StAc 143R

Instructor: Major Matt Davis  
Office: Wells ROTC Bldg. 380G  
Phone: (801) 422-9779  
PT Officer: Cadet Jonathan Daniel  
Location: Smith Field House West Annex  
Time: Tues & Thurs 0600-0650

Course Prerequisites:
1. You are required to complete a Fitness Screening Questionnaire on the first day of the class. You cannot legally begin PT classes (StAc 143R) without completing this questionnaire. You are required to turn it in to the PT Officer.
2. You must have an approved sports physical or qualified DODMERB physical in your records. You cannot legally begin PT without this form on file in your records.
3. You are required to complete a Physical Fitness Assessment (PFA) every semester. The PFD will occur early in the semester to give you an idea of your fitness status with regard to passing the PFA. The PFA is your official test.

Course Outline:
This course is designed to educate and assist you in establishing a regular fitness program that will remain with you throughout your Air Force career and the rest of your life. You will learn how to stay healthy through a proper exercise program. By being healthy, there will be improvements in other parts of your life. Some of the immediate results will be an increased Physical Fitness Assessment score and a physically fit body.

During the course, every cadet will be given the opportunity to successfully pass the PFA. The course will focus on helping you achieve the maximum results on your PFA by providing a specific workout regime. See the class schedule below.

Learning Outcomes:
1. Provide Air Force ROTC cadets with the knowledge, ability, motivation and experience to establish and maintain Air Force fitness standards throughout an active duty Air Force career.
2. Attain familiarity with Air Force exercises and group physical training protocol. All cadets will be given the opportunity and required to lead a group of cadets through a training session to prove familiarity, with a cadre member observing for accuracy.
3. Learn exercises and techniques to get an “Excellent” rating (< 90 Points) on the Air Force Physical Fitness Assessment.
4. Generate Esprit de Corps, teamwork, and a positive attitude toward maintaining a fit lifestyle.

Grading:
This course is pass/fail. To pass the course you must maintain 80% attendance AND pass the PFA with 75 points on the Air Force Physical Fitness Assessment Chart for your age group.

Cadets are expected to be punctual and attend all scheduled classes. Cadets are responsible to make sure their attendance is correct before the end of each month. Attendance is required even after you pass the PFA. Any foreseen absences must be coordinated with the instructor via email or official memorandum. If this is not possible, cadets must
contact the instructor within 24 hours of the absence. **THERE WILL BE LIMITED MAKE UP SESSIONS OFFERED!**

AFROTC requires **80% attendance to pass this course.** There are **26** scheduled sessions. **This means that you can miss PT 5 times** which equates to 81%. On the 6th absence, you will fail the course – 76%. **Per Air Force ROTC instructions (regulations), failing PT due to <80% attendance also causes you to fail Leadership Lab** and will have significant consequences on your commissioning status, equating to a Conditional Event for contracted cadets. This attendance policy applies to cadets enrolled in StAc 143R as well as cadets who are not officially enrolled. Cadets who are not enrolled in StAc 143R will count PT as part of their Leadership Lab grade.

Required Materials:
1. Air Force ROTC PT clothing.
2. Good running/gym shoes.
3. Optional: hat and gloves for cold mornings (we may run outside)

**Military Etiquette:** Cadre will be observing you throughout the semester for leadership, appearance, mutual respect, and attitude. Strict compliance with AFI 36-2903 (Dress and Personal Appearance of Air Force Personnel) is mandatory. Military customs and courtesies will be observed. Food and drink may not be consumed in the PT areas without custodial permission.

**University Policies**

*BYU Honor Code*

In keeping with the principles of the BYU Honor Code, students are expected to be honest in all of their academic work. Academic honesty means, most fundamentally, that any work you present as your own must in fact be your own work and not that of another. Violations of this principle may result in a failing grade in the course and additional disciplinary action by the university. Students are also expected to adhere to the Dress and Grooming Standards. Adherence demonstrates respect for yourself and others and ensures an effective learning and working environment. It is the university's expectation, and my own expectation in class, that each student will abide by all Honor Code standards. Please call the Honor Code Office at 422-2847 if you have questions about those standards.

*Preventing Sexual Discrimination and Harassment*

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. Title IX covers discrimination in programs, admissions, activities, and student-to-student sexual harassment. BYU’s policy against sexual harassment extends not only to employees of the university, but to students as well. If you encounter unlawful sexual harassment or gender-based discrimination, please talk to your professor; contact the Equal Employment Office at 422-5895 or 367-5689 (24-hours); or contact the Honor Code Office at 422-2847.

*Students with Disabilities*

Brigham Young University is committed to providing a working and learning atmosphere that reasonably accommodates qualified persons with disabilities. If you have any disability which may impair your ability to complete this course successfully, please contact the Services for Students with Disabilities Office (422-2767). Reasonable academic accommodations are reviewed for all students who have qualified, documented disabilities. Services are coordinated with the student and instructor by the SSD Office. If you need assistance or if you feel you have been unlawfully discriminated against on the basis of disability, you may seek resolution through established grievance policy and procedures by contacting the Equal Employment Office at 422-5895, D-285 ASB.

**Note:** I reserve the right to make changes or adjustments along the way--so be alert. Please do not hesitate to call or visit with me.

//signed//
MATTHEW S. DAVIS, Maj, USAF
Commandant of Cadets
*All contracted cadets must pass the PFA by the end of the semester. All other cadets must attempt the official PFA. Secondary activities (basketball, soccer, etc.) are for those who have taken/passed PFA.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Lesson</th>
<th>Remarks</th>
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<tbody>
<tr>
<td>31 Aug 10 / 2 Sep 10</td>
<td>Introduction &amp; Paperwork PT Sessions 1/2</td>
<td>Can’t start PT sessions until Sports Physicals and PT Questionnaires are turned in (new cadets only)</td>
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<tr>
<td>7 / 9 Sep 10</td>
<td>PT Sessions 3/4 PFDs</td>
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<tr>
<td>14 / 16 Sep 10</td>
<td>PT Sessions 5/6 Last PFDs</td>
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<td>21 / 23 Sep 10</td>
<td>PT Sessions 7/8</td>
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<tr>
<td>28 / 30 Sep 10</td>
<td>PT Sessions 9/10 PFAs</td>
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<td>5 / 7 Oct 10</td>
<td>PT Sessions 11/12 PFAs</td>
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<td>12 / 14 Oct 10</td>
<td>PT Session 13 Last PFAs</td>
<td>UVU Break 14, 15 Oct (No PT or class on 14 Oct)</td>
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<td>19 / 21 Oct 10</td>
<td>PT Sessions 14/15</td>
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<tr>
<td>26 / 28 Oct 10</td>
<td>PT Sessions 16/17</td>
<td>Last date for first attempt at PFA</td>
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<td>2 / 4 Nov 10</td>
<td>PT Sessions 18/19</td>
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<td>9 / 11 Nov 10</td>
<td>PT Session 20</td>
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<td>16 / 18 Nov 10</td>
<td>PT Sessions 21/22</td>
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<tr>
<td>23 / 25 Nov 10</td>
<td>Friday Instruction / Thanksgiving Break</td>
<td>No PT this week</td>
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<tr>
<td>30 Nov / 2 Dec 09</td>
<td>PT Sessions 23/24 PFA Retakes</td>
<td>Any cadet may retake the PFA though latest scores will be used vice best scores.</td>
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<tr>
<td>7 / 9 Dec 10</td>
<td>PT Sessions 25/26 Final PFA Retests</td>
<td>Last date for final attempt at PFA</td>
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