

**UNITED STATES
MILITARY ACADEMY**

WEST POINT, NEW YORK

**PHYSICAL PROGRAM
(WHITEBOOK)**

AY 07 – 08

OFFICE OF THE COMMANDANT OF CADETS



FOREWORD – *Physical Program (Whitebook)*

The Physical Program is designed to challenge cadets to develop and maintain high standards of physical strength, agility, speed, and endurance 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, physical fitness testing, and constant evaluation and feedback. This developmental experience culminates with the emergence of leaders of character who are physically fit, have internalized the warrior ethos, and are 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 components of officership.

The *Whitebook* is designed to describe the Physical Program and its associated resources and requirements. It serves as a reference document that lays out the goals, objectives, and components of the Program. In executing the Program, the DPE remains committed to the psychomotor, cognitive, and affective development of cadets in preparation for their service as Army officers.

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 WHITEBOOK

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.

USMA EDUCATIONAL PHILOSOPHY

The Cadet Leader Development System (CLDS) is an organizing framework designed to coordinate and integrate cadet developmental activities across the entire West Point experience. CLDS establishes and defines six primary domains of development: intellectual, physical, military, ethical, social, and human spirit. The USMA organizes itself to deliver the West Point experience through three principle developmental programs (Academic, Physical, and Military) which provide the organization and process for fulfilling the Academy's mission of producing commissioned leaders of character. USMA is the only college in the nation whose sole responsibility is to prepare each student for professional service as an Army officer. The Physical Program, like other components of the West Point experience, is designed to foster development in leadership, moral courage, and integrity, which are essential to the profession of arms.

Development along each path is integrated, concurrent, and progressive. The Programs are distinct, yet highly complementary. Each serves to reinforce the fundamental values, ideals, and principles that form 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 development and preparing 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 about, internalize, and incorporate the development of the five components of



health-related physical fitness in order to maintain the high standards of personal fitness essential for effective military service.

ACADEMY'S GRADUATE OUTCOME GOAL¹

The Academy envisions that its graduates will be:

"...commissioned warrior-leaders prepared for the intellectual, ethical and physical demands of officership across the broad spectrum of challenges in professional military service."

In supporting this overarching goal, the Physical Program contributes to many of the established goals of the six developmental domains (intellectual, physical, military, ethical, social, and human spirit), and comprehensively addresses the following physical domain goals through instruction, competitive sports, and fitness testing:

- model the high state of physical fitness expected of a commissioned officer and demonstrated through agility, balance, coordination, strength, and endurance
- understand how to develop a personal and organizational fitness program
- demonstrate the capability and desire to pursue lifelong progressive and continued physical development
- possess basic combative skills
- live a balanced and healthy lifestyle
- understand the impacts of adversity and how to implement measures to reduce stress

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 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.

¹ Strategic Vision For the United States Military Academy – 2010 (Updated July 2007)



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 the warrior ethos, lifelong physical fitness, movement behavior, and psychomotor performance.

PHYSICAL PROGRAM OVERARCHING GOAL

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

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 participation in sports and physical activity throughout their military career.

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 effective teamwork, social interaction, enjoyment and self-expression.
- Provide a pro-active, comprehensive risk-management strategy for all Program activities.
- Provide the necessary resources to accomplish all Program goals.

PHYSICAL PROGRAM OBJECTIVES

- Develop cadets to be leaders through a challenging Physical Education and Sport Education Program.
- Provide cadets with positive moral-ethical training and developmental opportunities.



- Develop in cadets the qualities of initiative, courage, confidence, teamwork, self-sacrifice, physical toughness, and the will-to-win.
- Develop in cadets a working 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 faculty that leads by example and conducts scholarly activities related to teaching, exercise science, sports medicine, and physical development.

DEPARTMENT OF PHYSICAL EDUCATION ORGANIZATION

DPE is organized into three directorates: 1) Education, 2) Resources, and 3) Operations.

