as your score.

A7.2.10. Sit-up Verbal Instructions. Test Administrator should state:

This is a muscular fitness assessment. Please lie on your back with your heels flat on the floor, knees bent at a 90 degree angle, and your arms *crossed* in front of the chest such that your hands/fingers remain in contact with your shoulders or chest.

Your feet will be held down with your monitor's hands or knees. Your legs may not be held behind your calves. Let your monitor know if you need your feet held differently prior to beginning the assessment (*e.g.*, "You're holding my ankles/feet too tight or not enough.").

Your hips must remain on the floor at all times (do not lift your hips off the floor to gain momentum). Your shoulder blades **must** touch the floor between each repetition. In the up position, you will touch your elbows to your knees or thighs and return down until your shoulder blades touch the floor (your hands must stay in contact with your shoulders/chest at all times). This will count as one sit-up.

Your breathing should be as normal as possible. Make sure you do not hold your breath.

You have **1 minute** to perform as many **correct** sit-ups as possible. *Any resting must be done in the **UP** position.* If you rest in the down position with shoulder blades touching the floor or if you hold your knees/legs while resting in the up position, this component of the test will be terminated.

The **correct** number of sit-ups will be counted out loud. **Incorrect** sit-ups **will not** be counted and the number of last correct sit-up will be repeated and you will be told what you're doing wrong until you correct the error. Your score will be the total number of correct sit-ups completed in 1 minute.

A8.5. Verbal instructions for the timed 1.5-mile run (AFI 10-248-replaced by AFI 36-2905 10 Jan 10)

Script is to be read to member prior to beginning the 1.5-mile run.

The 1.5 mile timed run is an aerobic fitness test used to predict your VO2 max.

You will be directed to line up behind the starting line and instructed to begin running as the monitor starts the stopwatch.

No physical assistance from anyone or outside source is permitted; however pacing is permitted if there is no physical contact and is not a hindrance to other runners.

You are required to stay on the course and complete the entire marked course. Leaving the course is disqualifying.

If you are feeling ill or poorly, you are to stop running immediately and you will be given assistance.

Your completion time will be recorded when you cross the finish line.

At completion of the timed run, you must complete a cool down for approximately 5 minutes.

Results of your timed run will be entered into a fitness database.

Attachment 2

Fitness Assessment Score Charts (AFI 36-2905)

