

**AIR FORCE FITNESS TRAINING
KNH 1000**

INSTRUCTOR:	Capt Daniel Tebo	OFFICE HRS:	By appointment
OFFICE:	118 Millett Hall 3640 Colonel Glenn Hwy	E-MAIL:	daniel.tebo@wright.edu
PHONE:	Dayton OH 45435 937.775.2730		

COURSE DESCRIPTION:

Physical fitness is a reflection of the ability to do work with vigor and pleasure, without undue fatigue, with energy left over for enjoying hobbies and recreational activities. In the military, physical fitness is not just something we do; it is a way of life. This physical training course is designed to develop your individual potential and aid you in achieving physical and mental health. This physical training course is designed for students, "cadets", enrolled in the Air Force ROTC program. Enrollment in the Air Force class and Leadership Laboratory are required for enrollment in the Air Force Fitness Training course.

Primary Instructor: Capt Daniel Tebo
 118 Millett Hall
 Phone: 775-2730
 Email: Jeremiah.Stamp@wright.edu

Assistant Instructor: Lt Col Gary Denney
 118 Millett Hall
 Phone: 775-2730
 Email: Gary.Denney@wright.edu

ACADEMIC CREDIT:

One (1) semester hour per A/B course.

COGNITIVE COMPETENCY:

This course will concentrate on the components of physical fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition and principles of exercise.

The program will include stretching exercises each period. Each period will include both strength building and cardiovascular endurance exercises or activities. Supervision, direction and accountability of physical training will be conducted by the primary instructor, Capt Jeremiah Stamp Assistant Professor of Aerospace Studies or the alternate instructor Lt Col Gary Denney, Professor of Aerospace Studies. Please direct any questions, comments accordingly.

You will become familiar with the Air Force Physical Fitness Assessment (PFA) and have the opportunity to improve your leadership style, motivational techniques, and confidence.

Adequately prepare General Military Course and Professional Officer Course cadets to pass the Air Force PFA and for the physical rigors of the expeditionary environment encountered at Field Training and in the Air Force.

Screen and evaluate cadets for future potential as Air Force Officers.

Assist every cadet to obtain a passing score of 75% (Satisfactory) while encouraging all cadets to exceed the minimum standards and obtain an "Excellent" rating on the PFA (90% and above).

Enhance every cadet's fitness level and lifestyle.

ATTENDANCE COMPETENCY:

ATTENDANCE is mandatory. The course is designed for you to gradually improve your physical condition, endurance and performance on the PFA. Unexcused absences are the result of poor planning or lack of self-discipline and will result in a possible course failure. All students are required to attend at a minimum 80% of the class sessions. Enrollment in the Air Force class and Leadership Laboratory are required for enrollment in the Air Force Fitness Training course.

CELL PHONE POLICY:

Please turn off all cell phones during class. Phoning, texting, etc. will not be tolerated.

GRADING CRITERIA:

This is a pass/fail course. Your final grade is dependent upon your ability to attend at least 80% of the required classes and completion of the PFA. The PFA is a multi-component test which measures your upper body, core, and cardio proficiency levels and consists of a one minute timed event for both push-ups and sit-ups, a waist measurement, and a mile-and-a-half run.

ACCOMMODATION FOR DISABILITIES:

Students with a disability who may need accommodations to complete the requirements of the class must register with the Office of Disabilities Services, and arrange to meet with his or her professor during the first week of the class.

UNIFORM

Cadets are expected to wear the Air Force Physical Training uniform to the fitness course and in accordance with the requirements identified in Air Force Instruction (AFI) 36-2903 and the Air Force ROTC Supplement to AFI 36-2903. Any cadet not issued the Air Force Physical Training uniform may wear other gym appropriate attire as identified in the Cadet Wing guide.

TIME / LOCATION

Class hours are from 0630 (am) to 0730 (am) Tuesday and Thursday at the Nutter Center or other approved training location / time as identified in the weekly Operations / Fragmentation Order (OPORD / FRAGO).

SUMMARY OF REQUIREMENTS:

Attendance: 80%

Participation in weekly fitness activities

WEEK 1

Tue	Thur
80% lower body to improve aerobic and anaerobic endurance and 20% upper body	100% upper body and trunk muscular strength and endurance

WEEK 2

Tue	Thur
80% lower body to improve aerobic and anaerobic endurance and 20% upper body	100% upper body and trunk muscular strength and endurance

WEEK 3

Tue	Thur
80% lower body to improve aerobic and anaerobic endurance and 20% upper body	100% upper body and trunk muscular strength and endurance

WEEK 4

Tue	Thur
PFA Test	100% upper body and trunk muscular strength and endurance

WEEK 5

Tue	Thur
80% lower body to improve aerobic and anaerobic endurance and 20% upper body	100% upper body and trunk muscular strength and endurance

WEEK 6

Tue	Thur
80% lower body to improve aerobic and anaerobic endurance and 20% upper body	100% upper body and trunk muscular strength and endurance

WEEK 7

Tue	Thur
80% lower body to improve aerobic and anaerobic endurance and 20% upper body	PFA Test