

UNITED STATES
MILITARY ACADEMY

WEST POINT, NEW YORK

**PHYSICAL PROGRAM
(WHITEBOOK)**

AY 02 - 03

COURSE DESCRIPTIONS
OFFICE OF THE COMMANDANT OF CADETS



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FORWARD – *Physical Program (Whitebook)*

Physical development provides leaders with physical skills, self-confidence, the warrior spirit, respect for fair play, and a commitment to maintain their own physical fitness and that of their soldiers. Physical development encompasses both physical education and competitive athletic programs. Emphasis is on the physical and mental aspects of fitness, teamwork, perseverance, and the will to win. Recognition that fitness is a lifelong pursuit is fundamental to physical development and "officership."

Cadets are challenged to achieve high standards of physical strength, agility, speed, and endurance to meet the physical demands encountered in military service. They achieve these results through participation in a comprehensive program of formal education, involvement in competitive sports, and constant evaluation. Formal education includes instruction and practice of skills in Combatives, Aquatics, and Movement. Additionally, cadets pursue the Master Fitness Trainer (MFT) skill identifier by successful completion of Wellness, Personal Fitness and Unit Fitness. Cadets must also participate in individual or team sports. Evaluations are frequent, standards are high, and testing is emotionally charged and physically demanding. Every cadet is an athlete, participating at the highest level of physical ability in intercollegiate, club, or intramural competition.

Sports competition contributes to cadets' ethical growth, providing opportunities to practice adherence to sound values – due regard for both rules and one's opponent, fair play, selflessness, and sportsmanship – underlying conditions having powerful resemblance to combat.

The physical development process takes into account the psychological, motivational, and emotional aspects of total fitness. Cadets increase their self-esteem and self-confidence, determination, will to win, courage to take risks, and ability to think and act purposefully under physical and mental stress. They thrive on competitive, highly demanding physical activities, while acquiring the knowledge of personal health necessary to meeting the demands of their profession.

Because Army officers are required to maintain the highest standards of physical readiness, individual responsibility for physical fitness is essential. Cadets must independently engage in frequent and rigorous conditioning activities in order to succeed in the USMA physical development program. The habit of self-development, reinforced over the four-year cadet experience, becomes a lifetime value.

Thank you to all of the members of the Department of Physical Education who contributed to this *Whitebook*.



MAUREEN K. LEBOEUF
Colonel, Professor, USMA
Master of the Sword

Physical Program



Physical Program



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CHAPTER 1

INTRODUCTION

The Academy mission is to educate, train, and inspire the Corps of Cadets so that each graduate is a commissioned leader of character committed to the values of Duty, Honor, Country; professional growth throughout a career as an officer in the United States Army; and a lifetime of selfless service to the Nation.

PURPOSE OF THE WHITEBOOK

The purpose of the *Whitebook* is to describe the components and philosophy of the Physical Program, plus requirements for graduation and commissioning. Additionally, The Whitebook describes the curriculum, the policies and programs that affect the Physical Program, and the Department of Physical Education organization.

The "Master of the Sword," who is the Director of the Department of Physical Education, is responsible to the Commandant of Cadets for the execution of the Physical Program by ensuring the program continually supports the purpose, mission, and outcome goals of the Military Academy.

USMA EDUCATIONAL PHILOSOPHY

Statement Of Objective: To educate and train the Corps of Cadets so that each graduate shall have the attributes essential to professional growth throughout a career as an officer of the Regular Army and to inspire each to a lifetime of service to the nation.

USMA is the sole college in the nation whose only responsibility is to prepare each student for professional service as a regular Army officer. The Physical Program, like the other aspects of the West Point environment, is designed to foster development in leadership, moral courage, and integrity essential to such service.

The development along each path is integrated, concurrent, and progressive by application of the three primary programs: Academic, Military, and Physical. These programs are distinct, yet highly complementary. Each serves to reinforce the fundamental values, ideals, and principles that are the core for leaders of character. Moral-ethical development is integrated throughout all programs that comprise the West Point experience -- the process that transforms cadets into leaders for a lifetime.



The Physical Program is not a stand-alone program. From the first day of a cadet's West Point experience, it complements the Military Program by introducing physical training and prepares cadets for the physical rigors and endeavors that they will face as future military leaders. In addition, the Physical Program supports the Academic Program by challenging cadets to learn and think about physical fitness and physical education, as well as high standards of health essential for effective military service.

ACADEMY OUTCOME GOALS¹

The Academy envisions that its graduates will be:

...commissioned leaders of character who, in preparation for the intellectual and ethical responsibilities of officership, are broadly educated, professionally skilled, moral-ethically and physically fit, and are committed to continued growth and development both as Army officers and as Americans

In support of this overarching goal, graduates must:

Understand:

- The profession of arms and the application of a broad liberal education in the arts and sciences to that profession;
- The ideals of the American Constitution and the responsibilities of commissioned officers to its defense;
- The values and ethical standards of the United States Army -- *The Professional Military Ethic*

Demonstrate:

- Personal devotion to the duties of a commissioned officer;
- Intellectual curiosity, imagination, and creativity;
- Ability to act rationally and decisively under pressure;
- Mastery of the basic military and physical skills required for entry into commissioned service;
- Inspiration and motivation to lead American soldiers in war and peace -- leadership characterized by a *winning spirit*;
- Ability and motivation to achieve and sustain unit climates that are conducive to military effectiveness and professional excellence;
- Personal commitment to the selfless standards of officership within the United States Army.

¹ Strategic Vision For the United States Military Academy -- 2010



The developmental systems and programs at the Military Academy will be structured to contribute to instilling these characteristics in each of its graduates.

ACCREDITATION

The United States Military Academy is accredited by the Commission on Higher Education of the Middle States Association of Colleges and Schools, 3624 Market Street, Philadelphia, PA, 19104; 215-662-5606. The Commission on Higher Education is an institutional accrediting agency recognized by the U.S. Secretary of Education and the Commission on Recognition of Postsecondary Accreditation.

DEPARTMENT OF PHYSICAL EDUCATION VISION STATEMENT

The Department of Physical Education at the United States Military Academy serves as the leader for physical development for the Corps of Cadets, the Army, and the Nation.

The Department of Physical Education contributes to the development of leaders of character through a progressive, challenging, and safe physical education and movement program. Physical education is essential to the physical, military, and intellectual development of cadets. A quality physical education program requires a diverse professional faculty and a state of the art facility. The Department will support the Center of Physical Development Excellence, which is nationally recognized for providing expertise and research on the science of exercise and physical development for the Corps of Cadets, the Army, and Physical Education Programs.

DEPARTMENT OF PHYSICAL EDUCATION MISSION

To inspire, motivate, and develop cadets through a progressive and sequential program, to be leaders of character who are physically and mentally prepared for a career in the Army and a lifetime of fitness and well-being.

PHYSICAL PROGRAM GOALS

Process Goals:

- Provide a professional faculty that inspires and motivates cadets through teaching excellence, physical development, leadership and scholarship.
- Provide USMA and the Army with expertise and research on physical development.



- Develop and maintain an environment that fully supports the physical and moral-ethical development of future Army leaders.
- Attain program goals through movement opportunities that develop effective teamwork, social interaction, enjoyment and self-expression.
- Provide a pro-active, comprehensive risk-management process for all program activities.
- Provide the necessary resources to accomplish all program goals.

Outcome Goals:

- Develop military leaders with the knowledge, skills and ability to promote and maintain optimal levels of physical excellence for themselves and their soldiers.
- Graduate Army officers with the moral-ethical attributes essential for effective leadership.
- Provide the nation with Army officers committed to a lifetime of participation in sports and physical activity.
- Graduate Army officers who are broadly educated to include the art and science of applied human movement.
- Graduate leaders with the physical and mental courage to deal with adversity.

PHYSICAL PROGRAM OBJECTIVES

- Develop cadets to be leaders through a challenging Physical Education and Sports Program.
- Provide cadets with positive moral-ethical training and developmental opportunities.
- Develop in cadets the qualities of initiative, courage, confidence, teamwork, self-sacrifice, and a will to win.
- Graduate Master Fitness Trainer (MFT) qualified officers from USMA.
- Develop cadet knowledge of exercise science.
- Develop optimal cadet physical fitness in a sequential, developmental, and progressive four-year program.
- Teach cadets lifetime fitness and activity skills and knowledge.
- Maintain a professional teaching and coaching faculty that leads by example and conducts scholarly activities related to teaching and coaching, exercise science, sports medicine, and physical development.



DEPARTMENT OF PHYSICAL EDUCATION ORGANIZATION

The department is organized into four directorates: Operations and Support, Instruction, Competitive Sports and Assessment. In addition, the program includes a Center for Physical Development Excellence.

CONCEPT FOR PHYSICAL DEVELOPMENT

The Physical Program supports all of the Academy Outcome Goals with a special emphasis on the goal which states that graduates should “mastery of the basic military and physical skills required for entry into commissioned service.”²

Physical development provides leaders with physical skills, self-confidence, the warrior spirit, respect for fair play, and a commitment to maintain their own physical fitness and that of their soldiers. Physical development encompasses physical education, activities, and competitive athletic programs. Emphasis is on the physical and mental aspects of fitness, teamwork, perseverance, and the will to win. Recognition that fitness is a lifelong pursuit is fundamental to physical development.

Cadets are challenged to achieve optimal standards of physical fitness and skills needed to meet the physical demands encountered in military service. They achieve these results through participation in a comprehensive program of formal physical education, involvement in competitive sports, and frequent assessment. Formal education includes instruction in individual and team sports, the foundation skill areas of survival swimming, combatives, and military movement - gymnastics as well as in advanced combative skills and lifetime sports. Assessments are frequent, standards are high, and testing is physically demanding.

Every cadet is required to become an athlete, participating at the highest level of physical ability and skill in intercollegiate, competitive club, or intramural competition. Sports competition is designed to contribute to a cadet’s ethical growth, providing opportunities to practice adherence to sound values -- due respect for both rules and one’s opponent, fair play, selflessness, and sportsmanship -- under trying conditions having some resemblance to combat.

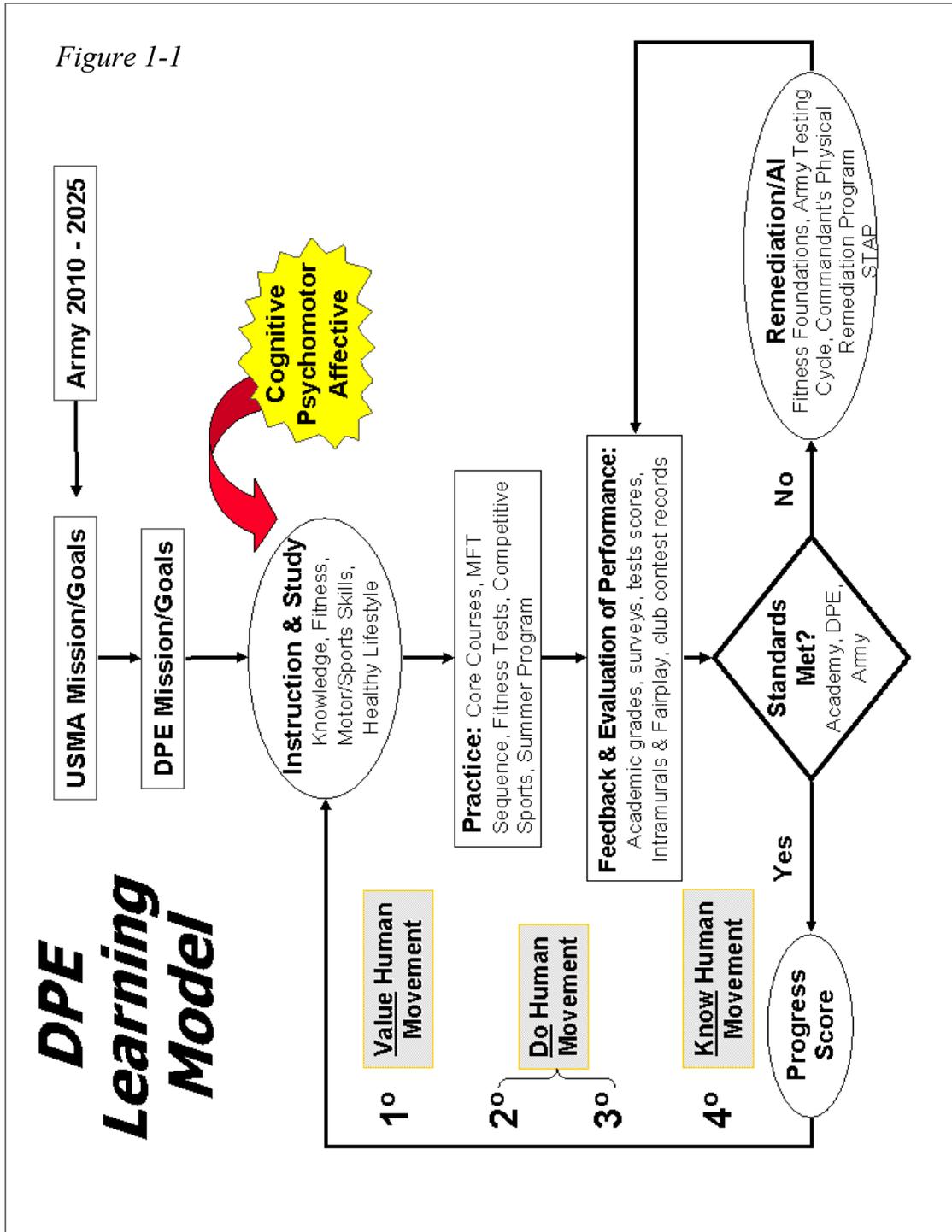
The physical development process takes into account the psychological and emotional aspects of total fitness. Cadets increase their self-esteem and self-confidence, determination, will to win, courage to take risks, and ability to think and act purposefully under physical and mental stress. They thrive on competitive, highly demanding physical activities, while acquiring the knowledge, skills, and attitudes related to personal health necessary for them to meet the demands of their profession.