AFI36-2905 1 JULY 2010

70

Attachment 14

FITNESS ASSESSMENT CHART – MALE: AGE: < 30

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (mins:secs)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 9:12	Low-Risk	60.0	≤ 32.5	Low-Risk	20.0	≥ 67	10.0	≥ 58	10.0
9:13 - 9:34	Low-Risk	59.7	33.0	Low-Risk	20.0	62	9.5	55	9.5
9:35 - 9:45	Low-Risk	59.3	33.5	Low-Risk	20.0	61	9.4	54	9.4
9:46 - 9:58	Low-Risk	58.9	34.0	Low-Risk	20.0	60	9.3	53	9.2
9:59 - 10:10	Low-Risk	58.5	34.5	Low-Risk	20.0	59	9.2	52	9.0
10:11 - 10:23	Low-Risk	57.9	35.0	Low-Risk	20.0	58	9.1	51	8.8
10:24 - 10:37	Low-Risk	57.3	35.5	Moderate Risk	17.6	57	9.0	50	8.7
10:38 - 10:51	Low-Risk	56.6	36.0	Moderate Risk	17.0	56	8.9	49	8.5
10:52 - 11:06	Low-Risk	55.7	36.5	Moderate Risk	16.4	55	8.8	48	8.3
11:07 - 11:22	Low-Risk	54.8	37.0	Moderate Risk	15.8	54	8.8	47	8.0
11:23 - 11:38	Low-Risk	53.7	37.5	Moderate Risk	15.1	53	8.7	46	7.5
11:39 - 11:56	Low-Risk	52.4	38.0	Moderate Risk	14.4	52	8.6	45	7.0
11:57 - 12:14	Low-Risk	50.9	38.5	Moderate Risk	13.5	51	8.5	44	6.5
12:15 - 12:33	Low-Risk	49.2	39.0 *	Moderate Risk	12.6	50	8.4	43	6.3
12:34 - 12:53	Moderate Risk	47.2	39.5	High Risk	11.7	49	8.3	42 *	6.0
12:54 - 13:14	Moderate Risk	44.9	40.0	High Risk	10.6	48	8.1	41	5.5
13:15 - 13:36 *	Moderate Risk	42.3	40.5	High Risk	9.4	47	8.0	40	5.0
13:37 - 14:00	High Risk	39.3	41.0	High Risk	8.2	46	7.8	39	4.5
14:01 - 14:25	High Risk	35.8	41.5	High Risk	6.8	45	7.7	38	4.0
14:26 - 14:52	High Risk	31.7	42.0	High Risk	5.3	44	7.5	37	3.5
14:53 - 15:20	High Risk	27.1	42.5	High Risk	3.7	43	7.3	36	3.3
15:21 - 15:50	High Risk	21.7	43.0	High Risk	1.9	42	7.2	35	3.0
15:51 - 16:22	High Risk	15.5	≥ 43.5	High Risk	0.0	41	7.0	34	2.5
16:23 - 16:57	High Risk	8.3				40	6.8	33	2.0
≥ 16:58	High Risk	0.0				39	6.5	32	1.5
						38	6.3	31	1.3
						37	6.0	30	1.0
						36	5.8	≤ 29	0.0
						35	5.5		
						34	5.3		
						33 *	5.0		
						32	4.8		
						31	4.5		
						30	4.3		
						29	4.0		
NOTES:									
Health Risk Category – low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						28	3.8		
						27	3.5		
						26	3.0		
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						25	2.8		
						24	2.5		
						23	2.3		
* Minimum Component Values						22	2.0		
Run time ≤ 13:36 mins:secs / Abd Circ ≤ 39.0 inches						21	1.8		
Push-ups ≥ 33 repetitions/one minute / Sit-ups ≥ 42 repetitions/one minute						20	1.7		
						19	1.5		
Composite Score Categories:						18	1.0		
Excellent ≥ 90.0 pts / Satisfactory – 75.0 - 89.9 / Unsatisfactory < 75.0						≤ 17	0.0		

