FITNESS PROGRAM

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OPR: HQ AFROTC/DOT
Certified by: HQ AFROTC/DO (Col Daniel C. Doty)
Supersedes AFROTCI 36-2007, 22 April 2008

AFI 36-2905, 1 July 2010, is supplemented as follows:

This supplement implements AFI 36-2905, Fitness Program. Users must read this supplement in conjunction with implemented publications. It 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/gcss-af61/afirms/afirms. This publication applies to AFROTC headquarters, regions, and detachments. This publication does not apply to Airmen Education and Commissioning Program (AECP) students.

SUMMARY OF CHANGES

This rewrite: resinds use of AFROTC Forms 28 and 29; implements the use of a pre-participatory sports physical by a certified medical authority; realigns medical recheck status, commissioning Qualifying Fitness Review and temporary medical deferrals under AFROTCI 36-2011, Administration of Senior Air Force ROTC Cadets; realigns Field Training Qualifying Fitness Reviews under AFROTCI 36-2010, AFROTC Field Training Program; streamlines safety information and better defines items that are at the commander’s discretion.
1.21.11. (Added) (AFROTC) AFROTC Detachment Commander.

1.21.11.1. (Added) (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.

1.21.11.2. (Added) (AFROTC) Motivates cadets to increase and maintain their cardio/respiratory fitness, muscular strength, endurance and flexibility.

1.21.11.3. (Added) (AFROTC) Administers a training program that allows cadets to meet or surpass minimum performance standards on the Physical Fitness Assessment (PFA), Field Training (FT) Qualifying Fitness Review (QFR), and Commissioning QFR.

1.21.11.4. (Added) (AFROTC) Ensures a cadre member is present for all PT activities.

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

1.21.11.6. (Added) (AFROTC) Refers to AFROTCI 36-2011, Cadet Operations, for required cadet personnel actions for failure to meet military retention standards and for additional procedures governing scholarship cadets.

1.21.11.7. (Added) (AFROTC) Detachment Commander’s Discretion.

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

1.21.11.7.2. (Added) (AFROTC) Crosstown 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 Commandant of Cadets (COC). Cadets are required to submit a weekly fitness report to the COC describing the type and duration of PT activities accomplished.

1.21.11.7.3. (Added) (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).

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

1.21.11.7.5.1. (Added) (AFROTC) For cadets not interested in pursuing a commission and not covered with medical insurance, 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 cadet participates in PT or a field training exercise activity.

1.24.2.1. (Added) (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 prior to performing sponsored AFROTC PT activities and taking the AFROTC PFA and QFR.

1.24.7. (Added) (AFROTC) Verify that all cadets have a certified DoD physical (refer to AFROTCI 36-2011) or a Pre-Participatory Sports Physical form from a certified medical authority, showing medical clearance in their UPRG.

1.24.8. (Added) (AFROTC) Verify that all applicants and cadets complete the AF Fitness Screening Questionnaire prior to the first PT activity of each term, and before each QFR/PFA. 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).

1.27. (Added) (AFROTC) Cadet.

1.27.1. (Added) (AFROTC) The Cadet PT Program is an essential component of Leadership Laboratory (LLAB) and participation is mandatory for all cadets. In order to successfully complete the PT portion of LLAB, 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, and meet the 80% attendance requirements throughout the term. (Example: 14 weeks of PT per term allows for 28 PT events. To meet 80% rule, cadets must attend 22 events.) Failure to attend 80% of mandatory PT events will result in a failure of LLAB.

1.27.1.1. (Added) (AFROTC) The number of PT sessions offered beyond the two per week minimum is at the commander’s discretion.

1.27.2. (Added) (AFROTC) Cadet Leadership Responsibilities. Cadets in Field Training Preparation (FTP) LLAB, AS 300 and AS 400 Professional Officer Course (POC) 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.

1.27.3. Cadet Term/Annual Requirements.

1.27.3.1. (Added) (AFROTC) Cadets and applicants must complete all of the following:

1.27.3.1.1. (Added) (AFROTC) At the beginning of each school year or if the student joins in the spring, new cadets and applicants will be responsible to present a certified DoD physical (refer to
AFROTCI 36-2011) or provide at their own expense a Pre-Participatory Sports Physical from a certified medical doctor showing medical clearance to perform AFROTC PT from a physician or competent medical authority.

