The Physical Program is designed to challenge cadets to develop and maintain optimal levels of physical strength, endurance, agility, speed, and coordination needed to meet the demands encountered in military service. The Department of Physical Education (DPE) implements this comprehensive program by providing cadets with formal education, competitive sport opportunities, functional fitness testing, and frequent evaluation and feedback. This developmental experience culminates with the emergence of leaders of character who are physically fit, resilient, and prepared to lead Soldiers from the front.

Dedicated to producing commissioned leaders of character, the Physical Program is a 47-month transformational development process. The program is primarily focused on developing the warrior component of officership, while the DPE faculty is committed to service as role models of all facets of officership and the Army profession.

The Whitebook articulates the Physical Program and its associated resources and requirements. It serves as a reference document that presents the components of the program. At the conclusion of the First Class year, cadets have been exposed to each component, and West Point’s psychomotor, cognitive, and affective development of our emerging leaders in the physical domain is complete.

Set the Standard…Maintain the Standard!

GREGORY L. DANIELS
Colonel, Professor, USMA
Master of the Sword
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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 and prepared for a career of professional excellence and service to the Nation as an officer in the United States Army.

Purpose of the White Book

The purpose of the Whitebook is to describe the components of the Physical Program. This includes the requirements for graduation and commissioning as well as the curriculum, policies, and programs that comprise the 47-month experience.

Physical Program Overarching Goal

Graduates are warrior leaders of character who are physically fit and mentally tough

Department of Physical Education Vision Statement

The Department of Physical Education creates a cadet centered educational environment that provides a militarily relevant and scientifically based physical development program which instills a warrior ethos of physical and mental superiority

Department of Physical Education Mission

The Department of Physical Education develops warrior leaders of character who are physically and mentally tough by engaging cadets in activities that promote and enhance physical fitness, movement behavior, psychomotor performance, and a healthy lifestyle
Program Outcome Goals: Graduates must demonstrate

- The knowledge, skills and abilities to promote and maintain personal and unit fitness for themselves and their Soldiers
- The moral-ethical attributes essential for effective leadership
- The physical and mental courage needed to accomplish challenging tasks
- A personal and professional commitment to physical activity throughout their military career

Program Process Goals: The Department of Physical Education will

- 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
- Educate cadets in the art and science of applied human movement through both core instruction and the Kinesiology major of study
- Develop and maintain an environment that facilitates the physical and moral-ethical development of future Army leaders
- Attain program goals by affording cadets movement opportunities that develop physical fitness, mental toughness, effective teamwork, social interaction, and sportsmanship
- Provide a pro-active, comprehensive risk-management strategy for all program activities

The Physical Program assists in the mission of developing warrior leaders of character for officership by providing a foundation for basic movement skills and then challenging cadets to employ what they have learned through advanced skill application. This development is accomplished through core physical education coursework, physical fitness testing, and participation in competitive sports.

The USMA Physical Program Pathway, through which all cadets must pass, is illustrated in Figure 1-1.
Overview of the Program

The Physical Program is a 47-month 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 components: instructional coursework, physical fitness testing, and competitive sport participation (Figure 1-2). Cadets are evaluated annually in each component, with individual grades comprising each cadet’s Physical Performance Score (PPS).
Instruction

The Instructional Program is accomplished through participation in the Basic Instruction Program (BIP) and a variety of Lifetime Physical Activity (LPA) courses. The BIP courses consist of PE115 - Fundamentals of Combatives (Women), PE116 - Boxing (Men), PE117 - Military Movement, PE215 - Fundamentals of Personal Fitness, PE320:323 - Survival Swimming, PE360 - Combat Applications and PE450 - Army Fitness Development. The LPA program is designed to stimulate individual development and a commitment to a lifetime of physical activity through participation in a wide variety of physical activity classes such as rock climbing, tennis, alpine skiing, cycling, and golf. The academic year is divided into two semesters. DPE further divides each 18 week term into two instructional rounds. BIP and LPA courses consist of 20 lessons.
Fitness Testing

Cadets are responsible for developing and implementing a personal physical fitness program while at the Academy.

The Brigade Tactical Department administers the Army Physical Fitness Test (APFT) to the Corps of Cadets each semester.

Fourth Class cadets are introduced to and evaluated on the Indoor Obstacle Course Test (IOCT) as part of PE 117 – Military Movement. The Department of Physical Education administers a stand-alone IOCT to all Third, Second, and First Class cadets each year. All cadets are required to pass the Second Class IOCT in order to graduate.

Competitive Sports

All cadets are required to participate in the competitive sports program (1630-1830, Monday through Thursday). There are three categories of competition: company, club, and corps squad.

