

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

**AIR FORCE INSTRUCTION 36-2905**

**AFROTC Supplement**

**22 APRIL 2016**

**Personnel**

**FITNESS PROGRAM**



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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 outlines BMI rebaselining to AFRSI 36-2001, *Recruiting Procedures for the Air Force*, BMI standards. It fully incorporates AFROTCGMs 1 and 2 from the 30 October 2014 version.

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

2.25.12.1. (Added) Determines the start and end date each term for the cadet PT program. A minimum of 2 PT sessions will be offered each week. The Detachment Commander may authorize additional sessions each week.

2.25.13. (Added) Motivates cadets to increase and maintain their cardiorespiratory fitness, muscular strength, endurance and flexibility.

2.25.14. (Added) Administers a training program that allows cadets to meet or surpass minimum performance standards on the Physical Fitness Assessment (FA) and commissioning Qualifying Fitness Review (QFR).

2.25.15. (Added) Ensures a cadre member is present to supervise all cadet PT activities.

2.25.15.1. (Added) Cadre members may participate in any FA with cadets if they desire to do so. If the cadre member is counting their involvement in the FA as their official FA, the Detachment Commander is responsible for ensuring the FA is conducted IAW AFI 36-2905.

2.25.15.2. (Added) All cadre members must be Adult Cardio Pulmonary Resuscitation (CPR) qualified IAW Air Force standards through the American Red Cross or other certified agency/program.

2.25.15.3. (Added) Cadre will review operations orders for all cadet PT activities to ensure safety.

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

2.25.17. (Added) Refer to AFROTCI 36-2011, *Cadet Operations*, for required cadet personnel actions for cadets failing the FA/QFR.

2.25.18. (Added) Detachment Commander's Discretion.

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

2.25.18.2. (Added) Cross-town cadets may be directed to perform individual PT. In these circumstances, the goals of the PT program may still be met via: (a) enrollment in an appropriate physical education or kinesiology course, (b) participation in a sister service's PT program at a cross-town location, or (c) an individual workout regimen approved by the Detachment Commander or designated representative, such as the Operations Officer/Operations Flight Commander (DO/OFC). 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) On a case-by-case basis in unusual circumstances beyond the cadet's control, the Detachment Commander may temporarily suspend the requirement for a cadet to participate in the unit's mandatory PT program (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).

2.25.18.3.1. (Added) Any cadet, contract or non-contract, authorized to miss group PT sessions must still meet AFROTC physical fitness standards during the term.

2.25.18.4. (Added) Commanders may excuse in-season intercollegiate athletes from attendance provided they pass the FA each semester.

2.25.18.5. (Added) At Senior Military Colleges (SMC) with PT programs which meet or 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 Detachment Commander approved, cadre supervised PT activities each term until released by the Detachment Commander.

2.32.2. (Added) All cadets will attend 80% of scheduled PT sessions throughout the term (Example: 14 weeks of PT per term allows for 28 PT events. To meet the 80% rule, cadets must attend 23 events). Failure to attend 80% of mandatory PT events will result in failure of LLAB.

2.32.3. (Added) Cadet Leadership Responsibilities. Cadets in Field Training Preparation (FTP) LLAB, and AS 300 and AS 400 cadets, under the supervision of qualified cadre, should organize and lead PT activities whenever possible. Cadets will not be the primary supervisor of PT activities.

7.1.5. (Added) AFROTC Cadets. Body Mass Index (BMI) and body fat determinations (if exceeding BMI) remain part of accession physical standards and are used as entry criteria for AFROTC; refer to AFRSI 36-2001, *Recruiting Procedures for the Air Force*. If over BMI, conduct body fat measurement IAW DODI 1308.3, *DOD Physical Fitness and Body Fat Programs Procedures*. If under BMI minimums established in AFRSI 36-2001, see AFROTCI 36-2011. In alignment with DoD, USAFA and AFRS standards, the maximum body fat standard is 20% for males and 28% for females. Conduct BMI/BF checks on cadets:

7.1.5.1. (Added) As part of their FA and QFR

[**Note 1:** The BMI/BF portion of the FA will also be conducted on those cadets who are medically/physically exempt from the physical portion of the FA, ex. MRS cadets.]

