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This manual implements integration of the Cadet Physical Training Program. The use of this manual is required; as it supports AFROTCI 36-2017 *AFROTC College Program*; Section C; Paragraph 16 and AETCI 48-101.

SUMMARY OF REVISIONS

This document initiates utilization of the Cadet Physical Training Program and currently has no revisions.

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1. AFROTC Physical Training (PT) Program Objectives

- 1.1. Enhance the fitness level of cadets and prepare them to meet AFROTC and Air Force standards.
- 1.2. Motivate cadets to pursue a physically fit and active lifestyle.
- 1.3. Improve both the safety and efficiency of physical training within AFROTC

2. Physical Training Activities

- 2.1. A PT activity is any AFROTC-sponsored activity classified as moderate or hard work IAW AETCI 48-101, *Prevention of Heat Stress Disorders*.
- 2.2. PT activities include, but are not limited to, conditioning exercises, calisthenics, 1.5-mile run, the Physical Fitness Diagnostic (PFD), Physical Fitness Test (PFT), Warrior Runs, etc.

3. Commander Responsibilities

- 3.1. Develop, publish, and implement a safe and effective PT program for cadets.
- 3.2. Motivate cadets to increase and maintain their cardio respiratory fitness, muscular strength, endurance, and flexibility.
- 3.3. Ensure cadets meet or surpass the minimum performance standards on the PFT.
- 3.4. Ensure a cadre member is assigned as Safety Observer for any PT activity.
- 3.5. Ensure the PT program is conducted on the host institution and/or cross-town institution to the maximum extent practical.

4. Safety Observer (SO)

- 4.1. Detachment Commanders are responsible to assign a cadre member as Safety Observer (SO) for any PT activity.
- 4.2. The SO is the focal point in directing emergency response. The SO must know how to summon emergency help and provide specific instructions – address, facility name, building description, major landmarks, etc.
- 4.3. The SO must ensure an attending cadre member is trained and current in Cardio Pulmonary Resuscitation (CPR). This may be the SO or another cadre member.
- 4.4. The SO will verify proper supervision and safety equipment is in place, and that adequate conditions and acceptable climate for the planned activity exist.

4.5. Prior to the start of the activity, the SO will verify operational two-way communications. Additionally, for outdoor activity where the temperature will exceed 70° F, the SO will run the Wet Bulb Globe Temperature (WBGT) calculator to determine appropriate flag conditions.

4.6. Prior to the start of the physical training activity, the SO name and location will be announced to all participants.

5. Cadre Safety Training

5.1. Any cadre member may supervise PT activities after completing the following safety training:

5.1.1. Adult Cardio Pulmonary Resuscitation (CPR) qualification with a current identification card.

5.1.2. Current and documented initial and recurring ancillary training on the following areas:

5.1.2.1. AETCI 48-101, *Prevention of Heat Stress Disorders*.

5.1.2.2. Signs and symptoms of heat stress.

5.1.2.3. Proper Hydration.

5.1.2.4. Locally devised emergency communications procedure.

6. Cadre Supervision

6.1. For PFD and PFT activities involving **ten or more** participants:

6.1.1. A minimum of two cadre (qualified staff) members is required.

6.1.2. Cadre to participant ratio will be at least one cadre member per 50 participants. If manning does not allow, a written waiver from HQ AFROTC/DO is required.

6.1.3. Cadre members will not participate in any PFD or PFT with cadets.

6.2. For PFD and PFT activities involving **fewer than ten** participants:

6.2.1. One cadre member (qualified staff) is required.

6.2.2. Cadre members will not participate in any PFD or PFT with cadets.

6.3. For other PT activities:

6.3.1. One cadre member (qualified staff) is required.

6.4. At least one cadre member (qualified staff) must serve as Safety Observer (SO) and will not lead or participate during PT activities.

6.5. With the exception of the SO, other cadre members may lead and participate in PT activities. If participating, cadre members must be physically able to supervise and respond to emergency situations, if warranted.