Baseline Requirements

Baseline requirements (Table 1-1) are those activities that all cadets must complete in order to satisfy the requirements of the Physical Program for graduation and commissioning purposes.

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<tr>
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<th>SUMMER</th>
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<tr>
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<td>Cadet Basic Training (CBT)</td>
<td>PE 115 – Fundamentals of Combatives (Women)</td>
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<td>PE 116 – Boxing (Men)</td>
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<td>APFT (Fall and Spring) administered by BTD</td>
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<td>Cadet Field Training (CFT)</td>
<td>PE 215 – Fundamentals of Personal Fitness</td>
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<td>SECOND CLASS</td>
<td>CBT/CFT Detail Cadet Leader Development Training (CLDT)</td>
<td>PE 220:268 – Lifetime Physical Activity Course PE 360 – Combat Applications APFT (Fall and Spring) administered by BTD IOCT Competitive Sports</td>
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<td>FIRST CLASS</td>
<td>CBT/CFT Detail Cadet Troop Leader Training (CTLT)</td>
<td>PE 450 – Army Fitness Development APFT (Fall and Spring) administered by BTD IOCT Competitive Sports</td>
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**Graduation Requirements**

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

- successfully complete all required physical education coursework
- successfully complete the Second Class Indoor Obstacle Course Test during the Second or First Class year
- achieve a Physical Program Score Cumulative (PPSC) of 2.00
- achieve the minimum passing score on a regular, 3-event final term APFT in the First Class year
- meet the four-year requirement of participation in a competitive athletic activity at the Intercollegiate, Club, or Company athletic level unless excused for medical reasons

The Commandant will forward the names of cadets who are deficient in one or more Program requirements to the Academic Board for final resolution.
CHAPTER 2
INSTRUCTION

The Instructional Division is responsible for the instruction, supervision and administration of all core basic activity courses, the Fitness Leader series, and elective lifetime physical activity courses, as well as support for faculty development, facilities and equipment.

FOURTH CLASS PROGRAM

The Fourth Class instructional program ensures that each cadet achieves baseline competencies in movement and combatives skills. In the Fourth Class program, cadets develop the self-confidence to meet the future physical requirements of the Academy and the Army. All cadets are required to achieve a passing grade in PE 115 – Fundamentals of Combatives (women only); PE 116 – Boxing (men only*); and PE 117 – Military Movement.Cadets may also be required to complete PE 109 – Foundations of Aquatics. All DPE basic instruction courses meet for 55 minutes for 20 lessons. Course descriptions for all DPE offerings can be found in the Redbook.

*Women cadets may enroll in PE 116 as an elective after they have successfully completed their other Fourth Class curricular requirements and their APFT. Women who enroll in PE 116 must have another female partner who is of approximately the same body weight (within 5 lbs) and similar height with whom they can drill and box for grade during the five authentic evaluations. Women are not permitted to box with men during their authentic evaluation. If during the course of the instruction, one of the women must drop the course for any reason, then both women must drop the course. Women who complete Fourth Class boxing with a grade of C+ are eligible to compete in the Brigade Boxing Open (BBO) provided they are certified as safe to do so by a member of the boxing committee. Certification procedures for men and women are conducted prior to participation in the BBO and focus on sparring at least two rounds under the supervision of a DPE sport educator, who is a member of the boxing committee.

THIRD CLASS PROGRAM

The Third Class instructional program is designed to ensure that cadets develop a baseline competency in aquatic skills and enhance personal fitness, movement and sport skills, and

SECOND CLASS PROGRAM

The Second Class instructional program is designed to provide a capstone combatives experience and develop in cadets a lifetime commitment to physical activity. Cadets are required to achieve a passing grade in PE 360 – Combat Applications and in one Lifetime Physical Activity course (PE 220:268).

FIRST CLASS PROGRAM

The purpose of the First Class instructional program is to ensure cadets understand the principles and theories that lead to a healthy, active lifestyle for themselves and their units. Cadets are required to achieve a passing grade in PE 450 – Army Fitness Development.

KINESIOLOGY MAJOR

The Kinesiology major is an academically rigorous, laboratory-based major. It encompasses a wide spectrum of performance topics involving muscular and cardiovascular physiology, exercise psychology, biomechanics, nutrition, and motor control. Specifics on the Kinesiology major are in the Redbook. For additional information see Chapter 9.
CHAPTER 3
TESTING

The Department of Physical Education (DPE) recommends that all cadets spend at least 45 minutes per day (6 days per week) in rigorous physical development and conditioning IAW generally accepted national guidelines. Doing so will best prepare cadets to meet the requirements of the Physical Program.

