I. **Course Description:**

Instruction and practice of the skills, techniques, and fitness activities that are essential to typical Army training.

II. **Rationale**

The renewed nationwide interest in fitness has been accompanied by many research studies on the effects of regular participation in sound physical fitness programs. The overwhelming conclusion is that such programs enhance a person's quality of life, improve productivity, and bring about positive physical and mental changes. Not only are physically fit people essential to the Army and everyday civilian workforce, they are more likely to have a healthy, enjoyable, and productive life style.

III. **State Adopted Proficiencies for Teachers and/or Administrators/Counselors**

Extensive military service and competency in instruction preferred.

IV. **TExES Competencies:**

N/A

V. **Course Objectives/Learning Outcomes**

- To modify the student’s mind-set to include physical fitness in their lifestyle.
- To assist students in passing the Army Physical Fitness Test (APFT) or other civilian tests.
- To improve the students quality of life and bring about positive physical and mental changes.

VI. **Course Topics**

- This course will concentrate on the following components of physical fitness: cardio and respiratory endurance, muscular strength endurance, and flexibility.
- Each class session will begin with stretching exercises and will include both strength building and cardio respiratory endurance exercises and activities. The type of training you can expect is Circuit Training workouts containing up to 12 stations designed for your lower & upper body, abdomen, cardiovascular system, and aerobic endurance. You can also expect to run to improve your cardiovascular system.
• The course is designed to meet the academic requirements of all students of the University.
• The course will prepare students in the Reserve Officers’ Training Corps (ROTC) to meet the Army Physical Fitness requirements as leaders in the United States Military.
• The course will prepare all participants in a healthier lifestyle.

VII. Instructional Methods and Activities:

Traditional Experiences. The course will be supervised and graded by cadre and led by cadets. All exercises will be demonstrated and then done as a group.

PT Concepts

Overall: The PT plan is designed to incorporate exercises that are essential in improving all three areas of the current APFT: Pushups, Sit-ups, and 2 mile Run. Tuesdays are intended to assess a cadet’s test effort running speed and condition the upper body. Wednesdays place an emphasis on building cardiovascular endurance and leg strength. Thursdays intend to run a short distance but focus on building running speed and strengthening abdominal muscles. Ideally, each month will progress in intensity in the 1st-3rd week. Note that the 4th week will hit all muscle groups and has a heavy emphasis on running. The previous weeks are intended to build up to the 4th week. Sports days are subject to change however the nature of the sports selected above corresponds with the respective week.

| Progression Scale |
|-------------------|-----------------|
| APFT Score | Reps per set |
| 10 | 2 |
| 20 | 3 |
| 30 | 4 |
| 40 | 5 |
| 50 | 6 |
| 60 | 7 |
| 70 | 10 |
| 80 | 10 |
| 90 | 10 |

10 Set Pushups: The "10 Set Pushup" exercise is in place to ensure that at minimum, a cadet will perform a number of proper pushups each day that exceeds the number that they typically do in an APFT. This should be the first workout of each day prior to any running, as in a PT test. Cadets should follow the progression scale at minimum but are encouraged to exceed the number of reps illustrated in the scale.

Upper/Lower/AB Workouts: These workouts should include exercises that correspond with the named muscle groups. It is preferred that a continuous, high intensity circuit workout is used with a short running distance between each set. The execution of these sessions is left completely up to the designated PT leader as long as it follows the guidance for that day. PT leaders should keep in mind cadets that are perhaps out of shape or not yet acclimated. These workouts should take no more than 20 minutes for the slowest cadets. Adjustments in repetitions and distances will be made IAW the results of each APFT.

Primary Running Exercises: Test effort runs are used so that a Cadet can frequently diagnose his/her cardiovascular endurance and pace. Test effort runs are to be run at the student’s maximum pace. 4 Mile Runs will take place during the 2nd month of class. The purpose of the 4 mile runs is to build and challenge a cadet’s endurance. It is up to the designated PT leader as to what type of 4 mile run will be used (formations, AGR, etc.) Easy Efforts are used to essentially "cool down" while still conditioning the lower body to the distance.

Supplementary Running Exercises: Sprints, interval runs, and shuttle runs are used
for condition cardio and increase a cadet's speed. The pace for interval runs can be determined by the cadets 2 mile run on APFT; similarly, to AGR's.

**Stretching:** Initial Stretching can be done in formation. It should focus on loosening the upper body prior to the 10 set pushups. Following the pushups, PT leaders should then focus on warming up cardio and loosening the lower body/legs prior to the run. Dynamic stretches should typically be used to condition the body for running.

### VIII. Evaluation and Graded Assignment:

Course evaluation is based upon the assessment of each student’s participation and improvement. Improvement is evaluated by application of the APFT and attitude by participation and attendance. Grades are awarded according to the earned percentage of the final maximum point total.

**APFT**
Students will conduct two APFTs (diagnostic & record) during the semester. The APFT will make up 30% of your overall grade. Failure to complete either test will result in point deduction.

**Attendance**
Student attendance is critical to the physical development of each person. Attendance makes up 60% of your grade.

**Participation**
You are expected to put forth maximum effort during physical training. Students should come to class with the intent of putting in an honest effort in pursuit of improvement. Participation makes up 10% of your grade.