Because Army officers are required to maintain the highest standards of physical readiness, individual responsibility for physical fitness is essential. Cadets must independently engage in frequent and rigorous conditioning activities in order to succeed in the USMA physical program. The habit of self-development, nurtured over the four-year cadet experience, becomes a lifetime

² Strategic Vision For the United States Military Academy -- 2010



value. (See DPE Learning Model Figure 1-1.) The program clearly has integrated each of the educational domains at some level of emphasis in the attainment of the program goals.





OVERVIEW OF THE PHYSICAL PROGRAM

The Physical Program is a four-year educational experience that begins on Reception Day when a new cadet enters Cadet Basic Training and ends on Graduation Day when the cadet is commissioned as a Second Lieutenant in the United States Army. The Physical Program is comprised of three complementary performance components: instructional coursework, competitive sport participation, and physical/motor fitness testing. (Figure 1-2) Cadets are evaluated annually on each performance component, which is reported in the form of a Physical Performance Score (PPS).

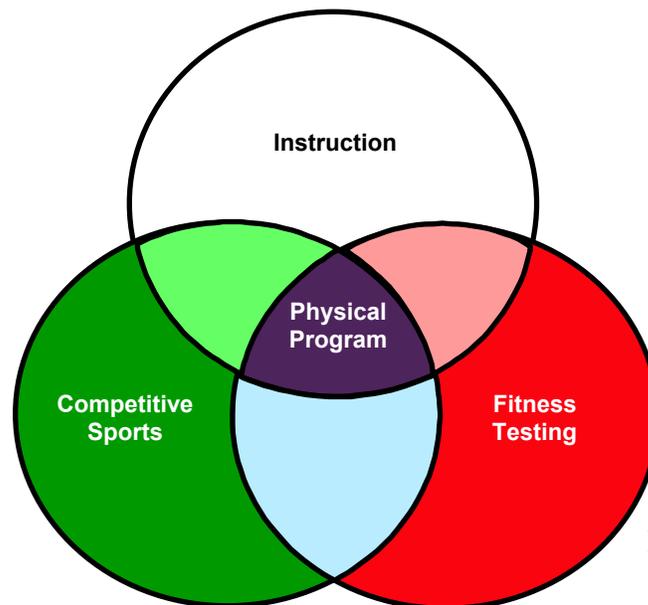


Figure 1-2

The Physical Program is based on the philosophy that physical development occurs through a progressive and sequential experience that incorporates all domains of learning. The initial phase of the Physical Program concentrates on the development of skills and concepts of basic sport-movement patterns and physical fitness. Underlying this phase is a focus on developing moral-ethical behaviors, overcoming personal fear, and promoting a “will to win” attitude. As cadets progress through the program, greater emphasis is placed on applying basic skills and knowledge in a military environment. This process is particularly evident in the 3-course Master Fitness Trainer (MFT) sequence that initially focuses on individual wellness and fitness and culminates with a capstone experience in unit fitness. The Unit Fitness course integrates the skills and knowledge learned throughout the Physical Program.

The Department of Physical Education has established specific goals that complement USCC and USMA goals. Table 1-1 illustrates where the Physical Program Goals are executed within the Physical Program.



Table 1-1

PHYSICAL PROGRAM OBJECTIVES	PROGRAM COMPONENTS				
	Basic Skill Instruction	Cadet Summer Training	Lifetime Sport Instruction	MFT Instruction	Competitive Sports - Intramurals
Leaders Who Promote Fitness		X	X	X	
Moral-Ethical Development	X	X			X
Lifetime Commitment to Physical Activity	X	X	X	X	X
Knowledge of Exercise And Movement Science				X	
Physical and Mental Courage	X	X	X		X

WHAT CONSTITUTES A COURSE?

Each course is designed to contribute to the accomplishment of specific Program objectives. A course must exhibit (possess) the following characteristics to be included for academic credit on a cadet's academic transcript.

- *Course objectives require new learning experiences.* Learning involves a change in capabilities or dispositions that can be attributed to experience. The word “change” used in this context refers to a student acquiring a new capability or disposition – what they know (knowledge), how they use what they know (intellectual skills), how they think, what they can do (physical skills), or what they value (attitudes and values). Change under these guidelines does not involve maintenance of already acquired capabilities. A course of instruction is the purposeful arrangement of experiences designed to facilitate intended change in students' capabilities or dispositions, which is represented by course guidelines.
- *A valid, comprehensive method of evaluating student mastery of course objectives.* Student evaluation is a critical component of the learning process and must be present in a course of instruction. The evaluation method and the frequency of evaluation vary as a function of



course objectives; however, the evaluation method should assess students' mastery of course objectives and should permit valid inferences about student learning.

INSTRUCTIONAL PATHWAY

The Instructional Program is accomplished through participation in Basic Instruction Program (BIP), Master Fitness Trainer (MFT), and a variety of Lifetime Sport (LTS) courses. The BIP courses consist of Survival Swimming, Boxing (M), Self Defense (W), Military Movement, and Close Quarters Combat. The MFT certification program is embedded in the four-year curriculum and includes Muscular Fitness Lab (Fourth Class), Wellness (Third Class), Personal Fitness (Second Class), and Unit Fitness (First Class). The LTS program is designed to stimulate individual development through participation in a wide variety of physical activity classes such as rock climbing, tennis, alpine skiing, cycling, and scuba. Figure 1-3 provides a graphic illustration of the 47-month physical education program.



Figure 1-3

Instruction

The Academic Year is divided into three sessions: Term I (Fall), Military Intersession (January), and Term II (Spring). The Department of Physical Education (DPE) further divides each 18-



week term into two 9-week rounds. In general, Basic Instruction and Lifetime Sport courses consist of 19 lessons of 50 minutes each. Master Fitness Trainer sequence course consist of 18 lessons of 55 minutes each.

Fitness Testing

Cadets are responsible for developing and implementing a personal physical fitness program while at USMA. This process is facilitated through various instructional, participatory leadership, and assessment opportunities. The development opportunities include:

- Cadet Basic Training (CBT) for Fourth and selected First and Second Class cadets
- Cadet Field Training (CFT) for Third and selected First and Second Class cadets
- Muscular Fitness Laboratory – Military Intersession for 4th Class Cadets
- PE 310 – Personal Fitness for 2nd Class Cadets.

The fitness testing program in DPE is designed to assess a cadet's progress towards achieving a high level of motor and physical fitness. Cadets are required to take the Army Physical Fitness Test (APFT) each academic Term and the Indoor Obstacle Test (IOCT) each academic year. These tests are designed to monitor progress toward Physical Program goals and to motivate Cadets to achieve a high level of physical fitness. In addition to the annual APFTs and IOCT, the health-related components of fitness are assessed and embedded in the core curriculum via the Yearling Fitness Test (YFT) and Cow Fitness Challenge (CFC). Details on physical and motor fitness testing are presented in Chapter 3.

Competitive Sport – Intramurals

In addition to developing basic movement and fitness skills through instructional coursework and testing, all cadets are required to participate in the competitive sports program. There are three levels of competition: intramurals (company level), competitive clubs and corps squad (intercollegiate level). Every cadet must participate in a competitive sport during each academic term. Cadets receive an Athletic Participation (AP) grade for competitive sports. Details on competitive sports are presented in Chapter 4 and in USCC Circular 28-1.

PHYSICAL PROGRAM BASELINE REQUIREMENTS

Baseline requirements are established for all cadets from the three program components (instruction, testing, and competitive sports). Baseline requirements are met through instructional courses, and participation in competitive sports and cadet summer training. The program is designed to give cadets a shared physical development experience. The Physical Program baseline requirements are presented in Table 1-2.



Cadet Body Composition Program (AR 600-9)

All cadets must meet Army height and weight standards for their age and gender. In addition, a cadet's percentage body fat must be under the Army minimum percentage of body fat for age and gender. If a cadet fails to meet the height/weight standards, his or her percentage body fat is measured to determine if he or she is over the fat requirement. A cadet who fails to maintain AR 600-9 standards will be counseled by the unit's chain of command. Failure to remedialize a body fat problem may result in a cadet being recommended for separation by the unit's chain of command.

Table 1-2

	SUMMER	ACADEMIC YEAR	INTERSESSION
FOURTH CLASS	Cadet Basic Training (CBT) Combatives I	PE 110/3 - Survival Swimming PE 115 - Self Defense (W) PE 116 - Boxing (M) PE 117 - Military Movement APFT (F) + APFT (S) IOCT 2 Competitive Sport Terms	Muscular Fitness Lab
THIRD CLASS	Cadet Field Training (CFT) Combatives III	PE 212 - Close Quarters Combat PE 310 - Wellness APFT (F) + APFT (S) IOCT 2 Competitive Sport Terms	
SECOND CLASS	CBT/CFT Detail PIAD/MIAD/CTLT	Personal Fitness APFT (F) + APFT (S) IOCT 2 Competitive Sport Terms	
FIRST CLASS	CBT/CFT Detail PIAD/MIAD/CTLT	PE 412/446 - Lifetime Sport APFT (F) + APFT (S) IOCT 2 Competitive Sport Terms	PE 410 – Unit Fitness



Addendum for the Class of 2003

The past three years have been transition years moving toward the course structure reflected in the field tables. All the PE courses in the Redbook are new. To properly assign credit hours for the Class of 2003, Fourth Class year: delete PE 100/101, substitute respectively PE 102/103 and assign 1.5 credit hours.

GRADUATION REQUIREMENTS

To graduate from the United States Military Academy, a cadet must meet the following requirements:

- attain a minimum of 2.00 Physical Performance Score Cumulative (PPSC)
- complete successfully academic coursework
- achieve the minimum passing score on the final term APFT (1^o)
- meet the four-year Competitive Sport requirement.

Deficient cadets in the program's components will be forwarded to the Academic Board by the Commandant for final resolution. The Master of the Sword is the approving authority for component waivers within the Physical Program. (See waivers on page 66.)

COMMISSIONING REQUIREMENTS

Commission requirements include all of the graduation requirements. A cadet must also meet AR 600-9 standards.



COURSE SCHEDULE CALENDAR

Course #	COURSE TITLE	AY 02-03 Terms	
		031	032
PE105	Combatives I	Cadet Basic Training	
PE109	Aquatic Foundations	X	X
PE110	Survival Swimming - Elementary	X	X
PE111	Survival Swimming - Low	X	X
PE112	Survival Swimming - High	X	X
PE113	Survival Swimming - Advanced	Cadet Basic Training	
PE115	Combatives II, Self Defense 1 - (Women)	X	X
PE116	Combatives II, Boxing - (Men)	X	X
PE117	Military Movement	X	X
PE205	Combatives III	Cadet Field Training	
PE210	Wellness - MFT	X	X
PE212	Combatives IV – Close Quarters Combat	X	X
PE310	Personal Fitness - MFT	X	X
PE410	Unit Fitness - MFT	Military Intersession	
PE412	Advanced Close Quarters	X	X
PE413	Combatives Instructor Certification – Level I	X	X
PE414	Aerobic Fitness	X	X
PE416	Basketball	X	X
PE417	Boxing- Advanced	--	--
PE418	Cycling	X	X
PE420	Emergency Water Safety	X	X
PE422	Exercise Leadership	X	X
PE424	Golf	X	X
PE425	Handball	--	---
PE426	Ice Skating	X	X
PE427	Judo	--	--
PE428	Pickleball	--	--
PE429	Racquetball	--	--
PE430	Rock Climbing	X	X
PE432	Scuba	X	X
PE434	Skiing - Cross Country	--	X
PE436	Skiing - Alpine	--	X
PE438	Soccer	X	X
PE440	Sport Physiology	X	X
PE442	Strength Development	X	X
PE444	Tennis	X	X
PE446	Volleyball	X	X
PE451	Current Lifetime Sports	--	X
PE471	Physical Individual Advanced Development (PIAD)	Summer Term	



Field Tables: Physical Education

The field tables below describe the curriculum for the Classes of 2003, 2004, 2005, and 2006. See following departmental course description section or PART IV of the *Redbook* to determine when a specific course is offered. Additionally, cadets are expected to spend three hours a week of their time in fitness activities in order to maintain an acceptable fitness level.

Fourth Class Year

- Complete the following course during Cadet Basic Training (CBT):

Course #	Course Title
PE 105	Combatives I

- For failure to meet minimum Physical Program Standards, complete one or both of the following courses during Fall Term I:

Course #	Course Title
PE 108	Fitness Foundations
PE 109	Aquatic Foundations

- Complete one of the following four aquatic courses:

Course #	Course Title
PE 110	Survival Swimming - Elementary
PE 111	Survival Swimming - Low
PE 112	Survival Swimming - High
PE 113	Survival Swimming - Advanced

- Complete one of the following courses listed below:

Course #	Course Title
PE 115	Combatives II - Self Defense 1 - (Women)
PE 116	Combatives II - Boxing - (Men)

- Complete the following course listed below:

Course #	Course Title
PE 117	Military Movement - Gymnastics

- Complete the Muscular Fitness Lab during Military Intersession.