*Army Physical Fitness Test (APFT)*

All cadets are required to take the APFT in accordance with Army regulations. The test consists of two minutes of push-ups, two minutes of sit-ups, and a two-mile run. The First Class cadet chain of command administers the APFT to the Second, Third and Fourth Classes, and the Brigade Tactical Department administers the APFT to all First Class cadets.

*Indoor Obstacle Course Test (IOCT)*

All cadets in the Third, Second, and First Classes are required to take the IOCT in accordance with a USMA Academic Board directive. While unique to West Point, the IOCT serves as an outstanding embedded indicator of functional fitness preparation, which is inadequately addressed by the APFT. As such, to incentivize cadets toward maintaining an appropriate level of functional fitness across the 47-month experience, the Academic Board requires that cadets in the upper-three Classes take the IOCT for record once per year. The Academic Board has also mandated that in order to ensure cadets are functionally fit proximal to graduation and commissioning, passing the Second Class IOCT is a graduation requirement. USMA cadets must meet the minimum performance standard of 3:30 (men) or 5:29 (women) by the end of each academic year in order to remain proficient in the Physical Program with their class. To facilitate a successful outcome for cadets, the DPE offers multiple record IOCTs throughout the academic year (AY). Test dates are published via memorandum and briefed to Company Physical Development Officers each semester during Reorganization Week.

To further encourage cadets to engage the IOCT at the highest level of performance, anyone may retest the IOCT for grade replacement. Cadets are permitted to retake the IOCT (regardless of their current score) during designated spring term IOCT dates. Only the highest grade will be used to compute the Physical Program Score Cumulative (PPSC).

All Third, Second, and First Class cadets are required to test IAW the annually published IOCT schedule. All First Class cadets who have not satisfied the Second Class IOCT graduation requirement must report to all IOCT offerings until the graduation requirement is met. If any cadet fails to pass an IOCT by his/her designated Class test, he/she must take every subsequent IOCT until a passing grade is achieved. Authorized absences will not be granted for any cadet who has not passed an IOCT by his/her designated Class test.
CHAPTER 4
COMPETITIVE SPORTS

The competitive sports program is an integral part of the West Point curriculum. Every cadet participates in athletics in a category of competition consistent with one’s ability and interest. There are three categories of competition at West Point: company athletics, competitive club athletics, and corps squad (intercollegiate) athletics.

Every Cadet an Athlete

Following World War I, Superintendent Douglas MacArthur introduced major changes in the athletics program at West Point in recognition of the intense physical demands of modern warfare. MacArthur required every cadet to participate in athletic competition because he was convinced that those who had taken part in organized sport made the best Soldiers.

MacArthur’s quote, “Upon the fields of friendly strife are sown the seeds that upon other fields, on other days, will bear the fruits of victory” serves as the bedrock philosophy for sports at West Point. MacArthur believed athletic participation produced fortitude, self-control, resolution, courage, mental agility, and physical development, characteristics he believed were fundamental and necessary for all Soldiers.

MacArthur Time is the name designated for athletic participation starting at 1630 and ending at 1830. A cadet’s place of duty during MacArthur Time is in competitive sports (company, club, or corps squad).

West Point’s competitive sports program supports the Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage. It is designed to teach these values in an athletic setting. The nature of competitive sports provides opportunities that are difficult to replicate in the conventional classroom, in other extracurricular activities, or in military field training.

Competitive Sport Outcomes

The Competitive Sport Office seeks to develop warrior athletes of character and build teams of significance through its competitive sports program.

Warrior Athlete of Character

A warrior athlete of character is a team player who combines mental toughness, perseverance, and athletic skill with exemplary sportsmanship and fair play. The warrior athlete of character
has a teachable spirit and demonstrates the drive, will, and courage to stay committed and succeed, regardless of the challenge.

**Team of Significance**

A team of significance is a group of warrior athletes that bonds together into a single, selfless unit and accomplishes memorable feats through a commitment to excellence. Six essential components for a team of significance are character, competency, commitment, courage, cohesion, and communication.

**Categories of Competition**

**Company Athletics**

Company athletics offer 11 sports annually - six in the fall season and five in the spring season. Fall sports include basketball, flag football, soccer, team handball, ultimate frisbee, and wrestling. Spring sports include flickerball, floor hockey, orienteering, submission grappling, and swimming. Select cadets are also authorized to complete the spring term competitive sport requirement through participation in Sandhurst.

The Bankers Association of New York Trophy is inscribed annually with the designation of the cadet company ranking first in each regiment based on team success in the 11 sports. The Bankers Trophy has been presented every year at West Point since 1924.

*USCC Circular 28-1* standardizes operations, reports, and actions necessary to accomplish the mission of DPE company athletics. It provides details on the company athletics program including: seasons, participation, eligibility, assignments, duties, team strength, reconditioning, chain of command responsibilities, championships, awards, and the Character in Sports Index (CSI). The circular also addresses Sandhurst competition and its relationship to the company athletics program.