6.6. At the beginning of the fall term and or at the Detachment Commander's discretion, cadre members may lead PT activities. Once program is underway, POC cadets should lead PT activities to the maximum extent practical.

7. Safety Equipment

7.1. The following safety items are mandatory at the exercise site:

7.1.1. AETCI 48-101, *Prevention of Heat Stress Disorders*.

7.1.2. American Red Cross CPR Handbook.

7.1.3. First Aid Kit.

7.1.4. Two-way communications capability.

7.2. Instructions for directing emergency responders to the exercise site – address, facility name, building description, major landmarks, etc.

7.3. Clean drinking water available in sufficient quantities to allow participants to properly hydrate in accordance-with AETCI 48-101, *Prevention of Heat Stress Disorders*.

8. Temperature Restrictions

8.1. For ambient temperatures above 70 degrees Fahrenheit, determine the heat category (flag condition) using the AFROTC Wet Bulb Globe Temperature (WBGT) calculator.

8.2. When the AFROTC WBGT Calculator indicates 85 degrees (Yellow Flag) or higher, do not conduct the PFD or PFT unless authorized by the detachment commander.

9. Exercise Site / Facility Requirements

9.1. General Requirements:

9.1.1. PT activities will be held on host or cross-town campuses to the maximum extent practical. PT activities held at other locations require a waiver from HQ AFROTC/DO. This waiver may be for all or part of the academic year.

9.1.2. Qualified staff must be at appropriate intervals so the entire exercise area (or running course) is in view for safety monitoring.

9.1.3. Emergency medical responders should be able to reach the exercise site within ten minutes.

9.1.4. 1.5-mile running courses used for the PFD and PFT must be measured to verify proper distance. Do not use automobile or motorcycle odometers.

9.2. Outdoor Exercise Site and Running Course

9.2.1. Outdoor physical training will be conducted during daylight hours only. Daylight hours are defined as being 30 minutes prior to sunrise until 30 minutes after sunset.

9.2.1.1. HQ AFROTC/DO will consider written waivers on a case-by-case basis. Waivers must include justification for the request, specific time period proposed, and safety measures to be implemented.

9.2.2. To the maximum extent practical, use an athletic running track for the 1.5-mile portion of the PFT.

9.2.3. An acceptable substitute for an athletic running track is a running course, which has a prepared surface, free of steep grades, surface irregularities and sharp turns. If required, use the most level course available consistent with safety.

9.2.4. Running on public streets or roads not closed off to traffic should be avoided if at all possible.

9.3. Indoor Exercise Site and Running Course

9.3.1. Indoor facilities may be used when reasonable access to outdoor facilities are either not available or not conducive to good performance.

9.3.2. Cadets must have adequate room to safely conduct planned exercises.

10. Cadet Attendance

10.1. Participation in the Cadet PT Program is mandatory for all cadets.

10.2. The Cadet PT Program is an essential component of Leadership Laboratory. In order to successfully complete the PT portion of Leadership Laboratory, cadets must meet the attendance requirements IAW AFROTCI 36-2017, paragraph 1.

10.3. Cadets are required to participate in cadre supervised PT activities at least twice per week each semester until released by the Detachment Commander.

11. Cadet Participation Requirements

11.1. Prospective cadets must satisfy all of the following:

11.1.1. Have a certified DoD physical (DODMERB, AETC, MTF, or MEPS) **or** provide a Pre-Participatory Sports Physical, Attachment 1, showing medical clearance.

11.1.2. If 2% or more over AF body-fat standards, must obtain a medical release stating that appropriate and safe weight loss has been discussed with a health care provider.

11.1.3. Must have a briefing on the importance of hydration, heat stress disorders, and prompt reporting of any problems to a cadre member. This briefing should be given no sooner than one week prior to the first PT activity.

11.2. All cadets will complete an AFROTC Physical Health Screening Questionnaire (PHSQ), Attachment 2, prior to participating in the PT program.

