

**DEPARTMENT OF THE ARMY**  
U.S. ARMY ROTC BATTALION  
UNIVERSITY OF SCRANTON  
SCRANTON, PENNSYLVANIA 18510-4593

ATOA-BPA-US

Date

Memorandum For All Military Science Cadets and PHED138 / PFT100 Students

Subject: Course Syllabus - PHED138 / PFT100 **(Physical Fitness Training)**

1. Introduction: A modern up-to-date program of fitness and health training. The one-hour sessions are conducted before classes on Mondays with each student required to conduct two additional hours of physical activity on their own time. Each student is required to develop their own written fitness plan that they plan to follow throughout the semester. Each student is also required to keep a daily journal of the exercises that you perform each day. Monday's routine consists of stretching and warm-ups, followed by strengthening exercises, and concluding with an aerobic workout. There are a wide variety of activities including running, aerobics, swimming, gymnastic sports, weight lifting, and the "Army Daily Dozen." Safety is a prime concern and senior military sergeants and officers supervise all sessions. This course may be audited and is open to ALL UNIVERSITY STUDENTS.

2. Course Identification

Course Name: Physical Fitness Training

Course Numbers: PHED138 (UofS) / PFT100 (Kings)

Term and Year: Fall/ Spring 200X

Time: Mondays, 0630 – 0730 (alternate day is UofS isn't in session on Mondays)

Location: Fitzpatrick Field or Byron Center / Scandlan Rec Center

3. Faculty Members Information:

Name: Military Science Cadre

Office Location: Room 103, Rock Hall

Office Hours: By Appointment or walk-in

Phone: (comm) (570) 941-7457 / 6336, (DSN) 795-7999, (fax) (570) 941-4340

4. Goals and Objectives:

A. CONCEPT: Detailed tasks, conditions, and standards will be provided for each class.

B. ORGANIZATION:

(1) PHED138 / PFT100 consist of one 1 hour class held weekly. The additional two hours of physical activity each week will be recorded in the student's fitness journal. Students are expected to be punctual to class and in recording information in their fitness journal.

(2) If you know in advance that you will miss a session, a **missed training form** must be filled out and approved by the cadet and cadre COC. The Cadre and Cadet Chain of Command have copies of the missed training form.

(3) The following are the goals for PHED138 / PFT100

- (a) Demonstrate the ability to participate in military fitness training.
- (b) Improve each student's health through diet and exercise.
- (c) Cadets will improve their leadership skills by motivating and leading others during the fitness sessions.

(4) The following format will be used in all Monday physical training sessions:

- (a) Hold formation
- (b) Conduct stretching (warm-up)
- (c) Physical training (aerobic, strength, Upper and lower body work out etc.)  
conducted using ability groups
- (d) Conduct Drill and Ceremony(D+C)
- (e) Conduct stretching (cool down)
- (f) AAR (After Action Review)
- (g) Each session will consist of approximately 10 minutes of warm-up, approximately 30 to 40 minutes of cardiovascular endurance, and approximately 10 minutes of Drill and Ceremony (D+C), cool down, and a After Action Review (AAR).

5. Materials:

A. Reading List (for student instructors) Field Manual FM 21-20, Training Circular TC 21-21 U.S. Army Physical Fitness School

B. Supplementary reading will be provided as handouts during class. Information on our program is listed in the academic section of the University of Scranton (ROTC) and general information can be found on Cadet Command home page.

C. Uniforms and equipment will be maintained and utilized in accordance with Army publications covering that particular item. Non-cadets will be required to wear appropriate attire for physical training. All cadets will be issued a reflective belt or road guard vest. This device will be worn at all times when conducting ROTC physical training. ROTC cadets must wear the Army Physical Fitness Uniform when conducting their additional two hours of physical training.

D. You will be instructed to meet the standards of fitness and appearance outlined in Army Regulation 660-9, 670-1, and Cadet Command Regulation 145-3.

E. Sample PT OPORD

6. Course Policy:

A. Attendance: University policy states that students miss class at their own risk. Unexcused absences will reflect on your final semester grade. **All contracted cadets are required and expected to be present for each PT session.**

B. Unnecessary tardiness is not appreciated, but it is better to arrive late than to miss an entire class or event.

7. Course requirements:

A. We look forward to providing you with the benefits of our experience and also learning from you. However, you must understand that we are grading your leadership potential and fitness level at all times; just as your chain-of-command will do in a military organization.

B. **Final grade** will be composed of the following:

Each student (contracted, non-contracted, or participating students) will be required to take the Army's Physical Fitness Test. The test consists of push-ups, sit-ups, and a two mile run. For example, if you score 250 points on the test, your score will be divided by three; a grade of 83.3%. The cadre can award additional points for effort, attendance, and for showing physical improvement during the course. In the example above (83.3%), a student could receive an additional 15 points to get a final grade of 98.3%.

C. **Army Physical Fitness Test (APFT)**. All contracted cadets are required to take a monthly APFT to access their physical fitness abilities. If you miss the scheduled monthly APFT for reasons beyond your control (sickness, injury), you must coordinate with the instructor to take the APFT at the next scheduled physical training session.

D. **Profiles**. If a contracted cadet or student receives a temporary profile from their doctor, they are still required to attend every physical training session. Cadets or students on profiles will perform exercises within the limits of their profile. They must be present on every Monday and they must also perform the weekly two hours of physical activities that are within the limitations of their profile.