Cadets may not miss company athletic practices or record contests for Tactical Officer appointments, additional instruction, medical appointments, or any extracurricular activity unless approved through the DPE sport educator responsible for their respective sport.

If a cadet becomes injured during the company athletics season, he/she will report immediately to the DPE Sports Medicine Office for evaluation and referral. If the DPE Sports Medicine staff determines that the cadet can no longer fulfill his/her competitive sports requirement, the place of duty for the injured cadet during company athletics time is in DPE reconditioning.
Competitive Club Athletics

DPE is the supervising agency for the competitive club athletics program, and the Directorate of Cadet Activities (DCA) is responsible for providing administrative and financial support. The DPE Competitive Sports club manual, published each year by the Competitive Sports Office, provides a current listing (with authorized strength) of all competitive clubs supervised by the DPE.

Competitive club athletics fulfill a cadet’s term competitive sports baseline requirement through participation with their club. Every competitive club athlete must be listed on an official club roster maintained by the DCA and receive authorization from DPE to participate in order to meet the term baseline competitive sport requirement. Cadets on the official team roster have no company athletic requirement for that term. Each competitive club team has a specified number of authorizations. The Commandant approves the number of authorizations per competitive club team based on minimum requirements to sustain the company athletics program.

Club OICs must lock-in their official team roster at the beginning of each academic term to ensure accountability for athletic participation. If a cadet is removed from a club by the Academy leadership, that cadet is still required to meet the baseline requirements through participation on a corps squad, competitive club, or company athletics team. Ultimately, it is the cadet’s responsibility to ensure that he/she meets the athletic participation requirement for each academic term.

In-season competitive clubs may receive Chain of Command Time (CCT) authorizations due to the necessity for all team members to be present to hold effective practices. The Commandant approves CCT authorizations based on the unique training requirements of each sport (USCC Circular 28-1). Since competitive club athletics fulfill the baseline competitive sport requirement, teams are normally authorized to practice during MacArthur Time (1630-1830 hrs).

If a cadet becomes injured during the competitive club athletics program season, he/she will report immediately to the DPE athletic training office for evaluation and referral. If the DPE athletic training staff determines that the cadet can no longer fulfill his/her competitive sports requirement, the place of duty for the injured cadet during competitive club athletics time is in DPE reconditioning.

Corps Squad Athletics

The Director of Intercollegiate Athletics (DIA) has responsibility for the conduct of the corps squad athletic program. USMA Regulation 350-12 provides specific details pertaining to the administration and execution of the intercollegiate athletics program. Corps squad athletes fulfill their term competitive sports baseline requirement by participating with their team. Every cadet involved in a corps squad sport must be on the official team roster. Athletes on the official team roster have no company athletics or competitive club athletics requirement for that term. DIA
must lock-in all official team rosters at the beginning of each academic term to ensure accountability of athletic participation.

Corps Squad team managers must participate (as a player) in a competitive sport for one full term each academic year. Serving as a corps squad manager and receiving an exemption from the competitive sport requirement for one term is a privilege. Cadets who serve as managers must meet minimum program expectations (i.e., be in good standing) in the Physical Program. Recommendations for managers must be submitted by the ODIA Chief of Team Support Operations to USCC not later than the first day of classes for each academic term. Company TACs will determine if a cadet requested for manager status is proficient in the three programs (academic, physical, and military) and thus eligible to serve as a team manager. The minimum Physical Program requirements that TACs will use to determine eligibility for cadets to serve as managers (e.g., be in good standing) are:

- Passing score on the APFT within the last six months
- Passing score on the IOCT (First, Second, and Third Class only)
- $\geq 2.00$ PPSC

**Character in Sports Index (CSI)**

The cadet chain of command (coaches, CICs, team captains, officials, etc.), in conjunction with their officer chain of command (CoC), will use the Character in Sports Index (CSI) to measure and evaluate cadet performance. The cadet CoC will provide CSI grade input to the competitive sport Officer in Charge (OIC - DPE Sport Educator, Club/Corps Squad Coach, Club/Corps Squad Officer Representative…etc.) no later than 1 December and 1 May. The competitive sport OIC is responsible for verifying the grades and submitting a signed grades roster (to be provided by DPE Competitive Sports) NLT 8 December and 8 May each year. The CSI is based upon the following components: fair play/sportsmanship, mental toughness, perseverance, winning spirit, unselfishness, coachability, attitude, teachable spirit, playing ability, time, and competitive performance.
CHAPTER 5
GUIDANCE

Grading Philosophy and Policies

Cadets are evaluated 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 the individual cadet.