Third Class Year

- Complete the following course during Cadet Field Training (CFT):

Course #	Course Title
PE 205	Combatives III



- Complete the two courses listed below:

Course #	Course Title
PE 210	Wellness - MFT
PE 212	Combatives IV

Second Class Year

- Complete the following course:

Course #	Course Title
PE 310	Personal Fitness- MFT

- Cadets may choose to participate in a Lifetime Sports Elective, PE 412-446.

First Class Year

- Complete the following course:

Course #	Course Title
PE 410	Unit Fitness- MFT

- Complete at least one Lifetime Sports Elective, PE 412-446.





CHAPTER 2

INSTRUCTION

The Instructional Division includes the teaching, supervision and administration of all required activity, cognitive and elective lifetime sport courses, as well as support for faculty development, facilities and equipment. The DPE Instructional Division Objectives articulate the aspirations of the instructional program and establish the targets for all programmatic activities. It is the intent that the objectives will guide all curricula decisions and provide the requisite step in designing and implementing an effective and meaningful assessment system. Significant curriculum changes will adhere to DPOM 5-5. The Instructional Division Objectives serve as a direct link from the Physical Program Goals to the specific objectives of all courses within the present physical education curriculum.

INSTRUCTIONAL DIVISION GOALS

Outcome Goals:

As a result of participation in the instructional physical education program and summer training, cadets will:

- Demonstrate basic movement skills that are transferable to an active military and individual lifestyle.
- Demonstrate knowledge of the principles of physical fitness and their application to personal fitness.
- Demonstrate knowledge of the principles of physical fitness and their applications to combat readiness.
- Demonstrate knowledge of the principles of wellness and their role in a healthy lifestyle.
- Participate in activities and accomplish tasks that are perceived as fearful.
- Acquire physical education and military certifications offered in the elective Lifetime Sport Program.
- Demonstrate moral-ethical behaviors consistent with the expectations of good officership.

Process Goals:

- Provide cadets with a sequential, progressive series of physical fitness evaluations and assessment strategies that measure individual status and progress for health-related and optimal physical fitness.



- Provide an effective, positive learning experience for all cadets in all physical education classes.
- Provide opportunities for professional development that promote quality instruction by incorporating the art and science of teaching as well as current educational issues and trends.
- Provide the resources and facilities necessary for effective teaching and optimal learning for cadets in all physical education environments.
- Provide oversight and guidance for the physical development of all cadets.
- Recruit and retain a qualified, professional staff and faculty.

SECTION I: FOURTH CLASS PROGRAM

The purpose of the Fourth Class Physical Education Program is to ensure that all cadets achieve a base level of physical ability to include movement skills and physical and motor fitness. The emphasis is on the development of baseline skills and self-confidence so that cadets can meet the future physical requirements of the United States Military Academy and the Army. All cadets are required to pass the following core developmental courses: PE105 Combatives I (Cadet Basic Training); PE117 Military Movement-Gymnastics; PE110-PE113 Survival Swimming; PE115 Combatives II, Self Defense I (women only); PE116 Combatives II, Boxing (men only) and Muscular Fitness Lab (MFL). In addition to instructional coursework, every cadet must participate in a competitive sport (intramural, competitive club, or corps squad) during each academic term and take a Fall and Spring APFT.

PE 102 - PHYSICAL FOUNDATIONS (Men)

1.5 Credit Hours

Prerequisite: None

Scope

This is the initial physical education course required of all students and spans two semesters including military intersession. The course is developmental and is intended to help begin cultivating students' optimum physical capability and personal wellness knowledge so that each can meet the physical requirements of the military profession and the broader demands of a healthy lifestyle. Students receive specific instruction in the movement foundation courses of Survival Swimming, Military Movement-Gymnastics, and Combatives. All cadets must satisfactorily complete all phases of survival swimming to successfully complete PE 102. Students are offered specific instruction on how to develop each component of fitness while applying appropriate conditioning principles. Fitness development is stressed through all facets



of the course. Additionally, cadets are expected to spend three hours a week of their time in fitness activities in order to maintain an acceptable fitness level.

PE 103 - PHYSICAL FOUNDATIONS (Women)

1.5 Credit Hours

Prerequisite: None

Scope

This is the initial physical education course required of all students and spans two semesters including military intersession. The course is developmental and is intended to help begin cultivating students' optimum physical capability and personal wellness knowledge so that each can meet the physical requirements of the military profession and the broader demands of a healthy lifestyle. Students receive specific instruction in the movement foundation courses of Survival Swimming, Military Movement-Gymnastics, and Combatives. All cadets must satisfactorily complete all phases of survival swimming to successfully complete PE 101. Students are offered specific instruction on how to develop each component of fitness while applying appropriate conditioning principles. Fitness development is stressed through all facets of the course. Additionally, cadets are expected to spend three hours a week of their time in fitness activities in order to maintain an acceptable fitness level.

PE 105 - COMBATIVES I

0 Credit Hours

Prerequisite: None

Scope

An introductory Combatives Program of Instruction conducted during Cadet Basic Training that introduces new cadets to basic movement, blocking, striking, and kicking combative skills needed for survival in unarmed combat. Instruction fosters the development of an aggressive, combat mind-set and increases new cadet's confidence in their ability to defend themselves in a combative situation.

FITNESS FOUNDATIONS

0 Credit Hours

Prerequisite: None

Scope

The Fitness Foundation Program (FFP), taught during Competitive Sport time, is designed to facilitate the physical development of those Plebe cadets who are "at risk" in the Physical Program. The purpose of the program is to provide these cadets with the basic strategies and principles of physical fitness and motor skills necessary to succeed in the Physical Program. The program introduces a variety of aerobic and muscular strength/endurance exercise modalities,



which instill a life long passion for physical fitness adherence, thus resulting in an increased performance in the Physical Education Program at West Point.

PE 109 - AQUATIC FOUNDATIONS

.5 Credit Hours

Prerequisite: None

Scope

Aquatic Foundations is an introductory swimming exploration program designed to prepare non-swimmers for success in PE 110 – Survival Swimming - Elementary. The program is arranged sequentially to help Cadets acquire in-water experiences, and gradually refine the basic motor skills needed to be comfortable, safe, and effective, while engaged in and around the aquatic environment.

SURVIVAL SWIMMING

All cadets must successfully complete one of the Survival Swimming courses: PE 110, 111, 112, or 113.

PE 110 - SURVIVAL SWIMMING - ELEMENTARY

.5 Credit Hours

Prerequisite: None

Scope

The Survival Swimming-Elementary course is designed to develop aquatic proficiency for cadets who swam 150 yards in 4 minutes or more on their initial entry swim classification test. The Program of Instruction (POI) is divided into two areas: basic swimming and combat/survival swimming. Emphasis in all levels is on the military applications of swimming and survival skills to include the elements of breath control, buoyancy positions, stroke assessment, and swimming endurance. Grading is primarily based on criterion-referenced scales in basic and survival swimming skills.

PE 111 - SURVIVAL SWIMMING - LOW INTERMEDIATE

.5 Credit Hours

Prerequisite: None

Scope

The Survival Swimming-Low Intermediate course is designed to develop aquatic proficiency for cadets who swam 150 yards between 3 minutes 16 seconds and 3 minutes 59 seconds on their



initial entry swim classification test. The Program of Instruction (POI) is divided into two areas: basic swimming and combat/survival swimming. Emphasis in all levels is on the military applications of swimming and survival skills to include the elements of breath control, buoyancy positions, stroke assessment, and swimming endurance. Grading is primarily based on criterion-referenced scales in basic and survival swimming skills.

PE 112 - SURVIVAL SWIMMING - HIGH INTERMEDIATE

.5 Credit Hours

Prerequisite: None

Scope

The Survival Swimming-High course is designed to develop aquatic proficiency for cadets who swam 150 yards between 2 minutes 30 seconds and 3 minutes 15 seconds on their initial entry test. The Program of Instruction (POI) is divided into two areas: basic swimming and combat/survival swimming. Emphasis in all levels is on the military applications of swimming and survival skills to include the elements of breath control, buoyancy positions, stroke assessment, and swimming endurance. Grading is primarily based on criterion-referenced scales in basic and survival swimming skills.

PE 113 - SURVIVAL SWIMMING - ADVANCED

.5 Credit Hours

Prerequisite: None

Scope

The Survival Swimming-Advanced course is designed to develop aquatic proficiency for cadets who swam 150 yards in less than 2 minutes 30 seconds on their initial entry swim classification test. The Program of Instruction (POI) is divided into two areas: basic swimming and combat/survival swimming. Emphasis in all levels is on the military applications of swimming and survival skills to include the elements of breath control, buoyancy positions, stroke assessment, and swimming endurance. Grading is primarily based on criterion-referenced scales in basic and survival swimming skills.

PE 115 - COMBATIVES II: SELF DEFENSE 1 - (Women)

.5 Credit Hours

Prerequisite: None

Scope

The self-defense course is designed to introduce an integrated set of basic self-defense skills and the strategies and tactics necessary to avoid, escape, or break a physical assault. Course content



includes methods of falling, stances, movement, striking, kicking, and blocking skills. Women are evaluated on the application of these skills to structured self-defense scenarios. This course exposes a woman to a physical threat and enables her to protect herself as a soldier in time of conflict and as an individual in today's society.

PE 116 - COMBATIVES II: BOXING- (Men)

.5 Credit Hours

Prerequisite: None

Scope

The boxing course is designed to develop offensive and defensive skills of boxing. Course content includes stances, movement, basic punches (i.e. jab, cross, hook, and upper cut), defenses, strategies, and tactics. Instruction on refereeing, judging, and serving as a corner second are presented. Men are evaluated, assessed and provided feedback on their performance in a series of live action bouts. The course exposes men to the coping strategies necessary to deal with physical threat.

PE 117 - MILITARY MOVEMENT

.5 Credit Hours

Prerequisite: None

Scope

Military Movement is designed to provide the facilities and resources necessary to participate in a movement course that exposes cadets to gross motor coordination in all directions, rotations and ranges of motion. The course is developmental and is intended to help begin cultivating cadets' optimum physical capability and potential for movement so that each can meet the physical requirements of the military profession and the broader demands of a healthy lifestyle. This course serves as a basis for other athletic and military activities encountered at USMA and in one's Army career. Focus is placed on applied movement tasks for all cadets. In accordance with AR 350-41, 9-6: *Training in Units*, the following skills are emphasized:

- Agility, to include fast movement in enclosed spaces
- Balance and controlling fear of heights
- Vaulting, jumping, and landing correctly
- Strength development activities and skills such as rope climbing, pull ups, and resistance exercises
- Crawling
- Negotiation of natural and man-made obstacles (confidence and obstacle courses).



MUSCULAR FITNESS LAB

0 Credit Hours

Prerequisite: None

Scope

The Muscular Fitness Lab, taught during Military Intersession, provides cadets with the opportunity to experience and apply the principles of muscular strength and endurance. Health-related (baseline) physical fitness development is stressed through all facets of the laboratory experience.

SECTION II: THIRD CLASS PROGRAM

The purpose of the Third Class Physical Education Program is to enhance physical readiness, self-confidence and personal wellness. Cadets are required to pass PE205 Combatives III (Cadet Field Training); PE210 Introduction to Wellness; and PE212 Combatives IV – Close Quarters Combat. The Combatives emphasis during the Third Class year serves to prepare cadets for ground grappling and situational self-defense. The Introduction to Wellness course serves as an academic component of the Master Fitness Trainer Program at USMA. Cadets are introduced to concepts of wellness and other health-related issues that impact health, fitness and quality of life for leaders and soldiers. The Wellness class lays the foundation for the follow-on courses (Personal Fitness and Unit Fitness) in the Master Fitness Trainer curriculum. In addition to the instructional coursework, every cadet must participate in a competitive sport (intramurals, clubs, corps squad sports) during each academic term and take a Fall and Spring APFT and the IOCT.

PE 205 - COMBATIVES III

0 Credit Hours

Prerequisite: None

Scope

A follow-on Combatives Program of Instruction conducted during Cadet Field Training that reviews the basic movement, blocking, striking, and kicking combative skills instructed in Combatives I (CBT) and Combatives II (Boxing or Self-Defense I.) The course further instructs cadets in the falling, throws, take-downs, and situational self-defense techniques needed for survival in unarmed combat. Instruction also continues the development of an aggressive, combative mindset and increases the cadet's confidence in their ability to more thoroughly defend themselves in a combative situation.



PE 210 - WELLNESS - MFT

1.5 Credit Hours

Prerequisites: none

Scope

The introduction to wellness course will serve as the initial academic component of the Master Fitness Training (MFT) Program at USMA. Cadets will be introduced to the concept of wellness and other health-related issues that impact one's quality of life. The Wellness class will also lay the foundation for Personal Fitness and Unit Fitness, the later courses in the MFT thread. The focus of the course will be on the spiritual, physical, intellectual, emotional, social, occupational and environmental dimensions of Wellness. Emphasis will be placed on recognizing potential threats to wellness and how to enhance wellness in each dimension so that the concepts presented in class may improve the overall well-being of each cadet. Special Requirements: 2 hours of Fitness Testing. A fitness test (YFT) will assess upper and lower body strength and power. Test items will be taught in the Muscular Fitness Lab during Military Intersession Plebe year.

