



ETOWAH HIGH SCHOOL JROTC UNIT GA-958

OPERATING INSTRUCTION 958-05

01 December 2021

Physical Training

This regulation prescribes the roles and responsibilities, processes and procedures of the physical training function in GA-958. The Corps Commander has the overall responsibility for compliance with the procedures outlined in this regulation. This regulation is applicable only to GA-958.

SUMMARY OF CHANGES.

This is the first issue of Operating Instruction 958-05 (OI 958-05).

1. OVERVIEW.

1.1. This OI outlines guidance for GA-958 physical training officer, flight physical training leaders, and cadet corps staff associated with the physical training function of the corps. Responsibilities include, but are not limited to, the management of the cadet physical fitness system and administration of the physical fitness tests.

2. ROLES AND RESPONSIBILITIES.

2.1. The physical training officer-in-charge (PT OIC) has the primary responsibility for the physical training program of the corps with the help of a physical training non-commissioned officer (PTNCO). It is possible that the PT OIC will have physical training leaders (PTLs) subordinate to him/her. As the corps PT OIC, this individual will create, and execute the PFT events. This includes the creation of cadet physical training profiles, the weekly physical training program for the corps, and overseeing the day-to-day management of PT with an eye toward ensuring all cadets live a well-balanced life with health and wellness at its core. The PT OIC acts on behalf of the Corps Commander as the chief physical training officer for the corps and certifies the overall health of the corps on a weekly basis.

2.2. At the discretion of the Corps Commander, the PT OIC can delegate authority running the flight-level PT program to the PTNCO, PTLs of each flight, but the PT OIC maintains the necessary oversight to ensure that all delegated tasks and events are executed successfully. No individuals, beside the PT OIC, NCO may revise, edit, or amend, the monthly PT plans, including but not limited to, Fun PT, PT Tests and dates, and the weekly schedule for flight PT.

2.3. In support of corps goal #3 which states, “90 percent of cadets are capable of meeting Citadel standards (basic cadet), [and] cadet officers aspire to have 100 percent be able to successfully meet Citadel PT standards (cadre cadet),” the fitness program will be rigorous enough to assist the members of the corps in their journey to meet this desired end state. Citadel standards were selected for corps purposes as it serves as the measuring stick by which cadets can become commissioned as officers in the cadet corps. They are as follows.

2.3.1. Basic males can run a mile in under 9 minutes, can perform 30 push-ups in a minute, and can perform 30 sit-ups in a minute.

2.3.2. Basic females can run a mile in under 11 minutes, can perform 15 push-ups in a minute, and can perform 30 sit-ups in a minute.

2.3.3. Cadre males can run a mile in under 8 minutes, can perform 35 push-ups in a minute, and can perform 40 sit-ups in a minute.

2.3.4. Cadre females can run a mile in under 10 minutes, can perform 20 push-ups in a minute, and can perform 40 sit-ups in a minute.

3. WAIVERS.

3.1. The Corps Commander, in consultation with the Senior Aerospace Science Instructor (SASI) or the Aerospace Science Instructor (ASI) is the waiver authority for this OI. Waiver requests are made in writing through the chain of command to the Corps Commander for resolution.

4. SUPPLEMENTS.

4.1. Supplements pertaining to this OI shall not be issued below the squadron level and must be approved by the Corps Commander.

5. SPARTAN FLIGHT

5.1. Each flight PTLs will have everybody in that specific flight participate in a 5–10 minute workout at the end of class. The workout consists of either push-ups, sit-ups, or pull-ups. Every week on Thursday they will complete one of these workouts. Each workout will change every week. Ex. One week they do push-ups on Thursday, the next Thursday they will do sit-ups, then the next Thursday they will do pull-ups. Every student will participate and as a flight try to accumulate as much of that workout for that Thursday as possible.

5.2. The flight that accumulates the greatest number of push-ups, sit-ups, and pull-ups that month will earn the name of warrior flight for that month along with 5 points added to any of their PT grades of their choice. After all the numbers are accumulated for each month until the end of the year the flight with the greatest number of points (Largest number of all the workouts) will be chosen to be known as the Spartan Flight. This flight will have earned a certificate and 10 points to any PFT event of their choice, pending SASI's approval.

6. PHYSICAL FITNESS TESTS.

6.1. Physical fitness tests (PFTs) constitute around 15 percent of a cadet's grade each semester. Ten percent of that 15 percent will be the final PFT offered at the end of the academic semester. Two other PFTs will be administered during the semester and will count for 2.5 percentage points for each.

6.1.1. The end of semester PFT will consist of a set of push-ups, a set of sit-ups, and a one-mile run.

6.1.2. The two mid-semester PFTs will be modeled after the Air Force PFT. This is to say that it will include a set of push-ups, a set of sit-ups, and a one-mile run. The intent of the two mid-semester PFTs is to see how the cadets measure up to true Air Force standards.

6.1.3. Scoring sheets for both boys and girls can be found on the GA-958 website, <https://etowahga958.weebly.com/physical-fitness.html>. These scoring sheets are modified from Air Force standards.

6.2. In addition to the PFTs mentioned in para 6.1, GA-958 will also conduct Physical Fitness Tests during the first 45 days and the last 30 days of the school year. Although these tests are not tied to a cadet's grade, high achievement in these tests could earn cadets' ribbons and devices for their ribbons. Results will be entered into WINGS so mass assessments can be conducted.

6.3. When a PFT is being conducted, the PT OIC and the PTLs will assist the SASI and/or ASI in the administration of this test; however, both the PT OIC and the PTLs must also perform the test for a grade.

6.4. The PT OIC will be responsible for reporting all PFT and Presidential Fitness Test results to the Corps Commander within 48 hours of administering these tests.

Simon Veatch PT OIC
Cadet Second Lieutenant,
GA-958