Instructors provide safe and sound instruction, accurate measurement of cadet achievement, and additional instruction as required. Instructors strive to motivate and inspire cadets to achieve their full academic and physical potential.

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

Physical Program Performance Score (PPS)

The Physical Program Performance 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), comprises 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:

\[ \text{CPS} = 0.55 \times \text{(APS)} + 0.30 \times \text{(MPS)} + 0.15 \times \text{(PPS)} \]

Three components comprise the Physical Program Performance Score for all cadets: instructional coursework, fitness testing, and the Character in Sports Index (CSI). The formula is:

\[ \text{PPS} = 0.50 \times \text{(Coursework)} + 0.30 \times \text{(Testing)} + 0.20 \times \text{(CSI)} \]

A Physical Program Performance Score Term (PPST) and a Physical Program Performance Score Cumulative (PPSC) are computed at the end of every academic term. The Physical Program Performance Score Year (PPSY) is calculated at the end of each academic year. The PPSC is used to determine the number one male and female cadet in physical performance over four years. Additionally, the PPSC is used to determine the number one male and female cadet in physical performance for each class at the end of each academic year. Cadets must complete all Physical Program requirements for that year to be eligible. The PPSC is also used to identify deficient cadets in the Physical Program.

PPSTs vary depending upon the courses taken during the respective term. Generally, there is a minimum of one course, an APFT administered by the BTD, and a CSI grade for each term.
Deficiency Status in the Physical Program

Cadets are considered deficient in the Physical Program and subject to enrollment in STAP for any of the following reasons:

- Failure to meet the minimum year-group PPSC ‘peg’ point at the conclusion of the respective academic term. The following table presents the minimally acceptable PPSC for each year group by the end of the respective term:

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<td>Summer Term</td>
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- Failure of a DPE course.
- “No Credit” for any 4th Class course.
- Failure of a record IOCT, unless successfully remediated during the academic term on a record IOCT retest.

USCC permits cadets who are deficient on their PPSC to participate in only one extra-curricular activity during any academic semester.

DPE Coursework Failures/No Credits

Cadets who fail a DPE course are considered deficient in the Physical Program and must be reviewed by the Academic Board before remediation can occur. The DPE Department Head may recommend to the Academic Board that a cadet be separated with the right to re-exam or repeat the course. Cadets who fail the same course twice in the same academic year may be separated without the right to re-exam. The Department of Physical Education reserves the right to recommend deficient cadets for separation upon an initial course failure. This recommendation is based upon input from previous instructors and is approved by the DPE Department Head.
Cadets will be classified as an academic no-credit if they are unable to complete a course during the appropriate academic year. The cadet will be tracked as a no-credit until the course is completed. No-credit cadets may be remanded to STAP to resolve their no-credit status. Cadets must resolve all no-credits to complete the Physical Program and graduate from the United States Military Academy. Cadets who receive a no-credit during the academic year are not eligible for the Commandant’s or Superintendent’s Award.

**Procedures for Turnback Cadets**

Turnback cadets automatically assume the Physical Program curriculum requirements of their new class. Turnback cadets must resolve any no credit under their old curriculum, and/or complete all requirements for their new class curriculum. Exceptions may be made for cadets who have successfully completed like coursework under their old curriculum.

A December graduate retains the curricular requirements of his/her original class. December graduates must complete all curricular requirements during the academic year in which they were supposed to graduate. For example, a December graduate must complete PE450 – Army Fitness Development by the spring Term of their First Class year. During their fall (graduation) semester, December graduates must participate in a competitive sport (company, club, or corps squad) and pass a final term APFT administered by the BTD.

**Fragile Cadet Policy**

Any cadet who fails to meet any non-academic requirement of the Physical Program for 18 consecutive months is subject to separation IAW paragraph 6-28, AR 210-26, *United States Military Academy*.

**Participation in Designated USMA Enrichment Programs**

There are minimum Physical Program requirements that cadets must meet in order to be eligible for the Service Academy Exchange Program, the Semester Abroad Program, and the Individual Advanced Development (IAD) Program (academic, military, or physical).

A cadet who is deficient due to any of the reasons listed below may not participate in the Service Academy Exchange Program, the Semester Abroad Program, or any type of IAD (academic, military, or physical):

- “No credit” (NC) for any DPE core course
- NC on an IOCT
- Unremediated IOCT failure
- PPSC < 2.0

Program requirements for Service Academy Exchange Program /Semester Abroad cadets:
Physical Program

- Physical fitness tests. Cadets going on exchange/abroad during the fall term have no immediate IOCT testing requirement (those cadets will take the IOCT during the spring term). Second Class cadets going on exchange/abroad during the spring term must make-ahead the IOCT during their Second Class fall semester. If a cadet fails to make-ahead their IOCT and cannot make up the testing requirement prior to the end of the academic year, he/she will be enrolled in DPE STAP in order to prepare for and pass the IOCT IAW graduation requirements for his/her class.