PE 212 - COMBATIVES IV - CLOSE QUARTERS COMBAT

.5 Credit Hours

Prerequisites: PE 115 or 116

Scope

Combatives IV is an eighteen-lesson gender integrated course in which students are exposed to a comprehensive set of unarmed combat skills, and the strategies and tactics needed to neutralize a physical attack. Responses to a striking, kicking, joint locking, choking, throwing, and ground grappling attack are taught with an emphasis on submission holds applied on the ground as finishing techniques. The course is designed to increase students' confidence in their ability to defend themselves from all forms of striking and grappling attacks and foster the development of a combat-survival mindset. Students are evaluated on their demonstration of required skills and their performance in simulated combat/self defense scenarios.

SECTION III: SECOND CLASS PROGRAM

The purpose of the Second Class Physical Education Program is to ensure cadets continue to develop optimum levels of physical fitness and understand the principles and theories that lead to a healthy, active lifestyle. All Second Class Cadets are required to pass PE310 Personal Fitness



and may elect to enroll in PE412-PE451 Lifetime Sports. The Personal Fitness course serves as the second step of the Master Fitness Trainer sequence. Cadets build upon the concepts from the Introduction to Wellness course, as they learn and apply the principles required for developing a lifetime habit of personal physical fitness. The DPE Lifetime Sports Program is designed to develop a foundation of skills, knowledge, and personal attributes, which will enable cadets to successfully participate in lifetime sports, provide motivation for continued improvement and establish a pattern of physical activity for a lifetime. Second Class cadets completing a Lifetime Sport during their Second Class year will have their first choice for a Lifetime Sport during their First Class year. In addition to the instructional coursework, every cadet must participate in a competitive sport (intramural, competitive club, or corps squad) during each academic term and take a Fall and Spring APFT and the IOCT.

PE 310 - PERSONAL FITNESS - MFT

1.5 Credit Hours

Prerequisite: PE 210

Scope

The Personal Fitness course serves as the second course of the Master Fitness Trainer (MFT) Program at USMA. Cadets build upon the concepts from the Introduction to Wellness course as they learn and apply the principles required for developing a lifetime habit of personal fitness. The course emphasizes human physiology of exercise as it relates to the five components of fitness (muscular strength, muscular endurance, cardiorespiratory fitness, flexibility, and body composition) and focuses on applied physiology and practical applications for the Army.

Special Requirements: 3 hours of Fitness Testing. The Cadet Fitness Challenge (CFC) assesses cardiovascular fitness and upper and lower body muscular strength and muscular endurance.

PE 412 - 446 - LIFETIME SPORT (ELECTIVE)

The Upperclass Lifetime Sports Program is designed to develop a foundation of skills, knowledge, and personal attributes, which will enable cadets to successfully participate in Lifetime Sports, provide motivation for continued improvement and establish a pattern of physical activity for a lifetime. Enrollment in one DPE Lifetime Sport (PE412-PE446) is mandatory for all First Class cadets. First Class cadets may elect to enroll in additional Lifetime Sports courses beyond the one course requirement. Second Class cadets may elect to enroll in DPE Lifetime Sports (PE412-PE446).



PE 412 - Advanced Close Quarters Combat (AU)

.5 Credit Hours

Prerequisite: PE 212

Scope

This course introduces the use of weapons in close quarters combat and fosters the development of a combat survival-oriented mindset. Course content includes: advanced striking, kicking, joint locking, and choking techniques; basic knife and stick fighting techniques; unarmed defense against knives, clubs, or handguns; sentry takeout techniques and police search procedures. Grading is based on the cadet's performance in a variety of simulated combative scenarios.

PE 413 – Combatives Instructor Certification – Level I

.5 Credit Hours

Prerequisite: None

Scope

This course is designed to certify cadets to teach U.S. Army Level I Combative Skills. The course establishes a foundation of basic unarmed combative grappling skills and the knowledge of affective management and attitudes that prepare a soldier to engage and defeat an enemy in close quarters combat (CQC). The course focuses on 15 basic grappling skills. Cadets are evaluated on their demonstration of required skills and their knowledge of the technical points of each of the required skills. The course is designed to increase the student's confidence in their ability to defend themselves and foster the development of a combative-survival mindset. Successful completion of the course results in a certification as Skill Level I Combatives Instructors.

PE 414 - Aerobic Fitness (AF)

.5 Credit Hours

Prerequisite: PE 210 and PE 211 or permission from the Head of the Department

Scope

This course introduces cadets to different aerobic fitness training activities. Cadets will participate in a variety of activities designed to develop and maintain cardiorespiratory fitness to include: running, cycling, mountain biking, stair climbing, swimming and others. Principles of exercise physiology pertaining to cardiorespiratory fitness, exercise prescription, and fitness assessment will be examined. Cadets will be graded on two skills/fitness tests, two written quizzes, one take home final exam and a personal logbook.



PE 416 - Basketball (BB)

.5 Credit Hours

Prerequisite: None

Scope

This course is designed to provide cadets with the skills and knowledge necessary for playing, coaching, and officiating basketball. A variety of offensive and defensive team strategies are taught. Grading for the course is based upon demonstrated officiating skills, demonstrated individual skills, written quizzes, and a written term end exam.

PE 418 - Cycling (CY)

.5 Credit Hours

Prerequisite: None. Experienced cyclists, Army Club mountain bike, cycling, or triathlon team members are not eligible.

Scope

This course is designed to take the novice cyclist through a progressive program of training and instruction to include proper mounting, balance, turning, ascending, and descending individually and in a group. The course labs are hands-on and focused on learning through practical application and drills on the bike. All riders are introduced to basic bike maintenance and required to demonstrate baseline skills in preventative maintenance checks and services (PMCS).

PE 420 - Emergency Water Safety (WS)

.5 Credit Hours

Prerequisite: B- or greater in Plebe Survival Swimming and a demonstrated proficiency on a prerequisite skill test during lesson one is required to enroll in this course.

Scope

To introduce cadets who are already proficient swimmers to the techniques of water rescue, First Aid, and CPR. The student will become familiar with and be able to demonstrate the swimming skills essential to safely perform rescues in an aquatic environment. Students will also be able to explain and demonstrate all skills essential to perform basic first aid and CPR. At the completion of the course, cadets who successfully matriculate will have the opportunity to obtain American Red Cross certifications in First Aid and CPR.



PE 422 - Exercise Leadership (EL)

.5 Credit Hours

Prerequisite: None

Scope

This sub-course provides the opportunity for cadets to develop the leadership skills and technical background necessary to conduct safe, effective and motivational group exercise classes. Music is used as a background for all activities. Grading is based on evaluation of exercise leadership skills, knowledge of fitness principles, and a one page written lesson plan.

PE 424 - Golf (GO)

.5 Credit Hours

Prerequisite: None. Golfers who score 100 or less consistently should not enroll in this class.

Scope

This course is designed to provide the beginning golfer with the techniques of a good golf swing. Short distance iron shots, chipping, pitching, and putting techniques are introduced and practiced. Course grading is based upon cadet performance on a series of skill tests.

PE 425 - Handball (HB)

.5 Credit Hours

Prerequisite: None

Scope

This course is designed to provide the beginning handball player with the skills necessary for playing the physically active, competitive game of handball. Basic handball skills are introduced. The strategy and techniques of playing singles and doubles are taught. Grading is based on a timed drill, a written test, a round robin tournament and a demonstrated level of individual skills.

PE 426 - Ice Skating (IS)

.5 Credit Hours

Prerequisite: None. Cadets with previous figure skating or ice hockey experience are not allowed in this course.

Scope

This course is designed to provide the beginning ice skater with the skills necessary for ice skating. The forward stroke, snow plow stop, "T" stop, hockey stop, backward stroke, and forward and backward crossovers are presented. Grading is based upon the cadet's ability to



demonstrate the skills taught during the course. A non-timed obstacle course is used for evaluating student proficiency in skills taught during the course.

PE 427 - Judo (JD)

.5 Credit Hours

Prerequisite: PE 212

Scope

Kodokan Judo will provide each student with the necessary knowledge and skills to perform basic judo skills such as falls, throwing techniques, and mat hold downs. This course is designed to foster self-confidence and develops social and leadership skills, basic self-defense techniques, and physical fitness. Each student will develop the basic skill, knowledge, and appreciations necessary to safely participate in the sport of Judo for a lifetime.

PE 428 - Pickleball (PB)

.5 Credit Hours

Prerequisite: None

Scope

This course is an indoor court sport played by 2, 3, or 4 people on a court identical to a badminton court in size. It is focused on basic skill development of serve, service return, forehand and backhand drive, volley and half-volley, drop shot, lob and smash. Added instruction in basic strategy and tactics is provided. Assessment is based upon skills testing, game play, and a written examination.

PE 429 - Racquetball (RB)

.5 Credit Hours

Prerequisite: None

Scope

This course introduces the basic skill and strategy fundamentals of racquetball. Cadets learn to identify and demonstrate the basic fundamentals of: personal playing safety; rules of play; forehand and backhand stroke techniques; kill, passing, and defensive shots; serve return techniques and strategies; and backhand skills. Grading is determined by performance on four skill tests, a written test, tournament play, and an instructor evaluation of the cadet's playing skills.



PE 430 - Rock Climbing (RC)

.5 Credit Hours

Prerequisite: None

Scope

This course develops fundamental rock climbing skills, techniques and safety awareness. This course introduces basic rock climbing systems, rappelling, belaying, knots, top roping, and assorted climbing skills. Course grading is based on climbing skills, rappelling skills, knowledge of basic rock climbing systems, and the application of judgment and safety practices in various situations.

PE 432 - Scuba (SI)

.5 Credit Hours

Prerequisite: C+ or greater in Plebe Swimming is required to enroll in this course. Cadets already SCUBA certified or cadets on the Cadet Skydiving Team are not eligible to take this course.

Scope

This course is designed to provide cadets with the basic skills and knowledge needed to safely participate in SCUBA diving. Successful completion of this course leads to pool certification - a prerequisite to open water training. Completion of pool work and five open-water training dives leads to National Association of Underwater Instructors (NAUI) certification as a Basic SCUBA Diver.

PE 436 - Skiing - Alpine (SK)

.5 Credit Hours

Prerequisite: None. Advanced skiers are not allowed in this course.

Scope

This course is designed to teach beginning skiers to ski with balanced mobility and control in all terrain and snow conditions. Knowledge of skiing equipment, proper body position, stopping, gliding, edging, sliding, turning, and carving is taught. The course grade is based upon ski performance tests administered during the course.

PE 434 - Skiing - Cross Country Skiing (XS)

.5 Credit Hours

Prerequisite: None. Advanced skiers are not allowed in this course.



Scope

This course introduces the novice skier to cross country skiing. It emphasizes skill development and the benefits of skiing as a lifetime fitness activity. Cadets are required to be able to demonstrate the diagonal stride, skating, turning, uphill techniques, and downhill techniques. Course grading is determined by instructor evaluation of the cadet's skiing ability, a written examination, and if conditions allow, a timed ski circuit.

PE 438 - Soccer (SR)

.5 Credit Hours

Prerequisite: None

Scope

This course is designed to provide cadets with the skills and knowledge necessary for playing, coaching, and officiating soccer. A variety of individual and team offensive and defensive skills and strategies are taught. Grading for the course is based upon a written examination, evaluation of officiating techniques, tournament play, and a written soccer practice outline.

PE 440 - Sport Physiology (SP)

.5 Credit Hours

Prerequisite: Permission from the Head of the Department. This class is generally for Second Class cadets. First Class cadets may enroll during Round 4 if they are on profile and need to complete their Lifetime Sport requirement.

Scope

The objective of this course is to introduce the cadets to applied concepts of Sports Physiology. The cadet will become familiar with the many varied aspects of Sports Physiology and be able to demonstrate baseline knowledge of "core principles." In addition, cadets will also be required to demonstrate both analytical and creative thinking related to optimal performance in Sports Physiology. Finally, the cadet will utilize their previous and present background in sports and performance and discuss and evaluate current "real-world" applications of Sports Physiology in performance, thereby assisting each cadet enhance their personal Sports Physiology agenda.

PE 442 - Strength Development (SD)

.5 Credit Hours

Prerequisite: Cadets on the Powerlifting Club are not allowed in this course.

Scope

This course is designed to present instructional and supporting theoretical concepts on resistance exercise. The course introduces information necessary to develop resistance-training programs



for both components of muscular fitness. Participants receive instruction on exercises and techniques for building a sound base of muscular strength and endurance through the use of free body exercise, and free weight and single station equipment exercises. Circuit, bodybuilding, Olympic, and power lifting programs are presented. Rationales for resistance exercise, safety considerations, acute and chronic effects of resistance exercise, essentials of program design, nutrition, ergogenic aids and periodization are discussed. Course grades are based upon written exams, maintaining a training log, designing a personalized training program, giving a presentation on exercise technique, and performance in a power-lifting contest.

PE 444 - Tennis (TN)

.5 Credit Hours

Prerequisite: Advanced tennis players (played on high school team or in tournament competition) are not allowed in this course.