CONCEPT FOR PHYSICAL DEVELOPMENT

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

An effective Physical Program provides future leaders with the experiences and activities that develop physical skills, self-confidence, physical and mental toughness, the warrior ethos, respect for fair play, and a commitment to maintain individual and unit physical fitness. The Physical Program includes physical activity instruction, physical fitness evaluation, and the competitive sports program. The Physical Program focuses on skill acquisition, developing physical fitness, promoting Army values, teamwork, perseverance, and instilling in cadets the will-to-win. Physical development is a lifelong pursuit and fundamental to each cadet’s development as a future Officer.

Cadets are challenged to achieve high standards in the areas of muscular strength and endurance, cardio-respiratory endurance, coordination, balance, and agility in order to meet the physical demands encountered in military service. They improve these health and skill-related components of physical fitness through participation in a comprehensive program of physical activity instruction, competitive sports, and frequent physical fitness evaluation. Physical activity instruction includes Combatives, Aquatics, Basic Movement, personal and unit fitness courses, and a variety of lifetime sports. Furthermore, every cadet is an athlete and must participate in at least one of three competitive sport levels (company, club, or corps squad) during each academic term.

Participation in competitive sports is intended to significantly contribute to the moral-ethical and leadership development of cadets. By providing an environment in which Army values are reinforced and the principles of fair play are promoted, cadets learn how to “win the right way”

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



which has great transfer potential in preparing them to be Officers. Fair play initiatives focus on demonstrating respect for the rules as well as one's opponent, coaches, officials, and teammates.

The Physical Program contributes not only to the psychomotor and cognitive domains, but also to the affective domain. Cadets are exposed to challenging skills and activities which have the potential to increase their self-esteem, self-confidence, determination, will-to-win, courage to take calculated risks, and ability to think and act purposefully under physical and emotional stress.

Because Army officers are required to maintain the highest standards of physical readiness, promoting individual responsibility for physical fitness is essential. Cadets must proactively engage, with some educational guidance, in frequent and rigorous conditioning activities in order to succeed in the Physical Program. This success will ultimately help cadets meet the requirements of Officership (Physical Program Learning Model, Figure 1-1.) The Program has integrated each of the educational domains in order to attain the Program's goals.