- PE Courses. Cadets are highly encouraged to participate in PE courses while on exchange/abroad in order to take advantage of the opportunity to learn physical activities that are not available at USMA. The grade earned in this lifetime physical activity course will not be included in the PPS.

Program requirements for exchange personnel (cadets/midshipmen) coming to USMA:

- Athletic participation. U.S. service academy personnel and foreign exchange cadets must complete a competitive sport experience at the company, club, or corps squad level during their semester at the USMA. Exchange personnel do not count against club authorizations, and will not receive a competitive sport index grade for athletic participation during the semester.

- Physical fitness tests. Exchange personnel are encouraged to take the IOCT, but it is not mandatory. Exchange personnel desiring to take the test must attend a training session with a DPE instructor in order to become familiar with the rules and safety considerations of each obstacle. The score on the IOCT will be recorded in AMS, but the grade will not contribute to his/her company average.

- Physical Education Courses. Exchange personnel are encouraged to take courses in physical education. They will follow the same procedures as USMA cadets to enroll in lifetime physical activity courses. The Service Academy Exchange Program coordinator will take the cadets’ preferences and try to add courses that fit into the individual cadet’s academic schedule. Exchange personnel may take multiple courses provided that there is room in the class and that it fits into their academic schedule. The grade earned in this lifetime sport will be documented through normal grade reporting procedures.
CHAPTER 6

PHYSICAL PROGRAM PERFORMANCE AWARDS

Commandant’s Awards

The Commandant’s Individual Fitness Excellence Award is earned by cadets who have demonstrated exceptionally outstanding performance in the Physical Program. To earn this award, cadets must:

- Achieve a PPSY ≥ 3.667
- Earn the APFB on at least one of two record APFTs
- Be within body composition standards outlined in AR 600-9
- Resolve all no-credits
- Third, Second, and First Class cadets must take and pass the IOCT

This award is worn on the gym alpha uniform as prescribed by USCC SOP.

The Commandant's Unit Fitness Excellence Award is earned by cadet companies that epitomize physical fitness excellence. The Commandant will recognize one company per regiment for physical excellence. It is awarded annually, at the end of the AY, based on performance on:

- The spring record APFT
- The IOCT
- Sandhurst ranking within the regiment
- The company PPSY
- The Company Athletics ranking within the regiment

The cutoff date for award determination is the last day of classes, spring academic term.

a. Criteria for the award include:

1) APFT Average: Company average on the spring record APFT (not using the extended scale). Companies are ranked 1 through 9 within each regiment. If companies are tied, the companies’ extended scale averages will be used as the tiebreaker.

2) IOCT Average: Company average of individual IOCT scores. Companies are ranked 1 through 9 in each regiment.

3) Sandhurst ranking within the regiment: Final Sandhurst standing within the regiment, ranked 1 through 9.
4) Physical Performance Score Year: Company average of individual PPSY. Companies are ranked 1 through 9 in each regiment.

5) Company Athletics rank: Companies receive points IAW their regimental finish in each sport either by regular season record or playoff results.

b. Scoring for each event will be broken down as follows: 1st - 100 points, 2nd 80 - points, 3rd - 70 points ..... 9th - 10 points. The company selected from each regiment will have the highest combined average rank for the 5 criterion categories.

Companies earning the Commandant's Unit Fitness Excellence Award will receive a streamer embroidered with the words "Commandant's Physical Excellence" to be carried on the company guidon for the following academic year. Companies must subsequently re-earn the award to continue to carry the streamer.

Superintendent’s Award

The Superintendent’s Award recognizes cadets who simultaneously achieve excellence in all programs (Physical, Academic, Military). To be eligible for either level of the Superintendent’s Award, a cadet:

- must not have received an F or NC on any graded activity during the academic year to which the award pertains
- must take and pass the APFT administered by the BTD
- Third, Second, and First Class cadets must take and pass the IOCT
- must be within body composition standards outlined in AR 600-9

#1 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. The #1 cadet in each class must have completed all PE courses required of his or her year group. 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
- CSI

At the end of the First Class year USMA will recognize the number one man and number one woman cadets based on PPS over the four-year experience. In the event of a tie, the sequence for breaking the tie will be PPSY in descending year order.
**Indoor Obstacle Course Test Tab**

To qualify for the IOCT tab, a cadet must score an A- or above on the IOCT (Men: 2:38 or faster; Women: 3:35 or faster; no event failures). Cadets are authorized to wear the IOCT tab on the right thigh of the gym alpha shorts IAW USCC SOP.