11.2.1. Cadets with a valid DoD physical must complete the PHSQ at the beginning of each fall term or upon return from a period of non-attendance.

11.2.2. Cadets with a Pre-Participatory Sports Physical must complete the PHSQ, at the beginning of their initial term in the AFROTC program.

11.3. Any "yes" response will disqualify the cadet from participation until cleared by competent medical authority (DoD or Civilian).

11.4. Cadets and applicants are allowed a full 30 days from the start of the term to obtain required medical clearance, complete the PHSQ (as required), and receive the safety briefing.

11.5. Non-contract students who do not desire to participate in the unit's mandatory PT program may be considered for special student status and attend academic classes only.

12. Cadet Leadership Responsibilities

12.1. AS-300 and 400 POC cadets, under the supervision of qualified cadre, should organize and lead PT activities whenever possible.

12.2. Cadets will not supervise PT activities or act as the primary SO.

13. Failure to Attend Mandatory PT Activities

13.1. Contract cadets who fail to make a "good faith" effort to attend required PT activities may be investigated for disenrollment for "indifference to training".

13.1.1. Minimum attendance is 80% of the required PT activities for the term.

13.1.2. Counsel non-attendance via the AFOATS Form 16.

13.1.3. Award a Conditional Event IAW AFROTCI 36-2011 to cadets who do not meet term attendance requirements.

13.2. Non-contract cadets who fail to make a good faith effort to attend required PT activities may be discontinued from “cadet status” for indifference to training.

13.2.1. Minimum attendance is 80% of required PT activities for the term.

13.2.2. Counsel non-attendance via the AFOATS Form 16.

14. Failure to Meet Standards (Contract) or Make Satisfactory Progress (Non Contract)

14.1. Contract cadets who fail to meet AFROTC physical fitness standards will be awarded a conditional event.

14.1.1. The following events constitute a failure to meet AFROTC physical fitness standards:

14.1.1.1. Failure to pass any official PFT.

14.1.2. The following actions apply for contract cadets:

14.1.2.1. Counsel via the AFOATS Form 16 (section V, paragraph 4).

14.1.2.2. Award a Conditional Event IAW AFROTCI 36-2011.

14.2. Non-contract cadets who fail to make satisfactory progress in meeting AFROTC physical fitness standards are not eligible for AFROTC scholarships, field training attendance, or entry into the POC.

14.2.1. For non-contract cadets, the following events constitute a failure to make satisfactory progress:

14.2.1.1. Failure to attempt an official PFT during any term.

14.2.1.2. Three consecutive official PFT failures.

14.2.1.3. Any official PFT failure after having passed a PFT.

14.2.2. Counsel non-contract cadets accordingly via the AFOATS Form 16 for failing to meet military retention standards (section V, paragraph 4).

15. Commander’s Discretion

15.1. Commanders are authorized the discretion to approve make-up activities in-lieu of attendance at regular PT activities.

15.2. For hardship caused by distance from the host institution, the Detachment Commander may direct cadets to submit a weekly fitness report indicating the type and duration of physical training performed. This must be by exception only.

15.2.1. Contract Cadets authorized to submit weekly status reports and who fail to meet AFROTC physical fitness standards during the term must attend the unit's mandatory PT program during the subsequent term or be investigated for disenrollment.

15.2.2. Non contract cadets authorized to submit weekly status reports and who fail to make satisfactory progress over the course of the term must attend the unit's mandatory PT program during the subsequent term or be released from the program.

15.3. By exception and for unusual circumstances beyond the cadet's control, the Commander may temporarily suspend the requirement for a cadet to participate in the unit's mandatory PT program.

15.3.1. Example: A cadet returned home for a family emergency, was away from school for 10 days, and now risks flunking out unless maximum effort is applied to academics.

15.4. The Detachment Commander may reduce attendance to one PT activity per week for cadets who pass the PFT with a score of 350 points or higher within a given semester.

