

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

AIR FORCE INSTRUCTION 36-2905

AFROTC Supplement

23 APRIL 2018

Personnel

FITNESS PROGRAM



COMPLIANCE WITH THIS PUBLICATION IS MANDATORY

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

SUMMARY OF CHANGES

This rewrite reflects changes made to AFROTCI 36-2011, *Cadet Operations*, and the rescinding of AFROTCI 36-2010. Additionally, this change reflects the updated Body Mass Index (BMI) standard.

2.25.12. (Added) Develops, publishes, implements, and maintains unit Physical Training (PT) program for cadets IAW AFI 36-2905, Attachments 2 and 3.

2.25.13. (Added) Determines the start and end date each term for the cadet PT program.

2.25.14. (Added) Ensures Fitness Assessments (FA) are conducted IAW AFI 36-2905.

2.25.15. (Added) Ensures all cadre members are Adult Cardio Pulmonary Resuscitation (CPR) qualified through the American Red Cross or other certified agency/program.

2.25.16. (Added) Ensures the cadet PT program is conducted on the host institution and/or crosstown institution to the maximum extent practical.

2.25.17. (Added) Ensures FA, Qualifying Fitness Review (QFR), BMI, and Body Fat (BF) assessments are conducted when required per this document and AFROTCI 36-2011.

2.25.18. (Added) Detachment Commander's Discretion.

2.25.18.1. (Added) Detachment Commanders may, on a case-by-case basis, approve make-up activities in lieu of attendance at scheduled PT.

2.25.18.2. (Added) Allow crosstown cadets to participate in a sister service's PT program or complete an individual workout regimen approved by the Detachment Commander or designated cadre member in-lieu of attendance at scheduled PT. Cadets are required to submit a weekly fitness report to the DO/OFC describing the type and duration of PT activities accomplished.

2.25.18.3. (Added) Detachment Commanders may excuse a cadet from participating in the unit's PT program, on a case-by-case basis, in unusual circumstances beyond the cadet's control (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) or virtual UPRG (vUPRG).

2.25.18.4. (Added) Detachment Commanders may excuse in-season intercollegiate athletes from PT attendance. However, these cadets must still meet FA testing requirements.

2.25.18.5. (Added) At Senior Military Colleges (SMC) with PT programs that 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.

2.32. (Added) AFROTC Cadet.

2.32.1. (Added) All cadets, regardless of AS year, must participate in the AFROTC cadet PT program unless released by the Detachment Commander.

2.32.2. (Added) AS 300, AS 400, and cadets in Field Training Preparation (FTP) LLAB should organize and lead PT activities whenever possible. However, cadre will be the primary supervisor of PT activities.

3.4.1.1. (Added) Detachments must complete the QFR IAW AFI 36-2905 paragraph 3.4.

3.4.1.2. (Added) Detachments may conduct the FA body composition components up to 3 calendar days prior to the aerobic and muscular fitness components. The FA aerobic and muscular fitness components must be completed within a 3-hour window on the same day.

8.4. (Added) AFROTC Cadet Physical Fitness Program.

8.4.1. (Added) Administrative Requirements.

8.4.1.1. (Added) Review AFI 36-2905 to ensure proper form for FA components.

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

8.4.1.3. (Added) Review AFI 36-2905 for FA scoring tables.

8.4.1.4. (Added) When required, conduct BMI on calibrated scales. These can include sister service ROTC scales and university/crosstown school athletic department scales. Cadre should strive to use the most recently calibrated scale whenever possible.

8.4.1.5. (Added) To pass the BMI, the cadet, regardless of age or gender, shall not exceed the maximum BMI of 25 kg/m². Refer to the BMI chart in AFI 36-2905, Attachment 13.

8.4.1.6. (Added) Detachments will input FA/QFR results and BF measurement data in WINGS.

8.4.1.7. (Added) Reference AFROTCI 36-2011 for actions to take when a cadet fails to meet FA/QFR standards. Cadets who receive an Unsatisfactory on their FA/QFR will be given 42 days before being required to conduct a new FA/QFR. Cadets who choose to retest during the 42-day period immediately following an Unsatisfactory FA/QFR must be counseled by the Detachment Commander that retesting during the 42-day period will count as an official FA/QFR and that the cadet is waiving the right to a 42-day grace period.

8.4.2. (Added) Briefing Requirements.

8.4.2.1. (Added) Brief new cadets and applicants on the goals and requirements of the AFROTC cadet PT program.

8.4.2.2. (Added) Before the first PT activity of the term, brief all cadets and applicants on hydration, heat stress disorders, the importance of monitoring one's physical condition, and promptly reporting injuries (including heat/cold related symptoms/concerns/injuries) to cadre.

8.4.3. (Added) Term Requirements. Detachments must conduct one FA prior to 31 December for the Fall semester and prior to 30 June for the Spring semester. A published FA schedule must be posted for cadet review at the beginning of each term.