[**Note 2:** This includes the FA at FT.];

7.1.5.2. (Added) Within 15 days of contracting;

7.1.5.3. (Added) When Detachment Commander-directed due to professional appearance concerns.

7.1.6. (Added) Conduct BMI on calibrated scales. These can include, among others, sister service ROTC scales and university/cross town school athletic department scales. Cadre should strive to use the most recently calibrated scale whenever possible.

7.1.7. (Added) Detachments will update BMI in WINGS.

7.1.8. (Added) For cadets who fail to meet standards, reference AFROTCI 36-2011. Cadets who fail both BMI and BF will be given 42 days before another BMI/BF check is conducted. The only exception on the 42 day grace period is the QFR. Follow the guidelines in AFROTCI 36-2011 regarding the timeline for a QFR retake. Do not contract a cadet, nor send a cadet to FT on a failed BMI/BF check as this constitutes a failed FA.

**8.4. (Added) AFROTC Cadet Physical Fitness Program.** PT is mandatory Professional Military Training (PMT). PT objectives and attendance are part of LLAB grading. PT includes:

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) IAW AFI 36-2905, paragraph 3.4.1., ensure all components of the FA/QFR are completed within a 3-hour window on the same day. If extenuating circumstances occur, e.g., rapidly changing or severe weather conditions, emergencies, travel time needed to complete other components at alternate locations, etc., all components must be completed at the earliest opportunity but within 5 duty days.

8.4.1.5. (Added) Cadets and applicants may be allowed up to 30 days from the start of the term to obtain required medical clearance, complete the AF Fitness Screening Questionnaire (as required) and receive the safety briefing. PT is authorized as early as term start for cadets who meet all participation requirements.

8.4.2. (Added) Briefing Requirements.

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

8.4.2.2. (Added) At the beginning of each term, and before the first PT activity of the term, brief all the cadets and applicants on hydration, heat stress disorders, the importance of monitoring one's physical condition and promptly reporting problems to cadre. Use AFI 48-151, *Thermal Injury Prevention Program*, which can be obtained electronically on the Air Force E-Publishing website.

8.4.3. (Added) Term Requirements.

8.4.3.1. (Added) Detachments must conduct one FA prior to 31 December for the Fall semester and prior to 30 June for the Spring semester. Additionally each cadet must take the commissioning QFR no earlier than 30 days prior to commissioning. A published FA

schedule must be posted for cadet review at the beginning of each term. See Table 8.1 for term requirements.

**Table 8.1. (Added) Term Requirements.**

<b>Cadets must complete the following before the end of the term:</b>	<b>Term FA</b>	<b>Commissioning QFR</b>
All cadets (Spring and Fall)	<b>X</b>	
Cadets scheduled to commission (either term)	<b>X</b>	<b>X</b>

#### 8.4.4. (Added) Physical Exam.

8.4.4.1. (Added) Prior to beginning PT each term, verify that all cadets have a certified DoD physical (DODMERB/MEPS) or a Pre-Participatory Sports Physical (provided at their own expense) from a certified medical authority, showing medical clearance to participate in AFROTC PT. The AFROTC Form 28, *Air Force ROTC Pre- Participatory Sports Physical*, will be used to document the Pre-Participatory Sports Physical.

8.4.4.2. (Added) Cadets awaiting the results of a medical appeal to a DoD physical may participate in PT with specific certified medical authority approval. If the appeal is not resolved in the cadet's favor, the cadet will be placed in Special Student status and removed from participating in PT. A Pre-Participatory Sports Physical does not override a disqualified DoD physical even if the Sports Physical was accomplished after the DoD physical.

#### 8.4.5. (Added) AF Fitness Screening Questionnaire.

8.4.5.1. (Added) Use the AF Fitness Screening Questionnaire (see AFI 36-2905) for all cadets and applicants. The AF Fitness Screening Questionnaire is used by detachments to have cadets self-identify their current physical status. Cadets and applicants will complete the AF Fitness Screening Questionnaire prior to the first PT activity of each term and before each FA/QFR. Any "yes" response on the AF Fitness Screening Questionnaire automatically suspends the cadet from participating in AFROTC sponsored activities until cleared by certified medical authority (DoD or Civilian).