**Evaluation and Grading**

<table>
<thead>
<tr>
<th>Grading Category</th>
<th>Percentage</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>APFT Tests (2 tests) Diagnostic and Record</td>
<td>30% (15% each)</td>
<td></td>
</tr>
<tr>
<td>Attendance</td>
<td>60%</td>
<td></td>
</tr>
<tr>
<td>Participation</td>
<td>10%</td>
<td></td>
</tr>
</tbody>
</table>

*Based on 100 points possible.*

**Grading Scale**

- 90-100: A
- 80-89: B
- 70-79: C
- 60-69: D
- 59 and Below: F

### IX. Course Schedule, Requirements, and Policies:

A. Course schedule: To be published during staff week (the week of 20 AUG 2018) in preparation for the Fall 2018 Semester.

B. Schedule will follow guidance from Field Manual 7-22, Army Physical Readiness Training while also accommodating TAMU-CC’s and ROTC’s schedules.

C. Confirmed Dates include:

*28 AUG 2018* – First Day of Physical Training (East Lawn next to pool)
Class Policies

Attendance/Tardiness: Attendance is mandatory; the course is designed for students to attend all periods of exercise in order to improve physical fitness, endurance, and performance on the Army Physical Fitness Test (APFT). Attendance is 50% of your grade. Unexcused absences will result in the following:

<table>
<thead>
<tr>
<th>Unexcused Absences</th>
<th>Penalty</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3</td>
<td>no penalty</td>
</tr>
<tr>
<td>4-5</td>
<td>10% deduction in attendance</td>
</tr>
<tr>
<td>6-7</td>
<td>20% deduction in attendance</td>
</tr>
<tr>
<td>8</td>
<td>30% deduction in attendance</td>
</tr>
<tr>
<td>9</td>
<td>40% deduction in attendance</td>
</tr>
<tr>
<td>10</td>
<td>“F”</td>
</tr>
</tbody>
</table>

It is the student’s responsibility to make arrangements with the instructor to be excused from class. Arrangements should be made prior to the non-attending day to avoid accruing a non-excused absence.

Roll call will be taken by the instructor or a designee at the start of each call period. It is the students’ responsibility to ensure he/she is marked present during roll call. Failure to be recognized will result in an unexcused absence.

Excused absences will only be considered when a student has provided a valid written statement for required absence (i.e., doctor’s excuse) or prior arrangements have been made.

Tardiness: The class will start promptly at 6:00 a.m. It is recommended that students arrive at 5:50 a.m. Five unexcused tardiness will result in one unexcused absence.

Participation/Attitude: You must participate with the class in all daily-scheduled events and put an honest effort into the physical training program. Failure to participate in all scheduled training will result in a lower grade. For your safety and accountability, you must adhere to the running/jogging route the instructor establishes for the day. Failure to follow the set route will result in the following: First infraction, you will be given a verbal warning and the incident will be documented. Second infraction, you will be given a written counseling statement. Third infraction, you will be given a written counseling statement, removed from the class, and given a failing grade for the class. Remember, you have decided to make a life style change; daily participation will improve your physical condition along with your grade. Participation is 10% of your grade.

APFT: Two APFT’s will take place during the semester. The first APFT (diagnostic) happens on the third day of class and used as a base line to determine your physical fitness level. The second APFT (record) will happen at the end of the semester on the and used as a final exam. Continuous improvement is encouraged. Each APFT accounts for 15% of your overall grade (30% total).

It is the responsibility of the student to schedule a make-up APFT. Failing to take one or
more APFTs during the semester will reduce your final grade. Students who miss any of the two APFTs with an unexcused absence will receive a score of zero for that APFT. Students with an excused absence will have five calendar days to make up the APFT. After five days, the student will receive a zero for that APFT.

**Description of The Army Physical Fitness Test:** The APFT will measure and gauge your performance improvements over the course of the semester. The Army scale on DA Form 705 will be used to grade every student. The APFT is depicted in Field Manuel 7-22. The APFT consist of three events: Push-ups (maximum number of repetitions in two minutes) to test the upper body endurance; Sit-ups (maximum number of repetitions in two minutes) to test the abdominal and hip flexor muscles; and a two-mile run to test the participant’s aerobic fitness and leg muscle endurance. Each participant should strive to achieve the highest possible individual score.

**Uniform:** Students will attend class with all required material and in proper athletic attire. Audio devices are not permitted during PT.

**Counseling:** The cadet will be counseled formally at the beginning and end of the semester.

**Cell phones and Electronic Device Usage:** It is highly discouraged that you bring your cell phone, ipod, or other audio devices to PT. GPS watches and fitbits are permitted. We will not provide a secure area for your belongings and will not be responsible for your items. Exceptions can be made in case of emergency.

**Extra Credit:** Students who pass either APFT will earn five (5) extra credit points towards their overall grade. Students who achieve 270 points with at least 90 points in each event of either APFT will earn ten (10) extra credit points. Extra credit will not exceed ten (10) points.

X. **Textbook(s):**

- eBooks - ROTC Blackboard
  (www.rotebooks.net)
  (Common Password = MOH1LTBurke)

- Field Manual 7-22 – Army Physical Readiness Training (search google)

XI. **Bibliography:**

- www.550cord.com
- www.armyprt.com

XII. **Grade Appeals**

As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the
number of days allowed for completing the steps in the process, see University Rule 13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at http://www.tamu.edu/provost/university_rules/index.html. For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.

XIII. Disabilities Accommodations

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in CCH 117. If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

RECOMMENDED

Statement of Civility
Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of gender, ethnic/racial origin, religious background, age, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.

http://falcon.tamu.edu/~students/JAffairs/ja_hndbk_academic_info.htm

Statement of Academic Continuity
In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A&M University–Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor a primary and a secondary means of contacting each student.