15.5. Commanders are authorized to excuse in season intercollegiate athletes from attendance provided they pass the PFT.

15.6. 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. However, SMC cadets must still meet the following requirements:

15.6.1. Have a current physical on file IAW paragraph 11.1 of this manual.

15.6.2. Complete an AFROTC PHSQ IAW paragraph 11.2 of this manual.

15.6.3. Accomplish the PFD no earlier than 30 days into the term.

15.6.4. Attempt an official PFT within 30 days of a satisfactory PFD.

16. Detachment Requirements

16.1. General Requirements:

16.1.1. Issue AFROTC Physical Training Uniforms (PTU) to cadets who are medically eligible to participate.

16.1.2. Maximize safety – the health and safety of assigned cadets are paramount.

16.1.3. Use AFROTC Manual 36-202, *Physical Training*, as well as the PT Activity Matrix, Attachment 3, as beginning resources for building a valid PT program that fits unit needs.

16.1.4. Be familiar with current Cadet Medical Care Guidance.

16.1.4.1. HQ AFOATS/JA is the point of contact for cadet medical care issues.

16.1.4.2. Cadet Medical Care Guidance applies to any cadet injured, while participating in the AFROTC sponsored Cadet PT Program.

16.1.4.3. Cadet Medical Care Guidance does not apply to any cadet engaged in an individual fitness routine IAW paragraphs 15.2.

16.1.5. Do not require cadets to attend scheduled PT activities during finals. Commanders are authorized to temporarily suspend a cadet's participation, as necessary, to facilitate examination schedules.

16.2. Term Requirements, Day 0 through Day 30 (approximately):

16.2.1. Allow up to 30 days from the start of the term for the following requirements. (Detachments will begin mandatory PT after the accomplishing items 16.2.2. through 16.2.6.)

16.2.2. Brief new cadets and applicants on the goals and requirements of the AFROTC mandatory unit PT program.

16.2.3. Brief all cadets on hydration, heat stress disorders, the importance of monitoring one's physical condition, and promptly reporting problems to cadre.

16.2.3.1. This briefing must be provided NLT one week prior to the first PT activity.

16.2.3.2. Use AETCI 48-101, *Prevention of Heat Stress Disorders*.

16.2.4. Verify that all officer candidates have a certified DoD physical (DODMERB, AETC, MTF, or MEPS) *or* provide a Pre-Participatory Sports Physical showing medical clearance.

16.2.5. Verify that all officer candidates complete the AFROTC PHSQ.

16.2.5.1. Any "yes" response on the PHSQ will automatically suspend the cadet from participating until cleared by competent medical authority (DoD or Civilian).

16.2.6. File all medical clearance paperwork in the UPRG.

16.3. Term Requirements, Day 30 through Day 60 (approximately):

16.3.1. Conduct PT activities a minimum of twice per week. These activities should be designed to ready, strengthen, assess, and test cadet abilities to meet or exceed AFROTC fitness standards.

16.3.1.1. In general, detachments should conduct PT activities three to five times per week to facilitate maximum opportunity for cadet participation. Detachment Commanders may determine to host PT on any day of the week.

16.3.1.2. Each cadet will attend a minimum requirement of two PT activities per week.

16.3.1.3. Example: The detachment hosts PT activities at the university track on Mondays, Wednesdays, and Fridays from 0600 - 0700 and on Tuesdays and Thursdays from 1800 - 1900.

16.3.2. PT activities should allow for proper warm-up and cool-down.

16.3.3. PT activities should target muscular strength and endurance or cardio respiratory fitness.

16.3.4. PT activities should alternate for a balanced mix of aerobic and muscular strength exercise.

16.3.5. For cardio respiratory fitness, allow 20-30 minutes of continuous aerobic activity.

16.3.6. For muscular strength and endurance, emphasize a wide variety of muscle groups and plan to avoid the overuse of any one muscle group.

16.3.7. Encourage cadets to work out on their own year-round to maximize health and fitness. This is particularly important for units requiring only the minimum: two PT activities per week.