Scope

This course is designed to develop basic tennis strokes including serving, volleying, forehand underspin and topspin, and backhand underspin and topspin. Grading includes an instructor evaluation of strokes and skill tests on the serve, forehand and backhand.

PE 446 - Volleyball (VB)

5 Credit Hours

Prerequisite: None

Scope

This course is designed to teach cadets the fundamentals of volleyball. The individual skills taught are the underhand pass, bump, set, serve, block, and spike. Additionally, the course covers defensive and offensive formations, the transition game, officiating techniques and United States Volleyball Association (USAV) rules. Grading is based upon skill testing on the underhand pass, set and serve, a written test, and a round robin tournament.

PE 451 - CURRENT LIFETIME SPORTS (Men and Women)

.5 Credit Hour

Prerequisite: Varies dependant upon scheduled activity

Scope

The lifetime sports skills series are experimental credit courses intended to provide cadets an opportunity to learn additional sports skills which can be incorporated into lifetime fitness goals



and activities. They will further the development of neuromuscular and kinesthetic abilities through the acquisition of and participation in sport skills and can be part of the cadet personal fitness programs. Specific lifetime sport activities are selected on the basis of current trends, resources, instructor expertise, and cadet needs. A complete list of current course offerings can be found in the latest DPE Upperclass Training Memorandum.

SECTION IV: FIRST CLASS PROGRAM

The purpose of the First Class Physical Education Program is to enhance a cadet's physical fitness, movement and leadership skills. Cadets are required to complete PE410 Unit Fitness and PE412-PE451 Lifetime Sports. The Unit Fitness course serves as the capstone of the Master Fitness Trainer (MFT) curriculum at USMA. Cadets apply the knowledge gained from their Introduction to Wellness and Personal Fitness courses to soldiers within a unit setting. Unit Fitness includes the development and submission of a comprehensive Physical Development Resource Manual. Enrollment in one DPE Lifetime Sport is mandatory for all First Class Cadets. The DPE Lifetime Sports Program is designed to develop a foundation of skills, knowledge, and personal attributes, which will enable cadets to successfully participate in lifetime sports, provide motivation for continued improvement and establish a pattern of physical activity for a lifetime. In addition to the instructional coursework, every cadet must participate in a competitive sport (intramural, competitive club, or corps squad) during each academic term and take a Fall and Spring APFT and the IOCT.

PE 410 - UNIT FITNESS

1.5 Credit Hours

Prerequisite: PE 310

Scope

The Unit Fitness course serves as the capstone of the Master Fitness Trainer (MFT) Program at USMA. Cadets learn to apply the knowledge gained from their Introduction to Wellness and Personal Fitness courses. Emphasis is placed on understanding the daily duties and responsibilities of the Master Fitness Trainer at the company level. The course content includes the development of a fitness-training program based on an active duty unit scenario. Cadets will participate in a variety of battle-focused fitness training labs in an effort to incorporate unit mission essential tasks into fitness programs. Critical soldier movement skills are taught in Military Movement- Gymnastics, practiced throughout the entire Physical Program, and assessed on the Indoor Obstacle Course Test (IOCT) during Unit Fitness.

Special Requirements: Six hours are reserved during the year for the development of the Physical Development Resource Manual.



Physical Development Resource Manual

This is an independent study project required of all First Class cadets as part of Unit Fitness.

Cadets will:

- Submit the PD Resource Manual as evidence of their physical development achievements at USMA in the MFT program.
- Provide evidence of knowledge, skills and appreciation of physical development essential to a healthy lifestyle.

The PD Resource Manual will contain:

- Nutrition Project – Wellness
- Personal Fitness Program – Personal Fitness
- Unit Fitness Plan – Unit Fitness

PE 412 - 451 - LIFETIME SPORT

The Upperclass Lifetime Sports Program is designed to develop a foundation of skills, knowledge, and personal attributes, which will enable cadets to successfully participate in Lifetime Sports, provide motivation for continued improvement, and establish a pattern of physical activity for a lifetime. Enrollment in one DPE Lifetime Sport (PE412-PE446) is mandatory for all First Class cadets. First Class cadets may elect to enroll in additional Lifetime Sports courses beyond the one course requirement. Second Class cadets may elect to enroll in DPE Lifetime Sports (PE412-PE446).

SECTION V: DECEMBER GRADUATES

All turn-back or re-admit cadets are who will graduate in December are required to complete the following Physical Program curriculum. Cadets are required to enroll in a Lifetime Sport course, participate in a competitive sport (IM, Club, or Corps Squad), and pass the Fall APFT. May graduates will take both the fall and spring APFTs, the IOCT, and participate in two competitive sport seasons.



CHAPTER 3 TESTING

ARMY PHYSICAL FITNESS TEST

All cadets are required to take the Army Physical Fitness Test (APFT) per AR350-41. The test consists of two minutes of push-ups, two minutes of sit-ups and the two-mile run. The APFT is administered twice yearly: once in the fall (prior to last day of class for first term) and once in the spring (prior to last day of class for second term). The APFT at West Point is given in Gillis Field House and along River Road, Target Hill Field, and Shea Stadium. Passing the APFT is a commissioning requirement. Additionally, First Class Cadets must pass a spring/final semester APFT to graduate with their class. The Commandant may waive this requirement by exception based upon a cadet's history of performance. Specific information related to the APFT can be found in the DPE Fitness Testing SOP. Alternate tests are valid record tests that are given to cadets who possess a valid Cadet Medical Excusal, which prevents them from taking the standard 3-event test. Alternate tests are listed below.

ALTERNATE TESTS
1. 2 event test: PU or SU (or modified SU) 2-mile run
2. SU, PU, 10K Bike
3. SU, PU, *10 Minute Swim
4. PU, 10K Bike
5. SU, 10K Bike
6. PU, *10 Minute Swim
7. SU, *10 Minute Swim

*Must have completed PE 110 - 113.



NOTES:

- To obtain the score for a 2-event test, add the point score for the two conducted events and divide by 2. Add that score to the two others for the overall test score.
- If a cadet takes an alternate or modified record test, they are NOT eligible for the APFB or IOCT Tab.
- A cadet must achieve 100 points in each event in order to be eligible for extended scale points. The APFT scales can be accessed on the Testing web page at the DPE internal website.

Conduct the Test

The cadet reports through the main field house doors where he is met by the DPE Testing Officer, picks up the blank PT card and receives a short briefing prior to proceeding to the push-up or sit-up station. In every rotation at the push-ups station, there will be four cadets: two cadets take the test in the presence of each tester and two cadets counting. The tester disallows incorrect repetitions by saying "No" and stating the reason for the disallowance. At the conclusion of each two-minute test, the tester records the number of completed push-ups or sit-ups on the cadet's card.

Upon conclusion of push-ups and sit-ups, the accountability officer organizes cadets into groups of 25 to move to the start of the two-mile run course. The accountability officer marks the start time on the cadets' cards and takes the cards to the tables by the north door of the field house. The OIC of the two-mile run starts the cadets. Upon crossing the start/finish line, the OIC of the site states the cadet's time and a grader records that time on a white slip of paper and hands it to the cadet. The cadet takes the paper, finds his/her card on the table by the northeast door, and gives the PT card and slip of paper to the instructor at the turn-in table. The instructor records the finish time, calculates the run time, informs the cadet of his/her time, and asks the cadet to file the card in the appropriate company slot. This completes the test.

Cadets on medical excusal will report to the DPE Trainer at the medical excusal table prior to the start of the test. There they will be evaluated by the trainer and assigned either a make-up 3-event test date (short term excusals) or alternate test (long term medical excusals). Cadets will be tested once their medical excusal has expired and they have been given the appropriate recovery time as defined by USMA and DPE Testing Policy. Specific to USMA, a cadet will be given twice the length of the medical excusal but not more than 14 days to train for a record make-up APFT. For example, if the medical excusal is specific was short term as being 5 days, the cadet has 10 days to prepare for the APFT once the medical excusal period ends. The 14-day recovery period prior to record testing after a short term medical excusal is specific to cadets at USMA and differs from AR 350-41 and FM21-20 where regular soldiers are given twice the length of the medical excusal, not to exceed 90 days to prepare for the APFT. The difference between USMA and Army policy recovery timelines stems from the necessity to have a record APFT score that is required for the computation of the overall PPS. Offering up to 90 days (half



a semester) for recovery from a short term medical excusal is not feasible in satisfying academic requirements in the USMA environment.

Policy For Army Physical Fitness Test Minimum Standards Failures

The purpose of this section is to establish policy governing the actions to be taken when a cadet fails to satisfy military requirements by failing to meet Army age and gender specific minimum standards on the Army Physical Fitness Test (APFT). IAW AR 350-41, "Soldiers without medical profiles, who repeatedly fail the APFT, will either be barred from reenlistment (AR 601-280, enlisted soldiers) or processed for separation from the service." Regulations, USMA provide the authority to separate cadets from the Military Academy.

APFT Failures and the 90-Day Retest List

Any cadet who fails the APFT will have up to 90-days to remediate the failure. A cadet who fails a record APFT will be placed on the Testing Office's 90-day retest roster and tracked by the Testing Office. APFT failures will be enrolled in the Commandant's Physical Remedial Program (CPRP) for a minimum of six weeks. The cadet may elect to test at the end of six weeks or can remain in the program until they test at 90 days. If the cadet passes the test, he/she will be removed from the 90-day retest roster; however, for purposes of the PPSY, the original failing grade will stand. If the cadet fails the retest, he/she is subject to separation and the Testing Office will produce a recommendation packet for the Master of the Sword to sign and send to the BTM. This packet will have a cover letter with all counseling, remedial PT, and physical testing history.

If a cadet is injured while on the 90-day retest list, he/she will have additional time to remediate as defined by Army policy (FM 21-20 and AR 350-41). An injured cadet will have additional remedial time equivalent to 2 times the length of the profile not to exceed 90 days. This timeline differs from the earlier discussion of providing 2 times the length of the excusal not to exceed 14 days. Cadets who fail a record APFT fall under specific Army policy may no longer simply owe an academic PPS (Physical Program Score) requirement for USMA but they are now remediating a record failure which may result in separation from the academy. A cadet is not authorized to take an alternate or modified test to be removed from the retest list. If the injury is so severe that a cadet is not physically able to take a regular 3-event APFT, the Director of DPE will make a determination as to how the cadet will be required to remediate the failure.

If a cadet fails to test prior to the 90 days after their original failure, they will be considered a retest failure and are subject to separation as in paragraph 1 above.

COMMANDANT'S PHYSICAL REMEDIAL PROGRAM (CPRP)

CPRP is a physical remedial program designed to remediate APFT failures so cadets can pass the APFT at the minimum standards. Through participation in the program, cadets will be intrinsically motivated to maintain their personal fitness.



DPE will administer CPRP with the assistance of Regimental PDOs. The program is conducted on Regimental Intramural days and Fridays from 1610-1730. Cadets will report for CPRP Monday, Wednesday and Friday or Tuesday, Thursday and Friday. Recommended workouts will be furnished to the cadets for the days they are not involved with the program. Cadets with valid cadet excusals will be screened by the DPE athletic trainers and placed into an appropriate special populations PT program. CPRP participation is mandatory and will have priority over intramurals, additional instruction (AI) and other appointments.

Cadets who fail either their Spring or Fall record APFT will automatically be enrolled in CPRP. The Master of Sword will review the enrollment list and the Commandant will approve the final candidates. Corps Squad athletes will be excused from the program on a case-by-case basis.

INDOOR OBSTACLE COURSE TEST (IOCT)

The IOCT test is designed to evaluate a cadet's muscular strength/endurance, flexibility, agility, coordination, anaerobic capacity, daring and decision making skills while under pressure and is now a PPS requirement for Third, Second, and First Class cadets. The IOCT consists of 11 obstacles in Hayes Gym as depicted in Figure 5-1. The uniform is Gym Alpha with court shoes. A description of the IOCT obstacles/run follows:

1. The Start Line: Cadets must start from a standing position with one foot on the floor and the other foot near the end of a 40' wrestling mat.
2. The Tunnel Crawl (Obstacle #1): From the start line, the cadet must move forward 10' and drop down to a prone position. The cadet must move headfirst and face down in a modified low-crawl technique through a tunnel 20' x 10' x 18".
3. The Tire Run (Obstacle #2): From a running start, the cadet must step through an alternating series of eight tires such that some portion of the foot touches the floor inside each tire.
4. The Two-Hand Vault (Obstacle #3): With a running start, the cadet must simultaneously place two hands on top of a sideways mounted, 4' high pommel horse (pommels removed) and vault over it. A right or left flank vault is the only authorized vault and the cadet must land on two feet under control, facing in the direction of movement. No hurdle, handspring or twisting vault is allowed.
5. The Shelf Mount (Obstacle #4): The cadet must mount a 12' x 3' wooden shelf suspended 7' from the ground. The cadet may only touch the wooden portion of the shelf. Use of the black metal supports and/or a back pullover technique is not allowed.
6. The Balance Walk on the Horizontal Bars (Obstacle #5): From the shelf, the cadet must climb over a 7' high railing onto a running track. The cadet must run approximately 35' and climb down to a succession of five, 6' long horizontal bars mounted 7' from the floor with vertical supports. After balance walking across the bars, the cadet must drop down to the floor and land under control.