8. **SUMMARY**: We want every student to accept Physical Fitness as an individual responsibility. Be disciplined, but forth an honest effort, and you will succeed in achieving your fitness goals.

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I'M PHYSICALL FIT  
MSG, USA  
MILITARY SCIENCE INSTRUCTOR

2 Encls  
- Physical Training Activity Schedule  
- Generic PT OPORD

(Example of Monday's Physical Activities)  
**Physical Training Activity Schedule**  
**University of Scranton, Spring/ Fall 200X**

<b>DATE</b>	<b>Physical Training Activity</b>
Feb 2	PU- 30/20/15 seconds. SU-60/45/30, 3 exercises per muscle group/ 10 minutes of sprints or 20 minutes for CR.
Feb 9	Circuit Training, 10 stations, 60/45/30 seconds
Feb 16	PU- 30/20/15 seconds. SU-60/45/30, 3 exercises per muscle group/ 10 minutes of sprints or 20 minutes for CR.
Feb 23	Individual Assessment Run, around UofS Campus or Lake Scranton, established route so cadets know their time per mile
Mar 1	Aerobics, 40 minutes, in the gym, with music.
Mar 8	PU- 30/20/15 seconds. SU-60/45/30, 3 exercises per muscle group/ 10 minutes of sprints or 20 minutes for CR.
Mar 15	Spring Break
Mar 22	Lake Scranton Run, ability groups, everyone present, 3.5 miles, Depart 0600hrs from Rockhall
Mar 29	Pool PT or Organized Sports, Frisbee or Football, 4 teams on Fitz Field
Apr 5	PU- 45/30/20 seconds. SU-60/45/30, 3 exercises per muscle group/ 10 minutes of sprints or 20 minutes for CR.
Apr 12	Easter Break
Apr 19	PU- 45/30/20 seconds. SU-60/45/30, 3 exercises per muscle group/ 10 minutes of sprints or 20 minutes for CR.
Apr 26	Lake Scranton Bn Run, Motivational last run, everyone present, Depart 0600hrs from Rockhall
May 3	Make up for APFT, everyone must take and pass the APFT prior to the end of the semester
May 10	No scheduled classes for the rest of the semester. Continue your individual workout plan during the Summer break!

(Example of a PT OPORD that contracted cadets are required to complete)  
FOUO

OPORD 00-

TASK ORG

Cadre

1-Mass Platoon

1. SITUATION

A. Enemy Forces

1) Light / WX Data

Date	High	Low	BMNT	SR	SS	EENT	%Illum	General

2) Terrain:

a. (Scranton) Fitzpatrick Field; generally flat, rectangular in shape, very green and fuzzy. Inclement weather: Byron Gym; generally flat, rectangular in shape, gently sways during calisthenics and could some day fall into the pool.

b. (Wilkes-Barre) vicinity King's College; Urban environment with gently rolling hills. Inclement weather: Scandlan Gym; generally flat, rectangular in shape, great sound system.

B. Friendly Forces

1) Mission of next higher unit: 2d Brigade conducts Physical Fitness Training in NJ, NY, & PA. in order to train cadets, develop leadership, enhance Esprit De Corps, and increase physical fitness and stamina.

2) Higher Commander's intent: To train cadets to Army standards, develop leadership, evaluate leadership potential and increase physical fitness.

2. MISSION: Royal Warrior Battalion Conducts Physical Fitness training vic NEPA from \_\_0630\_\_00 to \_\_0730\_\_00 to develop and evaluate leadership potential and increase physical fitness and stamina.

3. EXECUTION

A. Intent: The PMS's intent is

1) Purpose: To train cadets to Army standards, develop leadership, evaluate leadership potential and increase physical fitness

2) Method: Conduct TLPs and execute physical training: Hold formation, conduct stretching, conduct D&C, Physical training (aerobic, strength, Upper and lower body work out etc.) conducted using three ability groups, Cool down stretching, AAR,

3) Endstate: All cadets trained on proper conduct of Physical fitness, leadership potential maximized and physical fitness and stamina increased in order to exceed APFT standards.

B. Concept of Operations: This operation will be conducted in six phases. Planning, Stretching, D&C, Physical Fitness training, cool down stretching, AAR

- 1) Maneuver; POV and or foot to designated PT site
- 2) Tasks to maneuver units: none
- 3) Tasks to Combat Support Units: none
- 4) Coordinating Instructions
  - a) Training site preparation: responsibility of PI
  - b) Recovery: responsibility of PI
  - c) Timeline:

FROM	TO	EVENT	UNIT
One week prior (after PT)	UTC	OPORD Brief	PI and AIs (Cadre, PT God, and Evaluator)
		Rehearsal	
		Set-Up	
0630	0730	PT	All
		Recovery	

d) Uniform and Equipment common to all: Appropriate (for WX) APFU

#### 4. SERVICE AND SUPPORT

A. General- Royal Warrior Battalion SOP

B. Materials and Services

- 1) Supply (all applicable classes of supply available through supply NCO or Cadre)
- 2) Transportation: POV and or FOOT
- 3) Maintenance: Clean PT area, turn off lights, lock up field after use
- 4) MEDEVAC: IAW Battalion SOP

#### 5. Command and Signal

A. Command: TBD

B. Signal: As per SOP

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 I'M PHYSICALLY FIT  
 LTC, IN  
 PROFESSOR OF MILITARY SCIENCE