

AEROSPACE STUDIES PHYSICAL TRAINING (PT)
AFROTC DETACHMENT 025 ARIZONA STATE UNIVERSITY
SPRING 2021 SEMESTER COURSE SYLLABUS

Physical Training Commander: **C/1Lt Nugent**

Location(s): **Sun Angel Stad/Parking, PE West, SRC Field** Time: **M/W/F 0600-0700**

Cadre Observer: **Capt Mitchell McClune** Title: **Operations Flight Commander**

Email Address: **mjmclun@asu.edu** Detachment Phone: **(480) 965-3181**

Office Hours: **0700-1600 Mon-Thurs (closed for lunch 1100-1200); 0700-1200 Fri**

I. COURSE DESCRIPTION

AES 294 is a university intermediate level physical fitness course open to AFROTC cadets. Cadets will participate in a variety of fitness and sports activities to include calisthenics, sit-ups, push-ups, running, sports and other physical events. Personal fitness is an individual quality that varies from person to person. Factors such as age, sex, heredity, personal habits, exercise and eating practices influence a person's fitness level. Although the first three factors cannot change, cadets have the power to change and improve their personal habits, exercise levels and eating practices. This course will provide cadets the support to build strength, endurance and flexibility.

II. COURSE OBJECTIVE

The objective of this course is to motivate cadets to adopt and maintain an active fitness lifestyle in order to improve their overall fitness levels. Maintaining a high fitness level will give cadets the ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure- time activities and meeting demands. Participating in a fitness routine will help cadets develop the ability to endure, to bear up, to withstand stress, to carry on in circumstances where an unfit person could not continue. Physical fitness is a major basis for good health and well-being.

III. PREREQUISITE

All cadets must have a Pre-Participatory Sports Physical form from a certified medical authority or a passing Department of Defense Medical Examination Review Board (DoDMERB) physical prior to participating in any PT activity. In addition, all cadets must have a completed Air Force fitness questionnaire at the start of each semester prior to participating in the program. Cadets who do not have a local family doctor can get this physical accomplished for approximately \$15 at the ASU Cadet Health Center, 480-965-3349. A record of physical completion must be turned in no later than **22 Jan 2021** or the cadet will receive a failing grade for the class.

IV. UNIFORM

Cadets shall wear the issued Air Force physical fitness uniforms. Cadets not issued physical fitness uniforms must wear a white, crew neck t-shirt and black athletic shorts with quality running shoes and white or black socks. In addition, cadets must have a black mask on their person for the duration of in-person PT. Professionalism is required at all times and while in any uniform, your clothes/undergarments must not be "revealing" or bring discredit to the AFROTC program. All cadets are expected to adhere to proper military standards (i.e. male/female grooming standards). It is highly

recommended that jewelry not be worn by any cadet to prevent loss, damage, or injury to you or other cadets.

V. TEXTBOOK AND REQUIRED MATERIALS

No textbooks are required; however, cadets must bring a water source to each PT class (i.e, water bottles, non-obtrusive hydration backpacks are acceptable). If they elect to bring a hydration backpack, it must meet AFI 36-2903 standards and may not be worn during callisthenic exercises to prevent damage to personal equipment. AFROTC is not liable for destruction of cadets' personal equipment. In addition to hydration all cadets must carry a notepad, writing utensil, extra black face mask, personal thermometer, and hand sanitizer with them to in-person PT sessions.

VI. CLASS BEHAVIOR

Class for Spring 2021 will take place in person Monday/Wednesday/Friday. Cadets are expected to comply with all required COVID-19 health and safety measures, to include mask wear when required. Cadets are to act professional and courteous to other cadets with use of proper military etiquette and bearing. Absolutely no profanity will be tolerated. A cadet who fails to control their emotions will be asked to leave the class and will not receive credit for attending that day. Repeat offenses may result in removal from the course and/or a failing grade.

VII. ATTENDANCE

ARIZONA STATE UNIVERSITY (ASU) ABSENCE POLICY

- Students should notify their instructor at the beginning of the semester about the need to be absent from class due to religious observances. Board of Regents policy prohibits discrimination against any student, employee, or other individual because of such individual's religious belief or practice, or any absence thereof.
- Students should inform their instructors early in the semester of required class absences due to University sanctioned events or medical purposes. Instructors should attempt to provide opportunities for equivalent work, either before or after the class absence.
- Cadets who test positive for or are exposed to COVID-19 will provide documentation to cadre and follow quarantine guidelines specified by the CDC. Cadets with a positive test are not expected to complete PT during their excusal although they may choose to if they do not have symptoms. Cadets without a positive test who are absent because of possible exposure will be expected to participate in virtual PT sessions during the appropriate date/time and notify their flight leadership for attendance tracking purposes.
- If a cadet is absent for any reason, they should notify Cadre through their chain of command as soon as possible. In order to have an absence excused a valid sick note must be obtained and passed through their chain NLT 72 hrs following their absence (i.e. a cadet who is sick on Monday must have sick note to present to their chain of command and cadre by Wednesday to have the absence marked "excused"). **All sick notes will be handled virtually and sent directly to Capt McClune and TSgt Zimmerman while notifying your appropriate chain of command .**

Cadets will receive a letter grade that correlates with their Physical Fitness Assessments (PFA) and attendance/participation. Class attendance/participations will make up 10% of the grade for this term. The flight commander is then responsible for updating the live attendance tracker by 1200 that day to ensure

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everyone receives credit. Failure to adhere to the attendance reporting procedures and timeline will result in disciplinary action. Attendance points will be given based on the percentage of sessions they attend. For example: if a cadet attends 38 of 44 scheduled PT sessions during term they will receive 86% for attendance. If a cadet falls below 80% attendance for PT, they will automatically receive a **failing** grade due to the 80% attendance rule. This rule includes only **unexcused absences**. Cadets must provide documentation requesting excusal from PT no later than 72 hours after the PT session they missed. Failure to submit documentation in that window will result in an unexcused absence.