FITNESS ASSESSMENT CHART – FEMALE: AGE: < 30

Cardiorespiratory Endurance			Body Composition			Muscle Fitness			
Run Time (min:sec)	Health Risk Category	Points	AC (inches)	Health Risk Category	Points	Push-ups (reps/min)	Points	Sit-ups (reps/min)	Points
≤ 10:23	Low-Risk	60.0	≤ 29.0	Low Risk	20.0	≥ 47	10.0	≥ 54	10.0
10:24 - 10:51	Low-Risk	59.9	29.5	Low Risk	20.0	42	9.5	51	9.5
10:52 - 11:06	Low-Risk	59.5	30.0	Low Risk	20.0	41	9.4	50	9.4
11:07 - 11:22	Low-Risk	59.2	30.5	Low Risk	20.0	40	9.3	49	9.0
11:23 - 11:38	Low-Risk	58.9	31.0	Low Risk	20.0	39	9.2	48	8.9
11:39 - 11:56	Low-Risk	58.6	31.5	Low Risk	20.0	38	9.1	47	8.8
11:57 - 12:14	Low-Risk	58.1	32.0	Moderate Risk	17.6	37	9.0	46	8.6
12:15 - 12:33	Low-Risk	57.6	32.5	Moderate Risk	17.1	36	8.9	45	8.5
12:34 - 12:53	Low-Risk	57.0	33.0	Moderate Risk	16.5	35	8.8	44	8.0
12:54 - 13:14	Low-Risk	56.2	33.5	Moderate Risk	15.9	34	8.6	43	7.8
13:15 - 13:36	Low-Risk	55.3	34.0	Moderate Risk	15.2	33	8.5	42	7.5
13:37 - 14:00	Low-Risk	54.2	34.5	Moderate Risk	14.5	32	8.4	41	7.0
14:01 - 14:25	Low-Risk	52.8	35.0	Moderate Risk	13.7	31	8.3	40	6.8
14:26 - 14:52	Low-Risk	51.2	35.5 *	Moderate Risk	12.8	30	8.2	39	6.5
14:53 - 15:20	Moderate Risk	49.3	36.0	High Risk	11.8	29	8.1	38 *	6.0
15:21 - 15:50	Moderate Risk	46.9	36.5	High Risk	10.7	28	8.0	37	5.5
15:51 - 16:22 *	Moderate Risk	44.1	37.0	High Risk	9.6	27	7.5	36	5.3
16:23 - 16:57	High Risk	40.8	37.5	High Risk	8.3	26	7.3	35	5.0
16:58 - 17:34	High Risk	36.7	38.0	High Risk	6.9	25	7.2	34	4.5
17:35 - 18:14	High Risk	31.8	38.5	High Risk	5.4	24	7.0	33	4.3
18:15 - 18:56	High Risk	25.9	39.0	High Risk	3.8	23	6.5	32	4.0
18:57 - 19:43	High Risk	18.8	39.5	High Risk	2.0	22	6.3	31	3.5
19:44 - 20:33	High Risk	10.3	≥ 40.0	High Risk	0.0	21	6.0	30	3.0
≥ 20:34	High Risk	0.0				20	5.8	29	2.8
						19	5.5	28	2.5
						18 *	5.0	27	2.0
						17	4.5	26	1.8
NOTES:									
Health Risk Category – low, moderate or high risk for current and future cardiovascular disease, diabetes, certain cancers, and other health problems						16	4.3	25	1.7
						15	4.0	24	1.5
						14	3.5	23	1.0
Passing Requirements - member <i>must</i> : 1) meet minimum value in each of the four components, <i>and</i> 2) achieve a composite point total ≥ 75 points						13	3.0	≤ 22	0.0
						12	2.8		
						11	2.5		
* Minimum Component Values						10	2.0		
Run time ≤ 16:22 min:sec / Abd Circ ≤ 35.5 inches						9	1.5		
Push-ups ≥ 18 repetitions/one minute / Sit-ups ≥ 38 repetitions/one minute						8	1.0		
						≤ 7	0.0		
Composite Score Categories:									
Excellent ≥ 90.0 pts / Satisfactory = 75.0 - 89.9 / Unsatisfactory < 75.0									