#### 8.4.6. (Added) AFROTC Form 30, *AFROTC Physical Fitness Assessment Score Sheet*, versus use of the AF Form 4446, *Air Force Fitness Assessment Scorecard*.

8.4.6.1. (Added) Detachments may use either form for cadet FAs except for the QFR which must be recorded on the AF Form 4446 and a copy given to the cadet for their future in-processing on Active Duty.

8.4.6.2. (Added) Any cadet who feels he/she is not physically or mentally able to take the FA/QFR must notify the on-site cadre. Cadets who do not sign the AFROTC Form 30 in advance will not take the FA/QFR.

8.4.6.3. (Added) Cadets will perform the FA/QFR while the spotter records their repetitions and run time. FA score charts from AFI 36-2905 will be used to convert the

composite score. The final score will be calculated and the participant and spotter will sign the bottom of the form after the FA/QFR is completed and results are scored. Once completed, file the form in the cadet's UPRG and record all official FAs/QFRs in WINGS.

8.4.7. (Added) Altitude Correction. Detachments that conduct the FA above 5250ft will reference AFI 36-2905 for altitude adjustment and before entering the scores in WINGS, detachments will manually adjust the cadet's run times IAW AFI 36-2905.

8.4.8. (Added) Cadet Medical Care.

8.4.8.1. (Added) All cadre will be familiar with current cadet medical care guidance. Cadet medical care guidance applies to any cadet injured while participating in any AFROTC sponsored cadet PT program, to include cross-town cadets engaged in any pre-coordinated and approved individual fitness routine. Coverage only applies to injuries the Detachment Commander assigned an "in the line of duty" determination on appropriate DoL documentation.

8.4.8.2. (Added) HQ Holm Center/JA is the point of contact for Department of Labor issues. HQ AETC/SG is the point of contact for cadet medical care issues.

8.4.8.3. (Added) Ensure all cadre members are familiar with applicable Department of Labor (DoL) 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*; and OWCP-1500, *Health Insurance Claim Form*. Forms CA-1, CA-2, CA-20 and OWCP-1500 may be obtained at the DoL website: <http://webapps.dol.gov/libraryforms/>.

8.4.9. (Added) Safety.

8.4.9.1. (Added) Cadre members should be familiar with the AF Form 978, *Supervisor's 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.

8.4.9.3. (Added) Required safety equipment will be decided at the Detachment Commander's discretion. 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.

SHERRY L. STEARNS-BOLES, Col, USAF  
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**Attachment 1**

**GLOSSARY OF REFERENCES AND SUPPORTING INFORMATION**

***References***

**DODI 1308.3**, *DOD Physical Fitness and Body Fat Programs Procedures*, 5 November 2002

**AFI 48-151**, *Thermal Injury Prevention Program*, 16 April 2016

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

**AFROTCI 36-2010**, *Cadet Training Programs*, 15 July 2010

**AFROTCI 36-2011**, *Cadet Operations*, 1 July 2015

**AFRSI 36-2001**, *Recruiting Procedures for the Air Force*, 1 August 2012

***Prescribed Forms***

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

**AFROTC Form 30**, *AFROTC Physical Fitness Assessment Score Sheet*

***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

**BMI**—Body Mass Index

**CE**—Conditional Event

**CPR**—Cardio Pulmonary Resuscitation

**DO**—Operations Officer

**DODMERB**—Department of Defense Medical Examination Review Board

**DoL**—Department of Labor

**FA**—Physical Fitness Assessment

**FTP**—Field Training Preparation

**IAW**—In Accordance With

**LLAB**—Leadership Laboratory

**MEPS**—Military Entrance Processing Station

**OFC**—Operations Flight Commander

**PMT**—Professional Military Training

**QFR**—Qualifying Fitness Review

**SMC**—Senior Military College

**UPRG**—Unit Personnel Record Group

***Terms***

**Qualified Cadre**—An AFROTC detachment cadre member who has completed all training requirements necessary to observe and respond to emergency situations during AFROTC sponsored PT activities.

**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.