**Army Physical Fitness Badge**

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

- Earn a 270 or above on the APFT.
- Earn 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.

Cadets are authorized to wear the APFB on the front right thigh of the Gym Alpha shorts IAW USCC SOP.

A cadet may not earn the APFB by taking a modified or alternate test.

All APFTs are administered by the BTD.
CHAPTER 7

CADET SUMMER PHYSICAL READINESS TRAINING

The Physical Program includes an intense and progressive summer physical readiness training program. This program is designed to prepare cadets for the physical demands of cadet/military service and the combat environment. Summer 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 where cadets are taught to apply and model the knowledge, psychomotor skills, attitudes and behaviors which result in a sustained high level of physical fitness and enhanced combat readiness.

For the upperclass cadet leaders, the leadership roles at both Cadet Basic Training and Cadet Field Training provide opportunities to:

- Develop leadership skills through exposure to a variety of physical readiness training methods and experiences
- Implement the fitness principles and skills acquired during curricular instruction
- Improve and maintain personal fitness levels and those of subordinates
- Enhance unit morale, cohesion, and teamwork through rigorous physical activity and competition

Cadet Basic Training (CBT)

Physical Readiness Training

CBT is the new cadet’s initial exposure to the Army’s Physical Readiness Training (PRT) 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 requirements
- Introduce new cadets to the Army’s PRT program
- Foster positive behaviors and attitudes toward physical fitness
- Develop the attributes of leadership, character, teamwork, self-confidence, and mental and physical courage

The PRT program of instruction for CBT is planned and monitored by the DPE to comply with the Commandant’s guidance and intent. Implementation and execution of the CBT PRT program is the responsibility of the upperclass cadet leadership.
Cadet Field Training (CFT)

Field Fitness

Following the end of the Fourth Class year, rising Third Class cadets report to Camp Buckner for military field training. CFT is designed to be physically and mentally demanding, and simulates Army experiences as realistically as possible. Cadets experience how PRT is conducted in an Army unit in both garrison and field conditions.

The CFT PRT program is planned, implemented and executed by the upperclass cadet cadre. To develop their company PRT plans, the cadet leadership uses the Army PRT doctrine described in FM 7-22 and AR 350-1. Additionally, the cadet leadership is expected to adhere to the concept of “METL Focused PT”. The Brigade Tactical Department, and specifically the company tactical officer and noncommissioned officer, monitor the cadet leadership’s execution of their company’s physical readiness training program.

In concert with the cadet company PRT plans, DPE may also plan and supervise special physical training events during CFT. These physically and mentally demanding events are designed to challenge each cadet while fostering teamwork, mental and physical courage, and a feeling of pride upon successful accomplishment.
CHAPTER 8
SUMMER TERM PROGRAMS

Summer Term Academic Program (STAP)

DPE STAP begins during Graduation Week and runs for approximately 3 weeks. The primary objectives of DPE STAP are to remediate all DPE academic course failures, “No Credits” (NCs), and PPSC deficient cadets. Cadets will generally be enrolled in only one DPE STAP course. Whenever possible, cadets are permitted and encouraged to enroll in Voluntary Academic STAP to make-ahead an academic course and most efficiently use their time during the summer term.

PPSC Remediation

PPSC deficient cadets who did not fail a required DPE course may be remanded to DPE STAP and enrolled in the DPE course in which they previously received their lowest DPE course grade.

Medical Excusals

Cadets remanded to DPE STAP who are on a Cadet Medical Excusal (CME) that extends into or through the STAP period may be required to enroll in and complete the required DPE course within the limitations of the CME. All cadets who are NC in a DPE course or are PPSC deficient based upon the PPSC ‘peg’ points listed in Chapter 5 must personally contact the DPE Guidance Office before making plans for term-end leave. STAP takes precedence over personal leave and other summer assignments such as military development schools and individual advanced development opportunities.

Physical Individual Advanced Development (PIAD)

PIAD opportunities provide a means to enhance the experience of the baseline Physical Program. Cadets are ineligible for a DPE PIAD if they fail to meet minimum standards on all DPE academic year coursework and all required fitness testing by the end of the spring term. Consistent with budget and faculty availability, DPE conducts the following PIADs:

- **PE 471 - Advanced Sport Development (2.0 credit hours):** designed for cadets with an interest in total fitness, adventure sports and a SCUBA diving experience

- **PE 472 - Outer Limits/Mountain Leader (2.0 credit hours):** an opportunity to develop sound mountaineering skills as well as to explore mental and physiological limits

- Kinesiology PIAD – cognitive/curricular or research enrichment opportunity
CHAPTER 9
KINESIOLOGY MAJOR

The Discipline

Kinesiology is defined as the scientific study of human movement and is generally divided into the physiological, psychological, and mechanical aspects of movement. The physiological aspects of kinesiology encompass the study of the short-term responses and long-term adaptations of organisms and systems to the challenge of exercise, physical activity, or movement. From a neuromuscular perspective, kinesiology relates to how humans learn and control movements. The psychological aspects of kinesiology relate to the effects of human behavior on physical activity levels and performance. The mechanical aspects of kinesiology encompass the biodynamics of human movements as they relate to exercise and human performance.