16.4. Term Requirements, Day 60 (approximately) through End of Term:

16.4.1. After completing all requirements in 16.2 and 16.3, conduct a Physical Fitness Diagnostic (PFD) as a self-assessment tool for cadets to gauge their fitness level against AFROTC standards.

16.4.2. Cadets are not authorized to take the PFD without having attended a minimum of two PT activities per week over a 30-day period (eight activities).

16.4.3. The PFD is a “practice” Physical Fitness Test (PFT) and is intended to:

16.4.3.1. Ensure cadets understand the proper procedures to accomplish all PFT activities.

16.4.3.2. Ensure cadets have the opportunity to attempt these activities within the official format of the PFT but without the added stress of officially passing or failing.

16.4.3.3. Identify cadets who appear to have extraordinary difficulties during PFT events.

16.4.4. PFD is administered in the same manner as an official PFT, except that cadets are authorized to stop at any point during the PFD. Scores are not recorded for entry into SMS and/or WINGS.

16.4.5. The PFD score will have no impact on scholarship or contract status.

16.4.6. Cadets who demonstrate satisfactory performance during the PFD are authorized to attempt the first official PFT of the term. Satisfactory performance includes all of the following:

16.4.6.1. The cadet performed all PFD events without any visible health and/or fitness concerns.

16.4.6.2. The cadet successfully passed at least two of the three events during the PFD.

16.4.6.3. The cadet agrees they are ready to attempt an official PFT.

NOTE: A cadet agrees by verbally acknowledging their physical ability to attempt the PFT immediately following the PFD and then again immediately prior to the administration of the official PFT.

16.4.7. A 72-hour recovery period is mandatory between a PFD and the PFT.

16.4.8. Cadets who fail to demonstrate satisfactory performance on the PFD will continue to attend the unit's mandatory PT program.

16.4.8.1. Cadets are authorized to re-accomplish the PFD when the cadet and the detachment commander agree he or she is prepared for a reassessment. Reference paragraph 16.4.7.

16.4.8.2. This cycle repeats until the cadet demonstrates satisfactory performance on the PFD or the term ends.

16.4.9. Following the PFT, cadets will continue to participate in mandatory PT activities at least twice per week until the end of the term or until final exams begin, whichever occurs first.

//SIGNED//
ALAN E. THOMPSON, Colonel, USAF
Commander

Attachments:

1. AFROTC Pre-Participatory Sports Physical
2. AFROTC Physical Health Screening Questionnaire
3. PT Activity Matrix

AFROTC PRE-PARTICIPATORY SPORTS PHYSICAL

Name of Candidate: _____ AFROTC Detachment _____

I, _____, have examined this candidate and reviewed his/her medical history. I have found no medical condition or physical impairment, which would preclude this candidate from participating in a physical training program designed to meet and or exceed the AFROTC standards listed below:

	17-24 years		25-29 years		30-35 years	
	Male	Female	Male	Female	Male	Female
Crunches:	53	53	50	50	42	42
Push-ups:	42	19	40	17	36	15
1.5 mile run:	12:00	14:30	12:30	15:00	13:00	15:30

 Signature of Physician

 Date of Examination

The Privacy Act of 1974; F036 AETCI AUTHORITY 10 U.S.C 33; 10 U.S.C 103; AFI 36-2001; AFI 45-3 and E.O. 9397 (SSN) grants the authority of this form to be used for screening a candidate for participation as an AFROTC cadet in the AFROTC Physical Training (PT) Program. This form is for internal use only. Disclosure is voluntary; failure to disclose will result in a requirement for a new physical, inability to participate in PT activities, and or disenrollment from the AFROTC program.

AFROTC PHYSICAL HEALTH SCREENING QUESTIONNAIRE

To The Cadet: It is mandatory to complete this screening prior to participating in the Cadet Physical Training (PT) Program. Return this completed questionnaire to your personnel NCO, and advise the NCO if you responded, “yes” to any of the questions below.