Attachment 3

AFROTC Pre-Participatory Physical Form

AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL		
1. CADET/APPLICANT NAME		2. AFROTC DETACHMENT
MEDICAL AUTHORITY: Measure height and weight of cadet/applicant. Compare results to AF standards located below. AFROTC CADRE: If cadet/applicant exceeds AF weight standards, conduct a Body Fat Measurement (AW 1308.3), then check the applicable block		
3. CADET/APPLICANT MEASUREMENTS	HEIGHT	WEIGHT
4. AIR FORCE WEIGHT STANDARDS Reference Tables on Page 2	MINIMUM	MAXIMUM
5. BODY FAT MEASUREMENTS MALES: WAIST - NEC FEMALES: WAIST + HIP - NEC	Note: To be done if candidate exceeds maximum AF weight	
AIR FORCE BODY FAT STANDARDS	FEMALE 29 YEARS AND YOUNGER - 28% 30 YEARS AND OLDER - 32%	MALE 29 YEARS AND YOUNGER - 20% 30 YEARS AND OLDER - 24%
6. CHECK APPLICABLE BOX	<input type="checkbox"/> IS WITHIN AIR FORCE WEIGHT STANDARDS <input type="checkbox"/> EXCEEDS AIR FORCE WEIGHT STANDARDS <input type="checkbox"/> IS BELOW AIR FORCE WEIGHT STANDARDS	
MEDICAL AUTHORITY CERTIFICATION		
7. (FOR MEDICAL AUTHORITY): PLEASE REVIEW THE ABOVE INFORMATION CONDUCT COUNSELING BELOW IN APPLICABLE AREAS, AND SIGN AT THE BOTTOM. I, (print name) _____, HAVE EXAMINED THIS CADET/APPLICANT AND REVIEWED HIS/HER MEDICAL HISTORY. THE FOLLOWING ARE THE RESULTS:		
8. (IF CADET/APPLICANT IS BELOW AIR FORCE WEIGHT STANDARDS) I CERTIFY THIS CADET/APPLICANT'S LEAN BODY MASS POSES NO HEALTH RISK; NO SIGNS OF ANOREXIA OR BULIMIA EXIST. I HAVE DISCUSSED THE IMPORTANCE OF NUTRITION AND WEIGHT MANAGEMENT. _____ (Medical Authority Initials)		
9. (FOR CADET/APPLICANT EXCEEDS AIR FORCE WEIGHT STANDARDS) I HAVE DISCUSSED APPROPRIATE AND SAFE WEIGHT LOSS WITH THE CADET/APPLICANT. _____ (Medical Authority Initials)		
10. (FOR ALL) I FOUND / DID NOT FIND (please circle one) MEDICAL CONDITION(S) OR PHYSICAL IMPAIRMENT(S) THAT WOULD PRECLUDE THIS CADET/APPLICANT FROM PARTICIPATING IN A RIGOROUS PHYSICAL TRAINING PROGRAM		
11. NOTE IF A MEDICAL CONDITION/PHYSICAL IMPAIRMENT EXISTS THAT MAY PRECLUDE THE INDIVIDUAL FROM PARTICIPATING, PLEASE EXPLAIN		
PHYSICIAN OR MEDICAL AUTHORITY SIGNATURE		EXAMINATION DATE