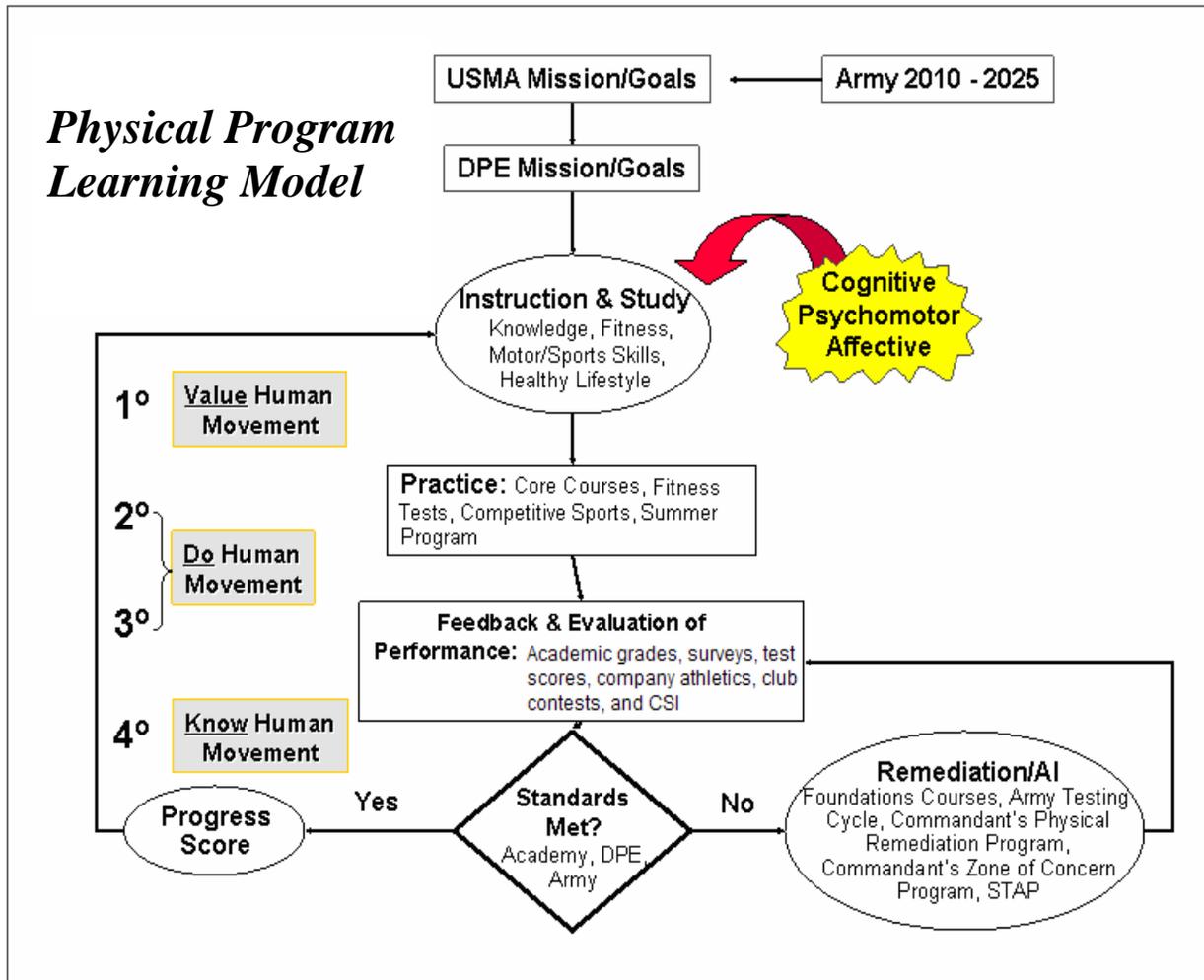


Figure 1-1



OVERVIEW OF THE PHYSICAL 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, which is reported in the form of a Physical Performance Score (PPS).

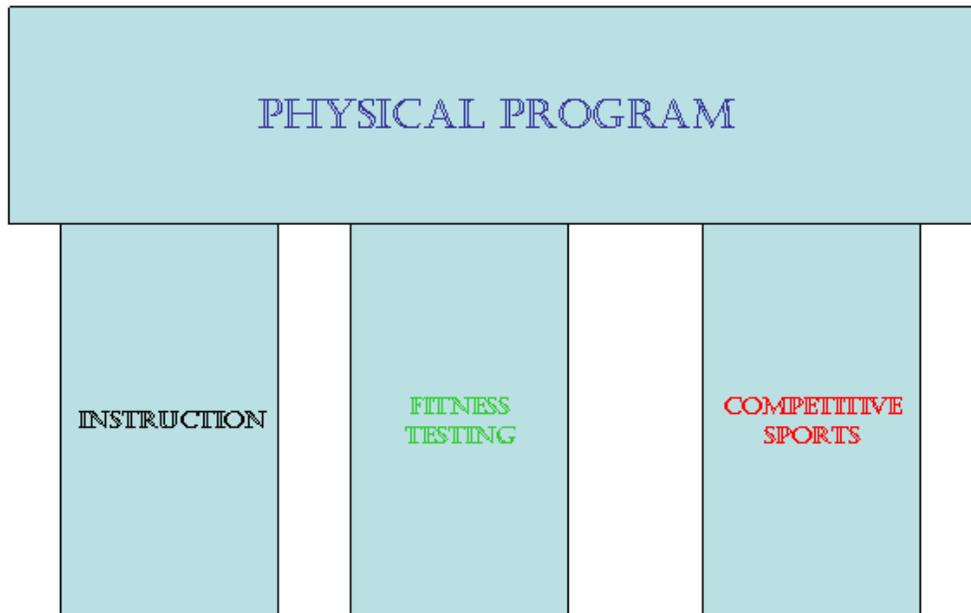


Figure 1-2



The Physical Program is based on the premise that physical development occurs through progressive and sequential experiences that include the cognitive, psychomotor, and affective domains. The initial phase of the Physical Program focuses on the development of skills and principles of basic sport-movement patterns and physical fitness. Included in this phase is an emphasis on moral-ethical behavior, fear management, and the introduction of the warrior ethos. As cadets progress through the program, greater emphasis is placed on applying basic skills and knowledge to a military environment.