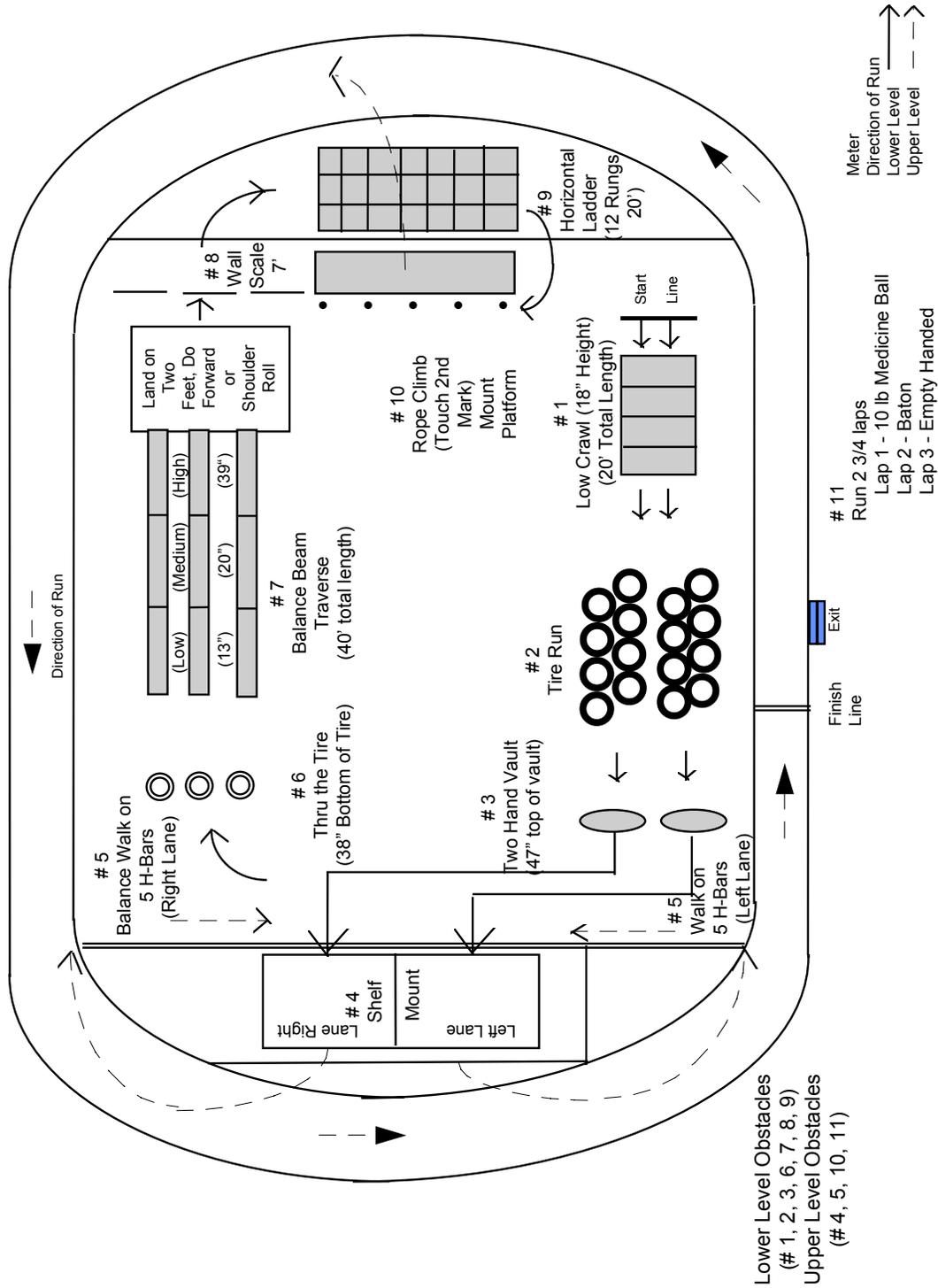
7. Thru the Tire (Obstacle #6): From a running start, the cadet must grasp the top of a tire mounted 3' off the floor and jump feet first through its 18" opening. Diving through headfirst is unauthorized.
8. Balance Beam Traverse (Obstacle #7): The cadet must walk, jog or run the entire length of three successive balance beams. Each beam is 20' long. The beams are 13", 20" and 39" off the floor, respectively. Upon reaching the end of the last beam, the cadet must jump off and land under control on two feet, then execute either a side, forward or shoulder roll.
9. The Wall Scale (Obstacle #8): With a running start, the cadet must scale a 7' high wall constructed of plywood. The cadet must land on two feet and avoid using the vertical side supports for assistance.
10. The Horizontal Ladder (Obstacle #9): The cadet must negotiate a horizontal ladder consisting of 14 rungs spaced 15" apart. The cadet must jump and hang on the first rung and suspend his/her weight from each rung while moving to the opposite end.
11. The Rope Climb (Obstacle #10): Using any leg and hand method or hands only, the cadet must climb a 1.5" diameter cotton rope to a wooden shelf mounted 12' above the floor. The cadet must touch a red mark painted on the rope 4' above the shelf before touching any part of the shelf or the shelf supports. The cadet must continue the test by climbing from the shelf over a railing and onto the running track.
12. Two and Three-Quarters Laps Run on the Track (Obstacle #11): The cadet must pick up an 8 pound medicine ball and run with it for one lap around the track. The ball must be held with two hands in front of the body. The cadet must drop the ball where it was secured and pick up a baton. The baton must be carried for one lap in a visible manner. After depositing the baton, the cadet must run empty-handed to the finish line.

Administration dates and scoring standards for the IOCT are in the *DPE Testing Booklet*.



Figure 5-1

Indoor Obstacle Course Test





IOCT ALTERNATE TESTS

Cadets unable to take a standard IOCT due to a cadet medical excusal will either be scheduled for a makeup test date, will take an alternate test, or will be declared a No Test. Every effort will be made to schedule a cadet for a standard IOCT. If this is not possible, the specific alternate test a cadet will take will be determined by the DPE Testing and Sports Medicine Teams based upon the specific limitations on the cadet medical excusal form. As a last resort, a cadet will be declared a No Test.

Alternate test options are as follows:

- For the cadet who possesses a cadet medical excusal which precludes performing the horizontal ladder obstacle but permits performing push-ups, the alternate IOCT will involve the cadet performing 14 push-ups in lieu of performing the horizontal ladder obstacle. All other events of the IOCT will be performed in the appropriate sequence.
- Cadets who are medically excused from performing the IOCT will take an alternate test that consists of either a 12-Minute Bike Test or a 10-Minute Swim, in conjunction with either push-ups or sit-ups, consistent with the cadet medical excusal. Priority for the muscular strength/endurance events is push-ups and then sit-ups.

Cadets who cannot take at least one muscular strength/endurance event (push-ups or sit-ups) or one cardiorespiratory event (12-Minute Bike Test, 10-Minute Swim Test) will be declared a No Test. All tests are graded on a 1000-point scale. To compute a score on a two event alternate test, find the corresponding scale scores for the two events performed, compute their average, and add the average score to the total of the two events performed. Using the APFT conversion table (DPE Testing Booklet), locate the numerical/letter grade corresponding to the total score. This is the grade for the two-event test.





CHAPTER 4

COMPETITIVE SPORTS

DEVELOPING LEADERS OF CHARACTER THROUGH SPORTS

The purpose of West Point is to provide the nation with “*leaders of character.*” The ultimate test of military leadership is in combat. On the athletic fields, Corps Squad, Club and Intramural participants may encounter some of the conditions they will face in combat. Participation in athletics has the potential to increase each cadet’s leadership skills. When properly conducted, and by following the principles of fair play, these activities fully support and contribute to the basic purpose and mission of the Academy. Such qualities, expressed in action, are the traits that comprise the traditional Army Values – honor, integrity, moral and physical courage, loyalty, respect, selfless service, and duty.

Every cadet is an “athlete” at West Point; therefore, every cadet is required to participate in the competitive sports program. There are three levels of competition: intramurals (company level), competitive clubs and corps squad (intercollegiate level). Every cadet must participate in a competitive sport during each academic term. This requirement is designed to provide each cadet with the opportunity to develop his or her leadership qualities.

OUTCOME GOALS

As a result of participation in competitive sports, cadets will:

- Exhibit those personal qualities deemed indispensable for 'Leaders of Character.'
- Demonstrate fair play and sportsmanship.
- Gain an appreciation for the level of fitness required to participate in sports and the military lifestyle.
- Participate in a level of competitive sport consistent with their demonstrated ability.
- Gain an appreciation for the importance of a winning attitude in sport and military life.
- Develop effective teamwork needed to attain team success.



PROCESS GOALS

- Provide challenging competitive sport experiences designed to promote the Army Values, personal growth, and a "warrior spirit."
- Provide cadets with opportunities to serve in leadership roles.
- Provide a safe environment and appropriate resources to execute the program.

INTRAMURAL SPORTS

The intramural (company level) program provides every cadet an opportunity to participate on an athletic team. Maximum participation is encouraged by requiring each cadet to compete in a minimum of half of each scheduled competition. In order to provide cadets with a broad athletic experience, cadets are limited to participation in the same sport for only two seasons. They may coach for a third season. The primary responsibility of First class cadets in intramural leadership roles is to develop character through the teaching of their sport while following the principles of fair play. Therefore, it is the duty of those cadets who coach to supervise the behavior of the players as well as to enforce the rules of the game and the principles of fair play. USCC *Circular 28-1* provides details on the intramural and club program including: objectives, organization and administration, participation requirements, sport rules, eligibility criteria, athletic participation score, and awards. The circular also addresses the Sandhurst competition and its relationship to the intramural program.

COMPETITIVE CLUB TEAMS

Competitive club teams provide an additional opportunity for cadets to compete at the intercollegiate level. USCC *Circular 28-1*, USCC *Regulation 28-1*, and USCC *SOP* address all aspects of the Competitive Club Program to include: objectives, organization and administration, facility scheduling, authorizations, accountability, responsibilities, competition requests, and the Athletic Participation (AP) System.

The Department of Physical Education and the Directorate of Cadet Activities jointly coordinate the Competitive Club Program. In compliance with the USMA Policy Board directive of 10 August 1988, the following specific responsibilities were delineated:

DPE Responsibilities

- Operational control to include scheduling of home events and trips
- Coordinating facilities for practices and home competitions
- Providing guidance to OICs to include technical and safety requirements
- Coordinating athletic participation in intramurals and competitive club teams
- Recommending competitive club team authorizations to the Commandant



- Briefing OICs on the philosophical basis for having competitive club teams at the Academy
- Recommending approval/disapproval of competitive club team's budgets

DCA Responsibilities

- Providing administrative and financial support to the competitive club teams
- Maintaining through the Chain of Command the intramural authorization rosters as approved by DPE
- Providing through the Chain of Command intramural authorization rosters to DPE and OICs
- Formulating and reconciling competitive club team budgets
- Recommending approval/disapproval to requests for exceptions to the academy schedule and to USCC scheduled activities in coordination with DPE and the Office of the Dean as required.

Intercollegiate competitive club athletes, as outlined in USCC CIR 28-1, fulfill their term competitive sports baseline requirement by participating with their club. Every cadet on an intercollegiate competitive club team must be on the official team roster. Cadets on the official team roster have no intramural requirement for that semester. Club OIC's must lock-in their official team roster at the beginning of each semester to ensure accountability of athletic participation.

Each intercollegiate competitive club team has a specific limit to the number of cadets who may participate. The Master of the Sword approves the number of athletes per competitive club based on intramural requirements. Since competitive clubs fulfill the baseline competitive sports requirement, teams are normally authorized to practice during intramurals (1615-1815 hrs).

In-season intercollegiate competitive club teams normally receive drill authorizations due to the necessity for all team members to be present to hold effective practices. The Commandant approves drill authorizations based on the unique training requirements of each sport. (See USCC CIR 28-1.)

All competitive club teams compete in accordance with the rules and regulations of their league or national governing body.

INTERCOLLEGIATE ATHLETICS

The Office of the Director of Intercollegiate Athletics (ODIA) has responsibility for the conduction of the intercollegiate athletic program. USMA Regulation 350-12 provides specific details pertaining to the administration and execution of the intercollegiate athletic program. There are currently 15 men's teams, 9 women's teams, and one male and female team (rifle) that compete in compliance with NCAA regulations in either the Patriot League, Conference USA, or



Metro Atlantic Conference (MAC). Additionally, cadets participate in the Eastern Collegiate Athletic Conference (ECAC) or as an independent.

Intercollegiate Corps Squad athletes fulfill their term competitive sports baseline requirement by participating with their team. Every cadet on a Corps Squad sport must be on the official team roster. Cadets on the official team roster have no intramural requirement for that semester. ODIA must lock-in their official team roster at the beginning of each semester to ensure accountability of athletic participation.

ATHLETIC PARTICIPATION SCORE (AP)

The purpose of the Athletic Participation (AP) score is to provide a method for assessing a cadet's competitive sports participation. AP comprises 20% of the Physical Program Score. Each semester an Athletic Participation Term (APT) is captured and then calculated through a system combining input from ODIA, DCA, and DPE. USCC Circular 28-1 and in the DPE Physical Program Score Computation Manual provides a complete description of the APT point allocation system.

Each semester, cadets who are on official competitive club rosters and Corps Squad teams are not required to participate in intramurals. However, cadets listed on Corps Squad rosters as managers, photographers, and/or trainers (non-players) must participate in an intramural or competitive club sport during the off-season of their sport.