AFROTC FORM 28, 20080422

Attachment 4

AFROTC Health Screening Questionnaire

AFROTC PHYSICAL HEALTH SCREENING QUESTIONNAIRE		
<p>TO THE CADET: IT IS MANDATORY YOU COMPLETE THIS QUESTIONNAIRE PRIOR TO AND DURING YOUR PARTICIPATION IN THE AIR FORCE RESERVE OFFICER TRAINING CORPS (AFROTC) CADET PHYSICAL TRAINING (PT) PROGRAM.</p>		
<p>INSTRUCTIONS</p>		
<p>1. IF YOU ARE STARTING THE PT PROGRAM, PRINT TODAY'S DATE UNDER THE COLUMN MARKED "FIRST PT ACTIVITY." IF YOU ARE TAKING A PHYSICAL FITNESS ASSESSMENT (PFA), AND/OR QUALITY FITNESS REVIEW (QFR), CIRCLE THE APPLICABLE ACTIVITY IN THE "PFA/QFR" COLUMN AND PRINT TODAY'S DATE UNDERNEATH.</p>		
<p>2. REVIEW EACH QUESTION AND CIRCLE "YES" OR "NO" AS APPLICABLE TO YOUR SITUATION.</p>		
<p>3. DATE, PRINT YOUR NAME, AND SIGN AT THE BOTTOM IN THE AREA APPLICABLE TO YOUR SITUATION.</p>		
<p>4. RETURN THE COMPLETED QUESTIONNAIRE TO YOUR DETACHMENT CADRE. PLEASE ADVISE THE CADRE IF YOU RESPONDED "YES" TO ANY OF THE QUESTIONS BELOW. ANY "YES" ANSWERS WILL REQUIRE A CONSULTATION WITH A HEALTH CARE PROVIDER BEFORE PARTICIPATING IN ANY PHYSICAL TRAINING ACTIVITIES.</p>		
<p>5. YOU MUST COMPLETE AND SUBMIT THIS QUESTIONNAIRE NLT 72 HOURS PRIOR TO YOUR INITIAL PT ACTIVITY, PFA, OR QFR.</p>		
QUESTION	FIRST PT ACTIVITY DATE _____	PFA/QFR DATE _____
1. HAS THERE BEEN ANY SIGNIFICANT CHANGE TO YOUR HEALTH IN THE PAST 6 MONTHS?	YES - NO	YES - NO
2. ARE YOU CURRENTLY ON A MEDICAL PROFILE EXEMPTING YOU FROM ANY COMPONENT OF TH PT ACTIVITIES?	YES - NO	YES - NO
3. HAS A PHYSICIAN EVER INDICATED YOU HAVE HEART DISEASE OR HEART TROUBLE?	YES - NO	YES - NO
A. DO YOU SUFFER FROM PAINS IN YOUR CHEST, ESPECIALLY WITH PHYSICAL ACTIVITY	YES - NO	YES - NO
B. DO YOU FEEL FAINT OR HAVE DIZZY SPELLS DURING OR AFTER PHYSICAL ACTIVITY	YES - NO	YES - NO
4. HAVE YOU BEEN DIAGNOSED OR EXPERIENCED AN ASTHMA OR RESPIRATORY CONDITION?	YES - NO	YES - NO
5. HAVE YOU EXPERIENCED A WEIGHT CHANGE GREATER THAN 9 POUNDS IN THE PAST 6 MONTHS?	YES - NO	YES - NO
A. IF "YES", INDICATE THE ESTIMATED AMOUNT GAINED OR LOST: _____ LBS.		
6. HAVE YOU EVER BEEN DIAGNOSED OR DISPLAYED SYMPTOMS OF HEAT STRESS?	YES - NO	YES - NO
7. FEMALES ONLY: ARE YOU PREGNANT OR DO YOU THINK YOU MAY BE PREGNANT	YES - NO	YES - NO
8. ARE YOU CURRENTLY TAKING ANY SUPPLEMENTS OR MEDICATION, WHICH CONTAIN ANY OF THE FOLLOWING SUBSTANCES: EPHEDRA/EPHEDRINE, GUARANA, PHENYLEPHRINE, PSEUDOEPHEDRINE?	YES - NO	YES - NO
A. IF YOU ANSWER "YES", LIST THE ITEMS BELOW AND STATE THE LAST TIME YOU TOOK THAT SUPPLEMENT OR MEDICATIO		
<p>_____</p> <p>_____</p>		
<p>FIRST PT ACTIVITY</p> <p>DATE _____ PRINT NAME _____</p> <p style="text-align: right;">SIGNATURE _____</p>		
<p>PFA/QFR</p> <p>DATE _____ PRINT NAME _____</p> <p style="text-align: right;">SIGNATURE _____</p>		

AFROTC FORM 29, 20080422

Attachment 5

New Cadet Orientation Checklist

- Received new student orientation packet (mailed in summer, but need to give a copy for winter/spring cadet arrivals)
- Orient student with Lindley Hall and its location on campus
- Personally introduce student to all cadre members
- Meet secretary for all uniform items/get uniform tailored
- Introduce student to cadet wing commander
- Introduce/Assign student to a flight and flight commander
- Give student a tour of the detachment area
 - Classroom 1
 - Classroom 2
 - Computer room / mailboxes
 - Cadet lounge / fridge
 - Cadet wing commander's office
 - Cadet flight commander office
 - Cadet inspector general office
 - Wing staff office
- Show student the operations board and how to read the operation orders (OPORDs)
- Make sure student knows where PMT events are located
- Show student the commanders, activities and IG boards
- Show student all other visual displays in the hallway
- Discuss dress code at the detachment with the student
- Discuss basic protocol and customs and courtesies

Reporting in procedures trained (prior to counseling with cadre)

List of common acronyms used in AFROTC

Ensure student has signed up for both classes

LLAB

AST 101

Learning community will be required for all freshmen next year

Make sure student talks with NCO to fill out proper paperwork

Have secretary or NCO take height and weight

Print Name: _____ | _____

New Cadet (First M. Last)

Sponsor (First M. Last)

Signatures: _____ | _____

New Cadet/Date

Sponsor/Date