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 achieved within the Physical Program.

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

Table 1-1



WHAT CONSTITUTES A COURSE?

Each course is designed to contribute to the accomplishment of specific program objectives. A course must have the following characteristics to be included on a cadet's academic transcript for academic credit:

- *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. The extent of that change is measured through consistent evaluation throughout the course.

INSTRUCTIONAL PATHWAY

The Instructional Program is accomplished through participation in the Basic Instruction Program (BIP) and a variety of Lifetime Sport (LTS) courses. The BIP courses consist of Boxing (M), Self Defense (W), Military Movement, Survival Swimming, Combatives, and personal and unit fitness courses. 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, located on the following page, illustrates the 47-month Physical Program pathway.



47-MONTH PHYSICAL PROGRAM PATHWAY

Figure 1-3

Instruction

The Academic Year is divided into two semesters (Term I and Term II). DPE further divides each eighteen-week term into two nine-week rounds. BIP and LTS courses consist of 20 lessons.

Fitness Testing

Cadets are responsible for developing and implementing a personal physical fitness program while at USMA. This process is promoted through a variety of instructional, leadership, and assessment activities which 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.



The fitness testing program is designed to evaluate a cadet’s progress toward achieving a high level of motor and physical fitness. Cadets are required to take the APFT each academic term. Second, Third and Fourth Class cadets are administered the APFT by members of the First Class under the supervision of the Brigade Tactical Department. The DPE administers the APFT to First Class cadets. All cadets are also administered the IOCT during the Second Class year. Fourth Class cadets are introduced to and evaluated on the IOCT as part of PE 117 – Military Movement. These tests are designed to monitor progress toward Physical Program goals and to inspire cadets to achieve a high level of physical fitness.

Competitive Sports

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 (1615-1830, Monday through Thursday). There are three levels of competition; company squad, club squad, and corps squad. Every cadet must participate in a competitive sport during each academic term. Cadets receive a Competitive Sports Index (CSI) grade for competitive sport participation.

PHYSICAL PROGRAM BASELINE REQUIREMENTS

Baseline requirements are those activities that all cadets must complete in order to satisfy the requirements of the Physical Program for graduation and commissioning purposes. They are established for all cadets and are met through participation in instructional courses, testing, competitive sports and cadet summer training. Requirements are listed in Table 1-2.

	SUMMER	ACADEMIC YEAR
FOURTH CLASS	Cadet Basic Training (CBT) Combatives I	PE 115 – Fundamentals of Combatives (W) PE 116 – Boxing (M) PE 117 – Military Movement PE 150 – Fundamentals of Personal Fitness APFT (Fall and Spring) administered by 1 ⁰ Competitive Sports



THIRD CLASS	Cadet Field Training (CFT) Combatives III	PE 412/451 – Lifetime Sport APFT (Fall and Spring) administered by 1 ^o Competitive Sports
SECOND CLASS	CBT/CFT Detail	PE 320/323 – Survival Swimming PE 350 – Army Fitness Development APFT (Fall and Spring) administered by 1 ^o IOCT Competitive Sports
FIRST CLASS	CBT/CFT Detail	PE 460 – Combat Applications APFT (Fall and Spring) Competitive Sports

Table 1-2

GRADUATION REQUIREMENTS

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

- successfully complete all required Physical Program academic coursework
- achieve the minimum passing score on the final term Graded Record APFT (1^o)
- meet the four-year Competitive Sport requirement
- complete the final term (1^o) with a minimum 2.00 cumulative Physical Program Score

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

PHYSICAL EDUCATION COURSES

The field tables below describe the curriculum for the four cadet classes. 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	Fundamental Combative Skills