- 1. Has there been any significant change to your health in the past 6 months? YES - NO
- 2. Are you currently on a medical profile exempting you from PT activities? YES - NO
- 3. Has a physician ever indicated you have heart disease or heart trouble? YES - NO
 - a. Do you suffer from pains in your chest, especially with physical activity? YES - NO
 - b. Do you feel faint or have dizzy spells during or after physical activity? YES - NO
- 4. Have you experienced a significant weight change in the past 6 months? YES - NO
 - a. If “Yes”, indicate the estimated amount gained or lost: ___ lbs.
- 5. Have you ever been diagnosed or displayed symptoms of heat stress? YES - NO
- 6. Females only: Are you pregnant or do you think you may be pregnant? YES - NO
- 7. Have you taken any medications, nutritional or herbal supplements, or dietary products -- either from a health care provider or over the counter -- in the past 30 days?
 - a. If “Yes”, please list:

(Printed Name of Candidate)

(Signature of Candidate)

(Date)

The Privacy Act of 1974; F036 AETCI AUTHORITY 10 U.S.C 33; 10 U.S.C 103; AFI 36-2001; AFI 45-3 and E.O. 9397 (SSN) grants the authority of this form to be used for screening a candidate for participation as an AFROTC cadet in the AFROTC Physical Training (PT) Program. This form is for internal use only. Disclosure is voluntary; failure to disclose will result in a requirement for a new physical, inability to participate in PT activities, and or disenrollment from the AFROTC program.

PT Activity Matrix

General Physical Training Activities Defined by Level of Intensity

Light Activity < 3.0 METs (< 3.5 Kcal/min)	Moderate Activity 3.0 to 6.0 METs (3.5 to 7 Kcal/min)	Vigorous Activity > 6.0 METs (> 7 Kcal/min)
Basketball, non-competitive	Aerobic dancing, low impact	Aerobic dancing, high impact
Field or rollerblade hockey, non-competitive	Aquatic aerobics	Backpacking
Football, non-competitive	Badminton	Basketball, competitive
Kickball, non-competitive	Baseball	Biking, > 9 mph
Lacrosse, non-competitive	Basketball, shooting baskets	Boxing, competitive
Land navigation	Biking, < 9 mph	Calisthenics, vigorous
Leadership reaction course	Biking, stationary, moderate effort	Circuit weight training
Soccer, non-competitive	Boxing	Field or rollerblade hockey, competitive
Swimming, non-competitive	Calisthenics, light	Flickerball
Trekking, non-competitive	Fencing	Football, competitive
Volleyball, non-competitive	Frisbee	Handball
Walking, slow pace	Gymnastics	Ice hockey
	Hiking	Jogging
	Paintball	Jumping jacks
	Race walking, < 5 mph	Jumping rope
	Rollerblading or skating, leisurely pace	Kickball, competitive
	Softball	Lacrosse, competitive
	Stair climber, low effort	Martial arts
	Swimming, recreational	Mountain climbing
	Table tennis, competitive	Race walking, > 5mph
	Tennis, doubles	Racquetball
	Trampoline	Rollerblading or skating, moderate pace
	Trekking, competitive	Rowing machine
	Volleyball, competitive	Rugby, competitive
	Walking, moderate or brisk pace, flat surface	Running
	Water aerobics	Soccer, competitive
	Yoga	Squash
		Stair climber, moderate effort
		Swimming, competitive
		Tennis, singles
		Ultimate Frisbee
		Volleyball, sand or beach court
		Walking, moderate or brisk pace, uneven surface
		Walley Ball
		Water polo

Note: Light, non-competitive activities assume participants can self-eliminate or self-terminate the activity without recourse. Rest periods are scheduled liberally and provided, as required.

Source: U. S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. Table adapted from Ainsworth, BE, Haskell, WL, Leon, AS, et al. Compendium of physical activities: classification of energy costs of human physical activities. *Medicine and Science in Sports and Exercise*, 1993; 25 (1): 71-80. Adapted with permission from Dr. Barbara Ainsworth.