CHAPTER 5

GUIDANCE

GRADING PHILOSOPHY AND POLICIES

The foundation of our grading is a commitment to evaluate cadets based on their achievement of announced course objectives. The goal is to challenge cadets to meet or surpass announced standards of performance and assign grades based upon their success. Once standards are established, the principal responsibility for performance rests with each individual cadet.

Instructors will provide sound instruction, accurate measurement of cadet achievement, and a reasonable amount of additional assistance. Instructors shall strive to motivate and inspire cadets to achieve their full academic and physical potential. Beyond these obligations, the responsibility for academic and physical success or failure rests with each cadet.

To the extent consistent with subject matter, instructors will provide cadets with a statement of the objectives for each course. Cadets will be evaluated against these objectives. Instructors will avoid evaluation and grading practices that encourage reliance on curving.

Compiled numerically, letter grades ranging from A to F will be the standard means of communicating academic achievement. Instructors will promptly provide cadets an evaluation of each graded course requirement.

PHYSICAL PROGRAM SCORE (PPS)

The Physical Program Score (PPS) is used to compute the performance of cadets in the Physical Program. The PPS combined with the Academic Program Score (APS) and Military Program Score (MPS) form the Cadet Performance Score (CPS). The Cadet Performance Score (CPS) reflects a cadet's success in academic, military, and physical performance and equates to the graduation order of merit. The CPS formula is:

$$\text{CPS} = .55 (\text{APS}) + .30 (\text{MPS}) + .15 (\text{PPS}).$$

The Physical Program Score for all cadets is comprised of three components: Instructional Coursework, Athletic Participation, and Fitness Testing for all classes. The PPS equation is as follows:

$$\text{PPS} = 50\% \text{ Courses} + 30\% \text{ TEST} + 20\% \text{ AP}$$



A Physical Program Score Term (PPST) and a Physical Program Score Cumulative (PPSC) will be computed at the end of every academic term. A yearly PPS (PPSY) will be calculated and used for awarding the Commandant Award and for identifying cadets eligible for the Superintendent's Award. PPSC is used to determine the Number One Cadet (man/woman) in physical performance over four years for selection of the Number One Cadet (man/woman) in physical performance for the year. Cadets must complete all Physical Program requirements for that year to be eligible for performance awards.

PPSTs will vary depending upon the courses taken during that term. Generally there will be a minimum of 1 course, an APFT, and an AP grade for each term. A formula algorithm will be written to accommodate any permutation of courses, APFTs, and APS.

Minimum Physical Program Scores

The Physical Program Score is reported at the end of the Academic Year (AY.) The following table presents the minimally acceptable PPSC for the each year as recommended by the Department of Physical Education. Cadets with averages below those stated will be considered deficient:

YEAR	PPSC
4 ^o	1.85
3 ^o	1.90
2 ^o	1.95
1 ^o	2.00

When a cadet is deficient in the PPSC, the normal recommendation to the Academic Board will be a condition status. Cadets with a condition status will appear in the *Graybook* as such. Cadets deficient in PPSC will be placed on probation the following academic term.

PROGRAM DEFICIENCIES AND PROBATION

Cadets who fall below the PPSC levels shown in the table for the applicable year will be reported deficient in PPSC to the Academic Board by DPE at the end of the academic year.

Cadets deficient in PPSC who are retained at the Academy will be placed on program probation for the following year. These cadets will be referred to as Special Physical Program Cadets (SPPC). Cadets are removed from probation, with the Commandant's approval, at the end of the next year in which their cumulative average exceeds the Minimum Physical Program Scores listed above. Grades earned in the Summer Term Academic Program (STAP) may raise the PPSC above the Minimum Physical Program Scores and remove a cadet from probation.

A cadet placed on program probation is subject to the following measures during the probationary period:



- Mandatory counseling by the DPE guidance office within two weeks of the start of the current term. Performance reviews following interim grade reports.
- Mandatory review of chain of command duties by the company tactical officer with a view toward reducing time requirements, IWA Annex A, USMA Reg 1-1 and the Academy Schedule.
- Reduced privileges that are reviewed monthly relative to progress and adjustments.
- Limited participation in one extracurricular activity or Corps Squad sport at a time. This will be reviewed monthly and follows the guidelines in the Academy Schedule.
- Ineligibility to participate in events that involve the loss of academic time, either class or evening study period except for participation in the one of the listed extracurricular activity period. (E.g. away booster trip sections, spectator at-home athletic contests, extracurricular activity events [Director of Cadet Activities (DCA) and religious trips], voluntary lectures or films, Cadet Public Relations Council (CPRC), conferences, etc.) Participation in a mandatory educational trip that is required for a course is permitted.
- The company tactical officer upon the request of an instructor may withdraw a cadet's privileges if both agree that this course of action is essential to improve the cadet's grades.

Remediation of Deficient Cadets in the Physical Program

Cadets who are designated as deficient in the Physical Program will be individually assessed and enrolled in either Commandant's Physical Remedial Program (CPRP) or Summer Term Academic Program (STAP) based on their specific deficiency in the Physical Program. A cadet's progress in the program will be reviewed at the end of the academic term. Remediation may occur during the academic year or Summer Term Program. The Master of the Sword (MOS) will determine the terms of remediation. Failure to resolve the Program Deficiency status may result in either separation or retention as recommended by the Academic Board to the Superintendent.

DPE Failures

Cadets failing a DPE Course are considered deficient and will be sent before the Academic Board. The MOS recommends to the Academic Board either separation or repeating the course.

Separate

The cadet will normally be recommended for separation if he/she previously failed the same course. Cadets who fail the same course twice in the same academic year are normally separated without the right to re-exam. Cadets who fail the course for the second time not in the same academic year may be separated with the right to re-exam.



The Department of Physical Education reserves the right to recommend substandard performers for separation upon their initial course failure. This recommendation will be based upon input from previous instructors and subject to approval by the Master of the Sword.

Repeat

A cadet that fails a course is required to repeat the entire course. Generally this would be done the next term; however, there may be situations where the repeat will occur during STAP term and the fall term. By repeating the entire course, the cadet may raise that portion of the course for which they have either failed or met the standard in order to pass the course.

No-Credit

A no-credit cadet is a cadet who was unable to complete a course (baseline requirement) generally due to injury. The cadet remains in a no-credit status until completion of the course. Cadets must resolve their no-credit to advance in the Physical Program.

Handling of Turnback Cadet

Turnback cadets will automatically be placed under the physical program curriculum requirements of their new class. Turnback cadets will have to resolve any no-credit status under their old curriculum and will then fall under their new curriculum for required coursework and PPSY/PPSC computation. Exceptions will be made for cadets who have already completed "like coursework" under their old curriculum. To ensure the cadet in question meets all graduation requirements, the guidance office will handle these special cases. If a cadet meets all his or her DPE requirements and is then termed as a turnback cadet, he or she will be required to fulfill the yearly requirement for December graduates.



CHAPTER 6

PHYSICAL PROGRAM PERFORMANCE AWARDS

COMMANDANT AWARD

The Commandant Award is earned by cadets who have demonstrated exceptionally outstanding performance in the Physical Program. To earn the Commandant Award cadets must:

- Achieve a PPSY ≥ 3.667
- Earn the APFB on at least one of two record APFTs; cadets who take alternate tests are INELIGIBLE
- Be within body fat standards outlined in AR600-9
- Resolve all no-credits.

The Commandant Award will be worn on the gym Alpha uniforms as prescribed in *USCC SOP* and the *DPE Testing Booklet*.

SUPERINTENDENT'S AWARD

Cadets who have demonstrated exceptional academic, military and physical performance earn the Superintendent's Award (Wreath). To earn the Superintendent's Award, cadets must:

- Achieve a PPSY of 3.0 or higher
- Earn the APFB on at least one of two record APFTs; cadets who take alternate tests are INELIGIBLE
- Be within body fat standards outlined in AR600-9
- Resolve all no-credits.

#1 MAN/WOMAN CADET IN PPSC

At the end of the academic year, the number one man and woman cadets will be identified for the rising upper three classes. PPSC (computed to three decimal places) for the preceding years will be used to determine these cadets. In the event of a tie, the sequence for breaking the tie is as follows:

- Average of all testing scores
- Coursework
- AP.

At the end of the First Class year, the Military Academy will recognize the number one man and woman cadets in Physical Program performance over the four-year experience. PPSC



(computed to three decimal places) will be used to determine these cadets. In the event of a tie, the sequence for breaking the tie will be PPSY in descending year order.

INDOOR OBSTACLE COURSE (IOCT) TAB

To qualify for the Indoor Obstacle Course (IOCT) TAB, a cadet must score an A- or above on the IOCT. A cadet cannot earn an IOCT TAB by taking an alternate test.

Cadets are authorized to wear the IOCT TAB on the right thigh area of Gym Alpha shorts and sweat pants. The proper manner to wear the TAB is shown in the *DPE Testing Booklet* and *USCC Regulation 600-1*. If a cadet fails the IOCT, a previously awarded IOCT TAB will be removed and the cadet must earn the TAB again.

ARMY PHYSICAL FITNESS BADGE (APFB)

A cadet must achieve the following standards to earn the Army Physical Fitness Badge (APFB):

- Receive a 270 or above on the APFT.
- Receive 90 or more scale points on each event of the APFT (push-ups, sit-ups, and the two mile run). For badge purposes only, points scored above 100 on an event will not contribute to the overall point total. A cadet cannot earn the APFB by taking an alternate test.

Cadets are authorized to wear the APFB on the front right thigh area of the Gym Alpha shorts and sweat pants. The proper manner to wear the APFB is described in *USCC Regulation 600-1* and is depicted in Figure 1.

To retain the APFB, a cadet must receive a 270 or higher and score at least 90 points in each event APFTs annually.



CHAPTER 7

CADET SUMMER PHYSICAL TRAINING

The academic year Physical Program is complemented with an intense and progressive summer physical training program. The summer physical training program (developed and supervised by DPE) is designed to prepare the cadet for the physical demands of cadet and military service life and the combat environment. Summer field training provides each cadet repeated opportunities to apply principles learned during the academic year's physical education curriculum. Specifically, the summer training program integrates military and physical training. This integration provides a forum during which cadets are taught to apply and model the knowledge, psychomotor skills, attitudes and behaviors which will result in a sustained high level of physical fitness, and ultimately enhance combat readiness.

For the upperclass cadet cadre, the leadership roles at both Cadet Basic Training (CBT) and Cadet Field Training (CFT) provide opportunities to:

- Develop leadership skills through an exposure to a variety of physical training methods and experiences.
- Implement the Master Fitness Trainer (MFT) principles and skills acquired during Wellness and Personal Fitness.
- Improve and maintain their fitness levels as well as the fitness level of the cadets in their chain of command.
- Enhance unit morale, cohesion and teamwork through rigorous physical activity and competition.

CADET BASIC TRAINING (CBT)

COMBATIVES I

CBT is the new cadet's initial exposure to the Army's physical training program. CBT integrates an intense and rigorous physical sequence designed to:

- Prepare cadets for the physical demands of the summer training program and the academic year's physical education programs through the introduction of combatives training (Combatives I).
- Introduce new cadets to the Army physical conditioning program.
- Foster positive behaviors and attitudes toward physical fitness.



- Develop the attributes of leadership, character, teamwork, self-confidence, mental and physical toughness and courage.
- Enable selected advanced swimmers to validate Survival Swimming.

The physical training program of instruction for Cadet Basic Training is planned and monitored by the Department of Physical Education to comply with the Commandant's guidance and concept of operations. Implementation and execution of the CBT physical program is the responsibility of the upperclass cadet cadre. Specific details and training schedules are published annually by the DPE in the *CBT Physical Program of Instruction*.

CADET FIELD TRAINING (CFT)

INTRODUCTION TO FIELD FITNESS AND COMBATIVES II

Following the end of Plebe Year, the rising Yearling class reports to Camp Buckner for eight weeks of military field training. CFT is designed to be physically and mentally demanding, and simulates as closely as possible Army situations. Cadets experience how physical training is conducted in an Army unit under both garrison and field conditions and the concept of "War Fighting Fitness" is introduced to cadets. Additionally, cadets participate in combatives training (Combatives III).

As with CBT, the physical training program of instruction for CFT is planned and monitored by the Department of Physical Education and implemented and executed by the upperclass cadet cadre. Specific details and training schedules are published annually by the DPE in the *DPE Cadet Field Training Program of Instruction* and in the *DPE Exercise Leader Training Summer Training Edition*.



CHAPTER 8

SUMMER TERM PROGRAMS AY 02-03

DPE SUMMER TERM ACADEMIC PROGRAM (STAP)

DPE STAP starts during graduation week and normally runs for a 4-week period of time. It is designed for course failures to repeat classes in which they were deficient during the academic year. Selected “No Credit” cadets who are more than one course behind their classmates may also be scheduled to attend DPE STAP to prevent them from falling too far behind in the physical program.

Courses are offered based upon need. Both coursework and tests are graded on a 1000-point scale. The minimum passing grade is 65.0/D. STAP grades will be forwarded to the Office of the Dean as a replacement grade for the academic year grade and will be used for CPS purposes. However, the original “F” will remain on the cadet’s transcript along with the STAP grade.