* NOTE: Failure to meet basic aquatic screening standards requires a cadet to complete the following course during Term I:

Course #	Course Title
PE 109	Fundamentals of Aquatics

- Complete one of the following courses:

Course #	Course Title
PE 115	Fundamentals of Combatives - (W)
PE 116	Boxing - (M)

- Complete the following course:

Course #	Course Title
PE 117	Military Movement

- Complete the following course:

Course #	Course Title
PE 150	Fundamentals of Personal Fitness

Third Class Year

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

Course #	Course Title
PE 205	Advanced Combatives Skills

- Complete at least one Lifetime Sport:

Course #	Course Title
PE 412-451	Lifetime Sports

Second Class Year

- Complete one of the following aquatic courses:

Course #	Course Title
PE 320	Elementary
PE 321	Low Intermediate
PE 322	High Intermediate
PE 323	Advanced



- Complete the following course:

Course #
PE 350

Course Title
Army Fitness Development

First Class Year

- Complete the following course:

Course #
PE 460

Course Title
Combat Applications



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 sport courses, as well as support for faculty development, facilities and equipment. The Instructional Division's objectives guide all curricular decisions and provide the requisite framework for designing and implementing an effective and meaningful assessment process. Significant curricular changes must adhere to DPOM 5-5 and be approved by the USMA Curriculum Committee. The Instructional Division's Objectives serve to link the Physical Program Goals to the specific objectives of all courses within the Physical Education curriculum.

INSTRUCTIONAL GOALS

Outcome Goals:

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

- Demonstrate proficiency in a wide range of movement skills with a focus on military applications.
- Demonstrate knowledge of the principles and applications of physical fitness to personal and unit fitness.
- Demonstrate a level of physical fitness commensurate with expectations for cadets.
- Demonstrate physical courage to accomplish difficult tasks in fearful situations.
- Demonstrate knowledge and skills of recreational and competitive activities to promote lifetime participation.
- Demonstrate sportsmanship and a competitive spirit in physical activities.

Process Goals:

- Provide cadets with a series of physical fitness assessments that measure individual status and progress.
- Provide an effective, positive learning experience for cadets.
- Provide the resources and facilities necessary for effective teaching and learning for cadets.
- Provide oversight for the physical development of all cadets.
- Recruit, develop and retain a qualified, professional faculty.



SECTION I: FOURTH CLASS PROGRAM

The Fourth Class instructional program ensures that each cadet achieves baseline competencies in movement, combatives, and personal fitness 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 complete PE105 – Combatives I (Cadet Basic Training), and achieve a passing grade in PE115 – Fundamentals of Combatives (women only); PE116 – Boxing (men only); PE117 – Military Movement; and PE 150 – Fundamentals of Fitness. Cadets may also be required to complete PE 108 – Foundations of Fitness and/or 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. In addition to instructional coursework, every cadet must participate in a competitive sport (company squad, club squad, or corps squad) during each academic term.

SECTION II: THIRD CLASS PROGRAM

The Third Class instructional program is designed to enhance movement, sport skills and physical readiness. Cadets must complete PE 205 – Combatives III (Cadet Field Training) and one Lifetime Physical Activity, PE 412 – PE 451. In addition to the instructional coursework, every cadet must participate in a competitive sport (company squad, club squad, or corps squad) during each academic term.

The Upper-class Lifetime Sports (LTS) 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 (PE 412-PE 451) is mandatory for all Third Class cadets. Lifetime Sport offerings include:

