



DEPARTMENT OF THE ARMY
49ER ARMY ROTC BATTALION
UNIVERSITY OF NORTH CAROLINA AT CHARLOTTE
9201 UNIVERSITY CITY BOULEVARD, MEMORIAL HALL
CHARLOTTE NC 28223-0001

ATCC-DDN-CUC

15 March 2011

MEMORANDUM FOR All 49er Battalion Cadre, Staff and Cadets

SUBJECT: Battalion Policy #5, Army Physical Fitness Training

1. References:

- a. FM 21-20; PT Safety; Swimming Guidance
- b. AR 600-31 Army Weight Control Program
- c. TRADOC Standardized PT Guide

2. Purpose: To establish uniform standards for physical training.

3. Scope: This policy covers the frequency and type of training, participants, expected performance levels, performance award criteria, and supplemental or special training as required.

4. Policy: Physical Fitness (PT) is conducted Monday, Wednesday and Thursday from 0600 to 0700. Battalion Focus Physical Fitness (BFPT) is conducted on Tuesday and Friday from 0600 to 0700. BFPT is mandatory for all contracted Cadets that either fail APFT, HT/WT or body fat standards. The Army Physical Fitness Test will be administered a minimum of two times per semester. The last APFT of the semester is entered into CCIMs for accessions and scholarship validation or suspension. Failure to maintain a passing APFT score will lead to suspension of benefits and possible disenrollment. Cadets must pass an APFT to contract and must pass an APFT within 60 days of commissioning.

5. Attendance:

- a. MS IIIs and MS IVs. Attendance is mandatory at each PT session and every Army Physical Fitness Test (APFT). Attendance counts for portions of the MS class grade. Cadets must coordinate absences with their respective instructor. See class specific class syllabus for specifics.
- b. MS Is and MS IIs. Attendance at all three weekly PT sessions is mandatory for Federal and State scholarship Cadets as well as participation in periodic fitness tests. Cadets must coordinate any necessary absences with their instructor. PT for all other MS I and MS II cadets is encouraged, but not mandatory.
- c. Cadets participating in collegiate athletics or students with extreme commuting concerns may coordinate with their respective Military Science Instructor for excuse from regular PT sessions. Cadets with other considerations that impact PT attendance may also coordinate with their respective MS Instructor concerning excused absences. In either case, all cadets must take periodic APFTs.
- d. MS Vs, MS VI, and Completion Cadets will attend all PT sessions and each APFT according to the direction of the PMS. This is designed to ensure all cadets regardless of current status

maintain appropriate physical fitness levels.

6. Performance Standards:

- a. MS IV, MS V, MS VI, and Completion Cadets must continue to meet Army performance standards for physical fitness and height/weight/body fat to remain eligible to pursue a commission. Cadets must also pass the APFT and weigh-in within 30 days of commissioning.
- b. MS III cadets must meet Army performance standards for physical fitness and height/weight/body fat by the end of the spring semester to remain eligible for Warrior Forge attendance and to continue their pursuit of a commission. MS III cadets are encouraged to meet these standards prior to the end of the fall semester. Contracted cadets who fail to pass the final Fall APFT will enroll in a University-taught fitness class in the Spring semester. Although the minimum standard for passing the Army APFT is a score of 180 points, 60 points each event, cadets performing at this minimum level usually do not complete Warrior Forge due to injuries or lack of endurance.
- c. MS I and MS II federal scholarship cadets must pass the APFT with a minimum score of 60 points in each event each semester to maintain their scholarship. Cadets must additionally meet the Army's height/weight/body fat standards each semester. Failure to meet these standards will result in a loss of scholarship benefits.
- d. MS I and MS II state scholarship cadets are encouraged, but not required, to meet the same standards as federal scholarship cadets. Extreme sub-standard PT attendance and/or performance may result in loss of the State Scholarship.

7. APFT Performance Goals:

<u>CLASS</u>	<u>FALL APFT</u>	<u>SPRING</u>
a. MSI	180 (60/60/60)	210
b. MSII	210 (70/70/70)	240
c. MSIII	240 (80/80/80)	270
d. MSIV	270	300

8. Uniform: Cadets will wear the Army Improved Physical Fitness Uniform (IPFU) during PT unless otherwise advised by a cadre member. The summer IPFU is worn from 1 May to 30 September. The winter IPFU is worn from 1 October to 30 April. Pershing Rifles (PR) and Ranger Challenge (RC) Cadets are authorized to wear PR and RC PT uniforms.

9. Incentives: The Army Physical Fitness Excellence Badge is awarded to cadets that score 270 or more points on any record APFT with a minimum of 90 points in each event. Additionally, one day per month is reserved for an organized sports day with one day per semester reserved for Zonk Day. The following club status and rewards are presented to qualified cadets based on their individual record APFT score.

- a. 300 Point Club Exempt from PT for the semester
- b. 270 Point Club Exempt from one day of PT for the week

10. Swimming:

- a. The swim requirement consists of two parts. All cadets must pass the Swim test and CWST as described below. This is a pre-commissioning requirement. Swimming assessment will be conducted during fall and spring semesters. It is the intent of the commander that no cadets will require a swim

or CWST waiver to attend LDAC.

- b. Swim Test: 10 Minute swim (in swimsuit) using any combination of four strokes (breast, side, crawl, back) and 5 minutes treading water. i. The cadet must swim a total continuous time of 10 minutes using any of the four authorized strokes. There is no associated distance with this requirement. ii. After a minimum 10-minute rest, the cadet will tread water for 5 continuous minutes.
- c. Swim Training: Any cadet identified as a weak or non-swimmer will be enrolled in a swim training class at the USA recreation center. Cadre will either attend classes to monitor attendance or will call the instructor and verify attendance on a weekly basis.
- d. The Combat Water Survival Test (CWST) consists of:
 - (1) 15 meters swim with an M-16, wearing BDUs, boots (have tennis shoes available), and LBE
 - (2) 3 meter drop walk off a 3 meter diving board blindfolded with weapon and LBE. Enter the water and remove blindfold, swim to side of pool without losing weapon
 - (3) Equipment removal - Enter water and discard weapon and LBE underwater. Swim to side of pool.

e. Cadets will wear BDUs/boots.

11. Safety: Everyone is responsible for safety. At a minimum, road guard vests and flash lights are required for all outdoor formations that use road guards. All training events will begin and end with a safety briefing.

12. The point of contact for this action is CPT Ramsey at (704) 687-8698.



GARY L. MCGINNIS
LTC, FA
Commanding