1.27.3.1.2. (Added) (AFROTC) Attend a safety briefing on the importance of hydration, heat stress disorders, and prompt reporting of any problems to a cadre member. This briefing will be accomplished for all cadets at the beginning of each fall term prior to the first PT activity and must also be accomplished for cadets new to the program each term.

1.27.3.2. (Added) (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.

1.27.3.3. (Added) (AFROTC) Cadets and applicants who do not meet all requirements stated in paragraphs 1.27.4.3.1 and 1.27.4.3.2 may be considered for special student status and will not be a cadet during the respective term. Special students will not receive medical coverage by the Department of Labor for injuries incurred during PT.

1.27.3.4. (Added) (AFROTC) Cadets awaiting the results of a medical appeal 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 dated after the medical disqualification does not override the final determination.

1.27.3.5. (Added) (AFROTC) Any cadet, contract or non-contract, authorized to miss group PT sessions must still meet AFROTC physical fitness standards during the term. Failure to meet standards will result in a conditional event (contract cadet) and may result in an investigation for disenrollment or release from the program.

1.27.3.6. (Added) (AFROTC) Any cadet who feels he/she is not physically or mentally able to take the test must notify the on-site cadre. Cadets who do not sign the AFROTC Form 30, AFROTC Physical Fitness Test Scoresheet, in advance will not take the test (see paragraph 7.5.3 of this supplement).

6.1.2. Perform height and weight checks of all cadets and applicants during both the Fall and Spring semester. Verify that cadets are within standards as delineated in AFI 36-2905. For cadets who fail to meet height/weight standards, reference AFROTCI 36-2011.

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

6.1.2.2. (Added) (AFROTC) If a cadet fails the height/weight check (BMI), the detachment may administer a body fat measurement as delineated in DODI 1308.3. If the cadet meets the body fat standards, they meet height/weight standards.

7.2.4. (Added) (AFROTC) Verify that all cadets have a certified DoD physical (refer to AFROTC 36-2011), or a Pre-Participatory Sports Physical form from a certified medical authority, showing medical clearance in their UPRG.
7.2.5. (Added) (AFROTC) AF Fitness Screening Questionnaire.

7.2.5.1. (Added) (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 prior to performing sponsored AFROTC PT activities, and taking the AFROTC PFA and QFR.

7.2.5.2. (Added) (AFROTC) Verify that all applicants and cadets complete the AF Fitness Screening Questionnaire prior to the first PT activity of each term, and before each QFR/PFA. 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. (Added) (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, Physical Fitness Assessment (PFA), and weekly PT activities. As with all PMT, follow accountability requirements of this instruction. This section implements guidance in accordance with AFI 36-2905. AFI 36-2905 establishes policies, procedures, and standards governing body mass index and body fat measurements and physical fitness assessments, these apply to all AFROTC cadets and applicants. Refer to AFI 36-2905 for administration of PFAs and scoring tables.

7.5. (Added) (AFROTC) Administrative Requirements:

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

7.5.2. (Added) (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.

7.5.3. (Added) (AFROTC) AFROTC Form 30, AFROTC Physical Fitness Test Scoresheet. Prior to conducting a PFA, cadets will first sign AFROTC Form 30 to verify they are physically and mentally ready to take the AFROTC Physical Fitness Test and understand that they must meet the AFROTC minimum fitness standards. Cadets will then perform the fitness test activity, while the spotter records their repetitions and run time. Fitness Assessment 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 must sign the bottom of the form after the fitness test activity is completed and results are scored. Once completed, file the form in the cadet’s UPRG and record all official PFAs in WINGS.

7.5.4. (Added) (AFROTC) IAW AFI 36-2905, paragraph 2.4.1., trained detachment cadre must ensure all components of the PFA (or 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.
7.5.5. (Added) (AFROTC) Detachments must conduct one PFA prior to 31 December for the Fall semester and prior to 30 June of the Spring semester. After 1 January of each academic year, at least two PFAs will be conducted for AS 200/250s and AS 400/700/800: one is the term PFA and the other is either the Field Training QFR or the commissioning QFR, depending on a cadet’s status.

7.5.5.1 (Added) (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.

