

**ARMY FITNESS TRAINING**  
**KNH 1040 A/B**

**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 pursuing to be Cadets but open to all eligible students.

**Primary Instructor:** MSG Travis Johnson  
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**Assistant Instructor:** SFC Joseph Cogburn  
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**Number of Lessons:** (20) Exercise sections per A/B course

**Academic Credit:** 1 Semester Hours per A/B course

**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.

**COURSE OBJECTIVES**

- a. This course will concentrate on the components of physical fitness: cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition and principles of exercise.
- b. 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, MSG Jose R. Monegro, Senior Military Instructor. Please direct any questions, comments accordingly.
- c. You will become familiar with the Army's Physical Fitness Test (APFT) and have the opportunity to improve your leadership style, motivational techniques, and confidence.
- d. Test each person's ability to deal with and adapt to a physically stressful event.

e. Adequately prepare students and Cadets to pass the Army's Physical Fitness Test (APFT) and to adequately prepare Cadets for the physical rigors of Field Training Exercises and the Leadership Development and Assessment Course (LDAC).

f. Screen and evaluate basic course cadets for future potential as Army Officers.

g. Assist every student or cadet in achieving the APFT goals.

Freshman/ Non-cadet GOAL = 210

Sophomore / Secondary GOAL = 225

Junior GOAL = 265 (LDAC participants 270)

Senior GOAL = 270

e. Enhance everyone's fitness level and lifestyle. Provide nutrition counseling for those who request it or are in need

### GRADING CRITERIA

a. FINAL GRADE: This is a pass or fail course. Your final grade will be based on your attendance, participation and your Army Physical Fitness Test (APFT) improvements.

1). ATTENDANCE is mandatory. The course is designed for you to gradually improve your physical condition, endurance and performance on the APFT. 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 and participate in 80% of the class sessions. In addition, students (cadets) must complete other course requirements (skill evaluation, Combat Water Survivor Training (CWST), midterm and final examinations. Students who are not cadets have the option to participate in these additional skills.

There will be **no make-up sessions** for unexcused absences. In addition, any student who misses 5 physically active days per A/B section will be asked to withdraw from the course or failed if the absences occur after the drop deadline. There will be accountability formation at the beginning of each class period. Emergency or officially excused absences will be considered only when students have provided a written statement of absence (e.g. doctor's excuse, etc.).

2). PARTICIPATION / ATTITUDE merely "showing up" for class is not enough. You must put earnest effort into the workouts (motivation is the key). This is the only way you will improve your physical condition.

3). THE ARMY PHYSICAL FITNESS TEST (APFT) This test will measure your improvement over the course of the semester. Everyone will be graded by the Army standard. The APFT is the standard three-event test: push-ups, sit-ups, and two mile run. Each participant in Army Fitness Training is expected to achieve at least the minimum passing score on the APFT, which is 60 points per event. So as not to unfairly disadvantage cadets/non-cadets, different APFT evaluation criteria will be utilized for those two groups.

a) Non-cadets: An initial diagnostic APFT test will be administered on Sept 17<sup>th</sup> for Section A, and Oct 17<sup>th</sup> for Section B. This will establish a baseline for gauging and grading your subsequent improvement on the final APFT. There will be two tests given during each A/B section in a semester. Your final PT test will be administered Oct 10<sup>th</sup> for Section A and Nov 14<sup>th</sup> to Section B. Those with excused absences will have ten calendar days to make-up the test. After ten days, the student will receive a "0" for the test. It is the student's responsibility to schedule a make-up test: the Cadre will not "track down" students to remind them to make-up the test.

b) Cadets: All cadets will be required to pass the record APFT to receive any points for the event. Failure to achieve a passing score will result in "0" points for the event. In addition, cadets will be required to take and pass all diagnostic APFT's to receive full credit for the event. Failure to attend a diagnostic APFT will result in a "0" for that event and will be assessed during final grading.

### **UNIFORM**

a. Non-cadet: Uniform should be comfortable in good taste and provide warmth for early morning outdoor exercise and running. On very cold mornings, knit caps and gloves are recommended. Nylon type running shoes with multi-layered flexible soles, adequate arch and heel support are recommended and will be the most comfortable for running.

b. Cadet: Uniform will be the Army Physical Fitness uniform. Army sweats, knit cap, and gloves will be used during cold weather training. See the cadet chain of command for uniform policy, changes and updates.

### **TIME / LOCATION**

Class hours are from 630am to 730 am Monday, Wednesday and Friday. It is at the instructor's discretion whether the exercises will be inside or outside. Formation will be inside the Nutter Center's Gym, unless otherwise noted.

### **REFERENCES**

Army Physical Fitness Readiness Training, TC 3-22.20, dated March 2010, Army Regulation 600-9, The Army Weight Control Program, dated 10 June 87, and Army Regulation 40-501 Standards of Medical Fitness dated 12 April 04.

### **ACTIVITIES**

#### **WEEK 1**

| <b>Mon</b>  | <b>Wed</b>   | <b>Fri</b>  |
|---|--|---|
| <b>80% lower body to improve aerobic and anaerobic endurance and 20% upper body</b> | <b>100% upper body and trunk muscular strength and endurance</b> | <b>100% lower body to improve aerobic and anaerobic endurance</b> |

**WEEK 2**

| <b>Mon</b>                             | <b>Wed</b>  | <b>Fri</b>   |
|--|---|--|
| Labor Day Holiday<br>University closed | 100% upper body and trunk muscular strength and endurance | 100% lower body to improve aerobic and anaerobic endurance |

**WEEK 3**

| <b>Mon</b>   | <b>Wed</b>  | <b>Fri</b>   |
|--|---|--|
| 80% lower body to improve aerobic and anaerobic endurance and 20% upper body | 100% upper body and trunk muscular strength and endurance | 100% lower body to improve aerobic and anaerobic endurance |

**WEEK 4**

| <b>Mon</b>           | <b>Wed</b>  | <b>Fri</b>  |
|----------------------|---|---|
| Diagnostic APFT Test | 100% upper body and trunk muscular strength and endurance | Combat Water Survivor Training (Optional for non Cadet) |

**WEEK 5**

| <b>Mon</b>   | <b>Wed</b>  | <b>Fri</b>   |
|--|---|--|
| 80% lower body to improve aerobic and anaerobic endurance and 20% upper body | 100% upper body and trunk muscular strength and endurance | 100% lower body to improve aerobic and anaerobic endurance |

**WEEK 6**

| <b>Mon</b>   | <b>Wed</b>  | <b>Fri</b>   |
|--|---|--|
| 80% lower body to improve aerobic and anaerobic endurance and 20% upper body | 100% upper body and trunk muscular strength and endurance | 100% lower body to improve aerobic and anaerobic endurance |

**WEEK 7**

| <b>Mon</b>   | <b>Wed</b> | <b>Fri</b>   |
|--|------------|--------------|
| 80% lower body to improve aerobic and anaerobic endurance and 20% upper body | Final APFT | APFT Make Up |