PE 412 – Advanced Close Quarters

PE 413 – Combative Grappling

PE 414 – Aerobic Fitness



PE 416 - Basketball

PE 418 - Cycling

PE 420 - Emergency Water Safety

PE 421 – Lifeguard Training

PE 422 – Aerobic Exercise to Music

PE 424 - Golf

PE 426 - Ice Skating

PE 427 - Judo

PE 428 – Pickleball/Badminton

PE 429 - Racquetball

PE 430 - Rock Climbing

PE 432 - SCUBA

PE 434 - Skiing – Cross-Country

PE 436 - Skiing – Alpine

PE 437 - Snowboarding

PE 438 - Soccer

PE 440 - Sport Physiology

PE 442 - Strength Development

PE 444 - Tennis



PE 446 - Volleyball

PE 451 – Current Lifetime Sports

SECTION III: SECOND CLASS PROGRAM

The Second Class instructional program is designed to ensure that cadets develop a baseline competency in aquatic skills and 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 320/323 – Survival Swimming, and in PE 350 – Army Fitness Development. In addition to instructional coursework, every cadet must participate in a competitive sport (company squad, club squad, or corps squad) during each academic term.

SECTION IV: FIRST CLASS PROGRAM

The purpose of the First Class Physical Education Program is to provide a capstone combatives experience proximal to graduation and commissioning. Cadets are required to achieve a passing grade in PE 460 – Combat Applications. In addition to instructional coursework, every cadet must participate in a competitive sport (company squad, club squad, or corps squad) during each academic term.



CHAPTER 3

TESTING

The Department of Physical Education recommends that all cadets spend at least 45 minutes per day in rigorous physical development and conditioning IAW generally accepted national guidelines. Doing so will prepare most cadets to achieve at least the minimum fitness testing requirements. Passing the APFT is a commissioning requirement, and First Class cadets must pass a spring/final semester Graded Record APFT in order to graduate with their class.

DPE administers the APFT to First Class cadets, while First Class cadets administer the APFT to the under three classes IAW USCC policy. In addition to scheduled Corps First Class APFT test dates, DPE will consult with the ODIA to establish a First Class corps squad test date for rostered corps squad athletes from the First Class that is scheduled at a time that best postures DIA teams for success. If rostered First Class athletes do not test during the corps squad APFT, they must report to the regularly scheduled Corps First Class APFT. Failure to test at the corps squad test or the Corps test will result in a “No Show” status with the associated grading consequences.

ARMY PHYSICAL FITNESS TEST

All cadets are required to take the APFT in accordance with AR 350-1. Achieving the minimum passing score on the final term Graded Record APFT (1⁰) is a graduation requirement. The test consists of two minutes of push-ups, two minutes of sit-ups, and the two-mile run. Alternate tests are record tests that are given to cadets who possess a valid Cadet Medical Excusal (CME) which precludes them from taking the standard 3-event test. Cadets on medical excusal will report to the test in gym-A and secure a blank PT card. After receiving the testing brief, cadets on medical excusal will report to the DPE Trainer at the medical excusal table. They will be evaluated by the trainer and assigned an alternate test or a make-up 3-event test date. The only cadets authorized to take a make-up APFT will be cadets on medical excusal. Alternate tests are listed in Table 3.1.



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

Table 3.1

NOTES:

- To obtain an overall test score on the 300-point scale for a 2-event test, add the point scores for each of the two events and divide by 2. Add this 2-event average 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.
- A cadet must achieve 100 points in each event in order to be eligible for the extended scale points. The APFT scales are located on the DPE internal website.

Conduct of the Test

On testing day, cadets report through the main field house doors where they are met by the DPE Testing Officer, pick up a blank PT card, and receive a short briefing prior to proceeding to the push-up station. Cadets on a valid medical excusal are prohibited from testing, and must report to the medical excusal table after receiving the briefing. There will be two cadets per push-up station: one cadet takes the test in the presence of each instructor while one cadet holds and assists in counting. The tester disallows incorrect repetitions by saying "No" and stating the reason for the disallowance. There will be four cadets per sit-up station: two cadets take the test in the presence of each instructor while two cadets assist in 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 correctly 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 and assigns them to a “run group”. After a short 2-mile run brief, cadets have not-less-than 10 minutes to prepare for the 2-mile run test. At the designated time, with their designated run group, cadets move with an accountability officer 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 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 scorer 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 test in gym-alpha, pick up a blank PT card, and receive a briefing prior to reporting to the DPE Trainer at the medical excusal table. 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 was short term (i.e. 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 350-1 and FM 21-20 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

Cadets who fail to meet Army age and gender specific minimum standards on the APFT will be counseled by the company TAC and required to take a DPE administered 90-day APFT retest. AR 210-26, United States Military Academy, provides the authority to separate cadets from the Military Academy for repeated failures of the APFT.