8.4.4. (Added) Physical Exam.

8.4.4.1. (Added) Prior to beginning PT each term, all cadets must have a certified DoD physical (DODMERB/MEPS) or a sports physical (provided at their own expense) documented on an AFROTC Form 28, *Air Force ROTC Pre-Participatory Sports Physical*, from a certified medical authority and signed by a cadre member. If required, sport

physicals will be accomplished no earlier than 30 days before the beginning of each academic year and are valid for that academic year only.

8.4.4.2. (Added) Cadets awaiting the results of a medical appeal to a DoD physical must obtain a sports physical (provided at their own expense) documented on an AFROTC Form 28, *Air Force ROTC Pre-Participatory Sports Physical*, from a certified medical authority and signed by a cadre member prior to participating in PT. The sports physical must be completed after notification of the disqualifying condition. If the appeal is not resolved in the cadet's favor, the cadet will be placed in Participating Student status and will not participate in PT and will not complete the FA.

8.4.5. (Added) Cadets and applicants will complete the Fitness Screening Questionnaire (FSQ) found in AFI 36-2905, Attachment 4, prior to attempting the FA/QFR. Any response on the FSQ that directs the cadet to notify their UFPM without also stating they can complete the FA/QFR must be cleared by a certified medical authority (DoD or Civilian) prior to completing the FA/QFR. Any cadet who feels he/she is not physically or mentally able to take the FA/QFR must notify the on-site cadre prior to attempting the FA/QFR.

8.4.6. (Added) AF Form 4446, *Air Force Fitness Assessment Scorecard*.

8.4.6.1. (Added) Detachments will use the AF Form 4446 to record FA/QFR scores. For QFRs, a completed copy of the AF Form 4446 must be given to the cadet for in-processing on Active Duty.

8.4.6.2. (Added) File the completed AF Form 4446 in the cadet's UPRG or vUPRG.

8.4.7. (Added) Altitude Correction. Detachments that conduct the FA/QFR 5,250 feet or more above MSL will manually adjust the cadet's run times IAW AFI 36-2905, para 3.7.1.1. Record the adjusted time in WINGS.

8.4.8. (Added) Cadet Medical Care. A cadet who seeks medical care for an injury sustained during PT or the FA/QFR is responsible for the associated medical treatment costs. However, the cadet may be reimbursed or have the costs paid for by filing a claim with the Division of Federal Employees' Compensation at the Department of Labor (DoL) (not all claims are accepted/approved by DOL). In order to assist the cadet with filing this claim, cadre will be familiar with the cadet medical care guidance and Department of Labor (DoL) forms provided on the Holm Center's Civil Law intranet web site. Additionally, copies of forms that require the attending physician to sign will be on-site at the PT or FA/QFR event in case of an emergency.

8.4.9. (Added) Safety.

8.4.9.1. (Added) Cadre members will be familiar with the AF Form 978, *Supervisor Mishap Report*. Refer to HOLMCENTERI 91-101, *Holm Center Safety Program*, to determine if an AF Form 978 is required for a cadet mishap.

8.4.9.2. (Added) Ensure clean drinking water is available in sufficient quantities to allow participants to properly hydrate IAW AFI 48-151, *Thermal Injury Prevention Program*.

8.4.9.3. (Added) The Detachment Commander will determine what safety equipment and/or supplies are required. 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.

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Commander

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

AFI 48-151, *Thermal Injury Prevention Program*, 7 April 2016

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

AFROTCI 36-2011, *Cadet Operations*, 15 November 2017

Prescribed Forms

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

Adopted Forms

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

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

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

CA-20, *Attending Physician's Report*

OWCP-1500, *Health Insurance Claim Form*

AF Form 847, *Recommendation for Change of Publication*

AF Form 978, *Supervisor's Mishap Report*

AF Form 4446, *Air Force Fitness Assessment Scorecard*

Abbreviations and Acronyms

AFROTC—Air Force Reserve Officer Training Corps

AFROTCI—Air Force Reserve Officer Training Corps Instruction

AS—Aerospace Studies

BF—Body Fat

BMI—Body Mass Index

CPR—Cardio Pulmonary Resuscitation

DO—Operations Officer

DODMERB—Department of Defense Medical Examination Review Board

DoL—Department of Labor

FA—Fitness Assessment

FTP—Field Training Preparation

IAW—In Accordance With

LLAB—Leadership Laboratory

MEPS—Military Entrance Processing Station

MSL—Mean Sea Level

OFC—Operations Flight Commander

QFR—Qualifying Fitness Review

SMC—Senior Military College

UPRG—Unit Personnel Record Group

Terms

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

Attachment 6**1.5-MILE RUN AND 2.0-KILOMETER WALK COURSE REQUIREMENTS**

A6.2.16. (Added) Exercise Site and Running Course will be determined by the Detachment Commander IAW AFI 36-2905, Attachment 6. Detachments should work with university/college athletic departments to measure and verify distances.