COMMANDANT’S PHYSICAL REMEDIAL PROGRAM (CPRP)

CPRP runs during STAP as well as during the Academic Year. (See Chapter 3, Testing for Fall and Spring CPRP details). Cadets may be remanded to the Commandant’s Physical Program to remediate the following deficiencies:

- failure of two record (Initial Fall/Spring) APFTs
- failure to remediate the Spring APFT and remove his or herself from the Retest List prior to the beginning of the STP
- failure by a 1^o class cadet to reach proficiency on his/her final term APFT prior to graduation in accordance with AR-350-41
- failure to meet minimum cumulative Physical Performance Scores.

Unless otherwise noted on the CPRP Calendar, summer CPRP runs during the four weeks of DPE STAP with daily physical-fitness training periods scheduled between 0530 and 1630 hours. Cadets receive training in the areas of flexibility, cardiovascular endurance, muscular strength and endurance, and body composition.



PHYSICAL INDIVIDUAL ADVANCED DEVELOPMENT (PIAD)

Physical Individual Advanced Development (PIAD) provides a means to augment, broaden, and enhance the developmental experience of the baseline physical program. PIAD cultivates a cadet's optimum physical capability and health; develops the ability to maintain and promote personal fitness; nurtures the qualities of initiative, physical and mental courage, perseverance, self-sacrifice, aggressiveness, and will to win; offers programs with variety and richness; and contributes to the development of attributes necessary for leadership. PIAD focuses on outdoor, multi-element activities that cannot be offered during the academic year and develops skills for a lifetime of participation in sport.

PIAD COURSE DESCRIPTIONS

Each year DPE will submit to the Directorate of Operations, Plans and Security (DOPS) the PIAD course offerings. These offerings will subsequently be published, along with a brief description, prerequisites and point of contact, in the *Individual Advanced Development Opportunities Booklet*. Cadets will follow the sign-up procedures as published by DOPS and USCC. Historically, consistent with budget and faculty availability, DPE will conduct PIAD's as follows:

PE 471 - Advanced Sport Development (ASD)

2.0 Credit Hours

Prerequisite: C+ or above in Fourth Class Swimming - PE 110 - 113

Scope

Advanced Sport Development is an intense physical program designed for cadets with an interest in total fitness and a comprehensive SCUBA experience. This program consists of four courses: Aerobic Fitness, Sports Physiology, Muscular Fitness, and SCUBA.

Outer Limits/Mountain Leader

Prerequisite: None

Scope

This course provides an opportunity to develop sound mountaineering skills as well as explore mental and physiological limits. Although leading rock climbs is the principle experience, cadets will encounter mountain biking, hill running, hiking, rescue techniques, and leader reaction. The course takes place at West Point and in the Shawangunk Mountains near New Paltz, NY.



**ADDITIONAL PIADS
(OFFERED WITH APPROVAL OF DEPARTMENT HEAD)**

Outward Bound

Prerequisite: Must not be allergic to bee stings

Scope

The Outward Bound Program is designed by DPE in conjunction with the Outward Bound National Headquarters to be a multi-element, physical and leadership experience. The PIAD is conducted along the coastal waters of Maine and in Maine's Moosehead Lake Region and provides outdoor physical challenges in backpacking, navigation, rock climbing, lifeboat sailing, solo survival and canoeing.

Triathlon: A Triple Fitness Experience

Prerequisite: None

Scope

A high intensity experience conducted at the Olympic Training Center in Lake Placid, NY, which combines demanding physical training with an in-depth study and practical application of exercise science principles. Highlights include working with Olympians as well as competing in a number of races.

Group Exercise Leader Certification

Prerequisite: None

Scope

This course will enhance group leadership skills in an Exercise to Music environment. In addition to program development, the first two weeks will focus on performance and presentation of rhythmic exercise movements. The remainder of the course will focus on preparing the cadets for taking the nationally recognized certification exam from the American Council on Exercise.

Orienteering Training Camp

Prerequisites: None

Scope

The Orienteering Training Camp PIAD is provided for the development of advanced orienteering skills for cadets who have demonstrated the potential to compete in the World Student



Orienteering Championship and for other cadets at the Academy desiring to learn advanced land navigation and terrain analysis. Participants will have the opportunity to train intensely in orienteering for three weeks while competing against the best orienteers in the region and nation. Additionally they receive training and guidance from these elite orienteers. Cadets will train in physical conditioning and advanced map drills. Competitions will take place throughout the PIAD, consisting of long distance and sprint orienteering.



CHAPTER 9

SELECTED ATHLETE PROGRAM

The demands of an NCAA Division I-A athletic program require a number of varsity athletes (e.g., football and track members) to increase body weight in order to enhance athletic performance. Although additional body weight may enhance sport specific skill performance, it degrades the performance of these athletes on the two-mile run event of the Army Physical Fitness Test (APFT). Therefore, this policy authorizes establishment of the Selected Athlete Program, which eliminates the physiological conflict between requiring certain athletes to gain weight for their competitive sport while still requiring these athletes to meet the cadet standards on the two-mile run test.

Corps Squad athletes approved for the Selected Athlete Program will be administered a three-event alternate APFT for grading purposes. The alternate APFT consists of a two-minute pushup event, a two-minute sit-up event, and a 12-minute bicycle test. Similar to the two mile run test, the bicycle test is designed to measure aerobic fitness, while at the same time factoring out the negative effects caused by the increased body weight.

Corps Squad athletes must meet the following criteria prior to be considered for entry into the Selected Athlete Program:

- Pass the alternate APFT. (pushups, sit-ups, and 12 minute Bike test); 50 pts/event for new cadets in CBT)
- Be recommended by Corps Squad team coach and the Director of Intercollegiate Athletics.
- Obtain concurrence from the Master of the Sword through the Chain of Command.
- Approval by the Commandant of Cadets.

The Office of the Directorate of Intercollegiate Athletics will submit a roster listing current and new Selected Athlete Program participants to the DPE Testing Office, NLT 1 September and NLT 1 March of each academic year. The list of names will include: company, SSAN, class, current height/weight, goal-weight, sport and team position. The Department of Physical Education will review the fitness testing records for each cadet and provide a recommendation to the Commandant of Cadets through the Chain of Command. Cadets who do not pass the APFT may not be admitted to the SAP.

Upon approval by the Commandant for the Selected Athlete Program, athletes will be administered an alternate APFT each time fitness testing is required. Once enrolled selected athletes are required to meet their cadet age and gender specific minimums on each of the three events (i.e., points on each of the events: pushups, sit-ups, and 12- minute bike test.) Selected athletes who fail to meet cadet minimums on the subsequent retest will be disenrolled from the



Selected Athlete Program. These cadets will be afforded adequate time for weight loss and conditioning, after which time they will be administered a 3-event APFT (pushups, sit-ups, and two-mile run) as prescribed in FM 21-20. Cadets failing to meet their cadet age and gender specific minimums on this APFT will then be subject to the APFT retest procedures.

Selected athletes who voluntarily drop from a corps squad roster, or are dropped from a corps squad team due to a medical condition, and exceed AR 600-9 will be placed in the appropriate weight control program and will be subject to the provisions thereof. These cadets will subsequently be tested in accordance with their physical education course. ODIA will immediately inform the DPE Testing Team upon releasing a selected athlete from a corps squad team.

Selected athletes will be removed from the Selected Athletic Program no later than the end of the athletic season of their First Class year. ODIA must pay particular attention to First Class selected athlete cadets whose competitive season (e.g., track) approaches graduation. Once removed from the program, former selected athletes, like all cadets, must meet Academy body composition standards and meet all Physical Program testing and course requirements prior to graduation.



CHAPTER 10

MASTER FITNESS TRAINER CERTIFICATION

The Master Fitness Trainer (MFT) certification is awarded to cadets who achieve established standards in each phase of the Master Fitness Trainer curriculum.

- Cadets must complete the Muscular Fitness Lab. See Chapter 2 for the Muscular Fitness Lab description.
- Cadets must achieve a passing score in the Wellness course. See Chapter 3 for the Wellness course description.
- Cadets must achieve a passing score in the Personal Fitness course. See Chapter 4 for the Personal Fitness course description.
- Cadets must achieve a passing score in the Unit Fitness course. See Chapter 5 for a Unit Fitness course description.

SECOND/FIRST CLASS YEAR

Cadets must score a 240 or higher grade on two of the three remaining APFTs (Second Class Spring, First Class Fall, or First Class Spring); no alternate tests allowed.

If a grade of less than 70% is earned in Wellness or Personal Fitness, then 80% or better is required in the next course of the MFT sequence. A cadet scoring less than 70% in both Wellness and Personal Fitness is no longer eligible for MFT certification.





CHAPTER 11

CENTER FOR PHYSICAL DEVELOPMENT EXCELLENCE

On 8 March 2000, the Commandant of Cadets authorized the creation of the Center for Physical Development Excellence (CPDE) within the Department of Physical Education. This decision is in support of a DPE vision goal of creating a “Center of Excellence nationally recognized as a leader providing advice, expertise and research.” Further, two DPE program goals illustrate the importance placed on the CPDE: (1) Provide USMA and the Army with expertise and research on physical development, and (2) Develop and maintain a physical environment and the resources that support and foster the physical development of future Army leaders.

MISSION

To provide the United States Military Academy, the U.S. Army, and the Nation with Applied Research that advances the body of knowledge and professional practice related to Physical Development, Wellness and Military Readiness.

VISION

The Center for Physical Development Excellence (CPDE) is a cadet-centered resource focused on maximizing the physical development and well-being of cadets at the United States Military Academy. The CPDE will be a state of the art research facility which will utilize the most advanced equipment and methods to produce cutting-edge research and associated applications for all aspects of military, health and sport physical fitness. Research will focus on improving the physical development and well-being of the Corps of Cadets which will ultimately benefit the United States Military Academy, the Army and the nation.

FUNCTIONS

As a centralized coordinating center related to the physical development needs of the USCC and the Army, the CPDE would perform a variety of functions that include, but would not be limited to the following:

- Conduct research activities that focus on the anatomical, physiological, sociological, and psychological determinants and outcomes of physical development, performance, and movement in a variety of venues.
- Conduct research activities that focus on "best practices" in the delivery of physical education and fitness instruction.



- Serve as a coordinating center for USMA programs and services related to the health and wellness of all USMA constituents, including the cadets, faculty, and staff.
- Develop and disseminate information regarding principles and practices associated with optimal physical development and personal wellness.
- Develop model programs and create demonstration projects that promote physical development and wellness in military as well as civilian settings.
- Establish linkages with other Army (Soldier Fitness School), Department of Defense, and federal agencies for the purpose of sharing information and collaborating on research and programmatic initiatives related to physical development and wellness.
- Assist in the development of policy, procedures, and responsibilities pertaining to physical fitness training and testing in the Army.
- Develop a grants program for the procurement of funding to support programmatic and research initiatives related to activities of the Center.



CHAPTER 12

CADET MEDICAL PROFILE REVIEW BOARD PROCEDURES

Cadet Medical Profile Review Boards convene twice annually. First and Second Class cadets of concern appear before the board in December; Third and Fourth Class cadets of concern appear in May. The Cadet Medical Profile Review Board is comprised of the Commandant of Cadets, Dean of the Academic Board, USMA Surgeon/Commander MEDDAC, Director of Intercollegiate Athletics, BTD representative to the board, and Director of the Department of Physical Education. The S-1, USCC is the POC for this review.

CADET MEDICAL PROFILE DISPOSITION REVIEW PROCESS, PROCEDURES AND RESPONSIBILITIES

Purpose

This paragraph establishes the policy, procedures, and responsibilities for the review and appropriate disposition of cases in which cadets experiencing medical problems are unable to progress satisfactorily in their physical education courses at West Point.

General

Serious medical problems often result in cadets being placed on medical excusal. In some instances it is impractical to determine exactly when full recuperation will occur. Cadets on medical excusal are excused from required physical education courses at the Academy. The cadet and the Academy may expend considerable effort toward a goal the cadet may not physically be capable of meeting. This is not a productive expenditure of effort or resources.

Cadets who are experiencing medical problems which impair their ability to complete the physical education courses will be identified during May of their Third Class year, or as the problem develops during their Second or First Class year. The Surgeon, USMA will evaluate each cadet to determine whether it is likely that the cadet will be medically able to demonstrate satisfactory completion of all physical education requirements within the next six months.

- In those cases where the Surgeon, USMA determines that a cadet will be medically able to demonstrate satisfactory completion of all DPE requirements within the next six months, that cadet may be allowed to continue at the USMA subject to the periodic medical reevaluation and certification of satisfactory rehabilitative progress.
- Where the Surgeon, USMA determines that a cadet will not be able medically to demonstrate satisfactory completion of all requirements within the next six months, the Commandant will



convene a board to determine whether or not to recommend to the Superintendent that the cadet be placed on leave for up to one year or separated from the Academy under the provisions of *Regulations, USMA*.

- Cadets placed on leave will undergo periodic medical reevaluation at the direction of the Commandant to determine if and when the medical problem has been satisfactorily resolved. From the date the Surgeon, USMA determines the medical problem has been satisfactorily resolved a cadet will have no more than 90 days per AR 350-41 to return to the Academy to take and pass the APFT to Army standards. Those who continue to claim physical disability and/or are unable to pass the APFT will be reevaluated for separation or other action consistent with the provisions of *Regulations, USMA*.
- Physical Program waivers are granted by the MOS. Cadets will use the process illustrated in Figure 12-1 to attain a waiver in the Physical Program.