VIII. GRADING

Evaluation of your performance is based on many aspects and factors which can be objectively measured. The following is the percentage breakdown in determining your course grade:

PFA 2 Score	40%	400
PFA 3 Score	50%	500
Attendance	<u>10%</u>	<u>100</u>
	100%	1000
Grade Example		
Cadet X attends 37/44 sessions and scores 87 on their PFA 1 and 92 on PFA 2		
PFA 2 Score	40%	87*(4) = 348
PFA 3 Score	50%	92*(5) = 460
Attendance	<u>10%</u>	<u>100*(37/44) = 84</u>
Final Grade	89%	892

Final course grades will be awarded as follows:

Grades:	A+ 97 – 100%	B+ 87 – 90%	C+ 77 – 80%
	A 94 - 97%	B 84 - 87%	C 70 – 77%
	A- 90 – 94%	B- 80 – 84%	D 60 - 70%
			E < 60%

Failure of this course will result in the removal of the cadet from the AFROTC program. Cadet may apply for re-entry, but the failed class will have to be re-accomplished for AFROTC credit.

The Det/CC must approve all “Incompletes” for AS classes and LLAB. “Incompletes” should be used for unusual or unavoidable circumstances, such as an extended illness. “Incompletes” must not be used for make-up of unsatisfactory or delinquent work, or as a sanction for cadets who do not return uniforms. An “Incomplete” must be resolved NLT the end of the following term or it will constitute a failure.

IX. PFA PERFORMANCE

All cadets identified as medically able to participate in PT will participate in the PFA. Cadets failing to pass the PFA will be counseled via WINGS. Due to COVID-19 restrictions the body composition portion will be removed from this terms PFA. Score in for the PFA will be based on the original USAF PFA scoring system. The run will account for a maximum of 60 point and be tiered based on time (utilizing the USAF PFA Scoring system). The push-up and sit-up portions will both utilize the AF point system metric. However, they will account for 40 total points rather than 20 because of the exclusion of the waist component. Example scoring is broken out below:

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A male cadet who runs a 10:35, does 55 push-ups and 49 sit-ups.

COMPONENT	SCORE	POINTS
Run	10:35	57.3
Push-ups	55	$8.8 * 2 = 17.6$
Sit-ups	49	$8.5 * 2 = 17$
	Total Score	91.9

Three PFA's will be administered this term PFA 1 (Baseline) will take place the last week of Jan, PFA 2 will take place the last week of Feb and PFA 3 will take place the first week of Apr. Please note only PFA's 2/3 will account for 40% and 50% of the total grade for the class (see grade breakout table). The first PFA of the term is a baseline and will not count towards your AES grade.

Note: The AFROTC Honor Code that cadets are upheld to is “**We will not lie, steal, or cheat, nor tolerate among us anyone who does.**”

X. SAFETY

Due to COVID-19 All cadets are required to have a mask for in-person PT. This includes transport to and from the PT area. Six-foot social distancing will be enforced when forming up and when performing exercises. Failure to adhere to these guidelines will result in disciplinary action.

All classes will start and end with dynamic or static stretching to prevent muscle injuries. Cadets must complete the 5-minute cool-down and stretching activities before leaving the instruction area. Cadets will **not** leave the instruction area for any reason without approval of the instructor and/or cadre; this includes going to the restroom or any area where an instructor does not have visual contact. All instructors are Cardiopulmonary Resuscitation qualified. Cadets who experience or who see other cadets experience any signs of physical distress should **immediately** report the condition to an instructor. Unsafe events, activities, or conditions will not be tolerated.

XI. THREATENING BEHAVIOR POLICY

All incidents and allegations of violent or threatening conduct by an ASU student (whether on or off campus) must be reported to the ASU Police Department (ASU PD) and the Office of the Dean of Students. If either office determines that the behavior poses or has posed a serious threat to personal safety or to the welfare of the campus, the student will not be permitted to return to campus or reside in any ASU residence hall until an appropriate threat assessment has been completed and, if necessary, conditions for return are imposed. ASU PD, the Office of the Dean of Students, and other appropriate offices will coordinate the assessment in light of the relevant circumstances.

XII. SCHEDULE

The primary meeting locations for this class will be Sun Angel Stadium, Physical Education West building, SDFC Field, and the Sun Angel Parking Structure. The start time will be at 0600 unless
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otherwise directed and will end at approximately 0700. It is the responsibility of each individual cadet to verify the location of each PT session on the cadet link. The schedule and/or location are subject to change due to unforeseen weather conditions or unexpected events. Be flexible, and ensure you check the cadet link or your email for changes. All observed holidays will be annotated on the cadet link.

XIII. DISABILITY ACCOMMODATION

If you need disability accommodations in this class, please see me as soon as possible. Information regarding disability is confidential and a reminder to students when requesting accommodation for a disability that they must be registered with the Disability Resource Center (DRC) and submit appropriate documentation from the DRC.

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MITCHELL J. MCCLUNE, Capt, USAF
Assistant Professor of Aerospace Studies

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Professor of Aerospace Studies

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