Kinesiology is a broad, interdisciplinary field of study that includes diverse specialties such as exercise physiology, biomechanics, sports medicine, sports nutrition, exercise psychology, exercise epidemiology, etc. Areas of inquiry range in scope from the study of the molecular response of cells to the response and adaptation of the whole body. The major encompasses a wide spectrum of performance issues involving muscular and cardiovascular physiology, energy balance, exercise adherence, skill acquisition, and motor control.

Course Requirements

Courses in the KN major are sequenced in the following order (prerequisites):

Foundation:  
CH 375 – Introduction to Biology  
CH 387 – Human Physiology  
KN 355 – Functional Anatomy

Core:  
KN 360 – Biomechanics of Human Movement (PH 203, PH 204)  
KN 365 – Nutrition for Performance  
KN 455 – Psychology of Exercise (PL 300)  
KN 460 – Exercise Physiology (CH 387, KN 355)  
KN 465 – Motor Control and Learning

Advanced:  
KN 470 – Fitness Assessment and Prescription (KN 460)  
KN 480 – Theory/Practice of Advanced Performance (KN 455, KN 460)  
KN 494 – Research Methods and Data Analysis  
KN 495 – Honor’s Thesis
The kinesiology laboratory (KNLAB) is a state-of-the-art research facility designed to conduct basic and applied research toward a fundamental understanding of physical training and biological adaptation, and apply this knowledge to improve the physical development and well-being of the Corps of Cadets and the U.S. Army. The KNLAB serves as a cadet-centered resource for information and guidelines concerned with maximizing physical development for military and sport applications. The KNLAB also serves the academic mission of the USMA by providing opportunities for cadet participation in developing, implementing, and publishing independent research projects.

**Functions**

The KNLAB performs a variety of functions related to the physical development needs of the Corps of Cadets and the Army:

- Conduct research defined in two domains: Basic Research and Applied Research
  - **Basic Research:** Hypothesis-driven, organ-systems approach to the study and understanding of the physiological, biochemical, biomechanical, and psychological determinants of physical activity, training, and biological adaptation
  - **Applied Research:** Application of the basic principles of training and adaptation to issues that address specific needs, primarily of the Corps of Cadets and potentially of the Army with regard to development and implementation of guidelines for physical training, physical assessment and combat readiness

- Contribute to the scientific body of knowledge by publication of research in scientifically-relevant journals and through participation in professional societies and scientific meetings

- Develop a network for the dissemination of research findings and information regarding principles and practices associated with optimal physical development of cadets

- Promote collaborative research ventures within USMA and with other Army, Department of Defense, and federal agencies

- Develop an extramural funding program that will provide a financial basis of support for the research and programmatic initiatives of the KNLAB

- Enhance cadet academic development through support of the Department of Physical Education academic major in kinesiology by providing research opportunities for cadets enrolled in independent study and thesis courses

- Enhance cadet academic development by providing laboratory course structure that coincides with classroom lecture to augment the learning of cadets enrolled in the Kinesiology major
Appendix: Acronyms

APFB — Army Physical Fitness Badge
APFT — Army Physical Fitness Test
APS — Academic Program Score
ASD — Advanced Sport Development
BIP — Basic Instruction Program
BTD — Brigade Tactical Department
CBT — Cadet Basic Training
CFT — Cadet Field Training
CGO — Company Guidance Officer
CPS — Cadet Performance Score
CQC — Close Quarters Combat
CSI — Character in Sports Index
DPE — Department of Physical Education
IAD — Individual Advanced Development
IOCT — Indoor Obstacle Course Test
KNLAB — Kinesiology Laboratory
LPA — Lifetime Physical Activity
MOS — Master of the Sword
MPS — Military Program Score
ODIA — Office of the Directorate of Intercollegiate Athletics
PPS — Physical Program Performance Score
PPSC — Physical Program Performance Score Cumulative
PPST — Physical Program Performance Score Term
PPSY — Physical Program Performance Score Year
PRT — Physical Readiness Training
SAP — Selected Athlete Program
STAP — Summer Term Academic Program
USCC — United States Corps of Cadets
USMA — United States Military Academy