7.5.6. (Added) (AFROTC) For the term PFA and Field Training QFR, detachments at elevations greater than 5000 feet above sea level will adjust the 1.5 mile run time score by clicking the high altitude adjustment box in WINGS (regardless of gender).

7.6. (Added) (AFROTC) General Requirements:

7.6.1. (Added) (AFROTC) Physical Training Timeline. Conduct all PT-related events IAW table 7.6. below which details PFA Term Requirements. Detachments should make every effort to follow the timeline as much as possible. Consider these requirements when determining the PFA schedule for your detachment. A published PFA schedule must be posted for cadet review before each term.

<table>
<thead>
<tr>
<th>Cadets must complete the following PFAs before the end of the term if they:</th>
<th>Term PFA</th>
<th>FT QFR</th>
<th>Commissioning QFR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are not attending FT (prior to 31 Dec)</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are preparing to attend FT (Spring Term)</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Have completed FT</td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are scheduled to commission (either term)</td>
<td>X</td>
<td></td>
<td>X</td>
</tr>
</tbody>
</table>

7.6.2. (Added) (AFROTC) Review AFI 36-2905, Chapter 2 and Attachments 7 and 8, to ensure proper form for PFA assessment procedures,

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

7.6.4. (Added) (AFROTC) Be familiar with current Cadet Medical Care Guidance.

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

7.6.4.2. (Added) (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://www.dol.gov/esa/owcp_org.htm.

7.6.4.3. (Added) (AFROTC) 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.

7.6.4.4. (Added) (AFROTC) Special Students. Special students can participate in PT activities with Detachment Commander’s approval if they have met all requirements of this supplement and provide proof of liability insurance. This should be documented on 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).

7.6.4.5. (Added) (AFROTC) Cadre members should also be familiar with the AETC Form 435, Mishap Data Worksheet. Refer to Table 13.1 of AFOATS 91-101, AFOATS Safety Program (will convert to HOLMCENTERI 91-101), to determine if an AETC Form 435 is required for a cadet mishap.

7.7. (Added) (AFROTC) Cadre Supervision at PT Activities.

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

7.7.2. (Added) (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.

7.7.3. (Added) (AFROTC) Cadre will review operations orders for any PT activities to ensure safety.

7.7.4. (Added) (AFROTC) Cadre will supervise all PT activities.

7.7.5. (Added) (AFROTC) Ensure clean drinking water is available in sufficient quantities to allow participants to properly hydrate IAW AETCI 48-101. IAW AETC Supplement to AFI 36-2905, dated 14 October 2004, unit commanders are authorized to use O&M-type funds to procure low-cost incentive items, such as water bottles, t-shirts, and the like, to encourage unit members to achieve an excellent fitness level and or make significant improvement.

7.7.6. (Added) (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.
9.5. **Forms Prescribed:** AFROTC Form 30, *AFROTC Physical Fitness Assessment Scoresheet.*


JOHN M. MCCAIN  
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The following are added to Attachment 1:

References (Added) (AFROTC)

Title 10 U.S.C. Section 2109, Practical Military Training
AETCI 48-101, Prevention of Heat Stress Disorders
AFOATS 91-101, AFOATS Safety Program (will convert to HOLMCENTERI 91-101)
AFROTCI 36-2010, AFROTC Field Training Program
AFROTCI 36-2011, Administration of Senior Air Force ROTC Cadets

Abbreviations and Acronyms (Added) (AFROTC)

AFROTC—Air Force Reserve Officer Training Corps
AFROTCI—Air Force Reserve Officer Training Corps Instruction
COC—Commandant of Cadets
CPR—Cardio Pulmonary Resuscitation
DoL—Department of Labor
FT—Field Training
FTP—Field Training Preparation
LLAB—Leadership Laboratory
PFA—Physical Fitness Assessment
PMT—Professional Military Training
POC—Professional Officer Course
QFR—Qualifying Fitness Review
SMC—Senior Military College
UPRG—Unit Personnel Record Group
Terms (Added) (AFROTC)

Qualified Staff—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.

A.8.2.16. (Added) (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.

A8.2.17. (Added) (AFROTC) For ambient temperatures above 80 degrees Fahrenheit, determine the heat category (flag condition) using the AFROTC Thermal Stress Calculator and ensure it does/does not meet environmental conditions IAW AFI 36-2905. The same reference applies for cold weather.