If a cadet is injured while on the 90-day retest roster, he/she will have additional time to remediate as defined by Army policy (FM 21-20 and AR 350-1). An injured cadet will have additional remedial time equivalent to 2 times the length of the Cadet Medical Excusal not to exceed 90 days. Cadets who fail the 90-day record retest may be separated from USMA. A cadet is not authorized to take an alternate or modified test to remediate a 90-day APFT failure. 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 whether the cadet will be required to remediate the testing failure or be recommended for a medical evaluation board.



SELECTED ATHLETES & TEAM MANAGERS

The demands of the athletic program require some varsity athletes (e.g., selected football, wrestling, and track members) to maintain greater body weight in order to enhance athletic performance. Although additional body weight may enhance sport-specific performance, it can degrade the performance of these athletes on the two-mile run event of the Army Physical Fitness Test (APFT). Therefore, for certain specified athletes the Selected Athlete Program (SAP) eliminates the physiological conflict between carrying additional bodyweight and meeting cadet standards on the two-mile run test. For further information, see the Selected Athlete Program Memorandum of Agreement. Team managers will test (APFT, IOCT) with their respective teams.

COMMANDANT'S PHYSICAL REMEDIATION PROGRAM (CPRP)

CPRP is a physical remediation program designed to remediate APFT failures and prepare cadets to pass the APFT. The goal of this program is to assist cadets in becoming intrinsically motivated to maintain their personal fitness. This is a developmental, not a punitive, program that is administered by the BTD IAW USCC policy.

COMMANDANT'S ZONE OF CONCERN PROGRAM (CZCP)

CZCP is also administered by the BTD IAW USCC policy, and is designed to develop cadets who have been identified as marginal physical performers to a point where they can pass the APFT at an improved level of performance.

INDOOR OBSTACLE COURSE TEST

The Indoor Obstacle Course Test is a Physical Program requirement for Second Class cadets, and will generally be administered during the third week in January. Second Class cadets enrolled in PE 117 (Military Movement) will take the IOCT with the Corps after the completion of lesson 12 in PE 117.

All corps squad athletes (including managers) from all teams are permitted to take the IOCT during scheduled corps squad IOCT in the fall term. This test is intended to allow all corps squad members who will be "in-season" during the winter and spring seasons to test at a time that is most conducive to competitive success. The test date will be scheduled after consultation with the ODIA to ensure it is administered on a date that best postures the greatest number of athletes for success in intercollegiate competition. Rostered athletes and managers who fail to take the fall corps squad IOCT "test-ahead" and athletes on a valid Cadet Medical Excusal (CME) during the fall "test-ahead" will take the IOCT with the Corps in January. Only cadets with a previously valid CME covering all previously available tests, and cadets who failed a previously scheduled IOCT will be permitted to take a Record IOCT make-up exam.



The IOCT is designed to evaluate a cadet's muscular strength and endurance, agility, coordination, balance, anaerobic capacity, and decision making skills while under pressure. The IOCT is administered in Hayes Gym and consists of 11 obstacles as depicted in Figure 3-1. The uniform is gym alpha; no personal or religious jewelry is authorized. A description of the IOCT obstacles/run follows:

1. The Start Line: Cadets must start from a standing position with one foot on the wood floor and the other foot on the end of a 40' wrestling mat.
2. The Low 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 wooden 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 vaulting horse 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. Men may not touch any part of the vaulting horse. Women may touch other body parts on the vault such as the hips, legs, or knees, but may not twist during the landing.
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. Cadets are authorized a boost to the shelf if they are unable to jump to a hanging support.
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 successive balance beams. Upon reaching the end of the last beam, the cadet must jump off the beam from a spot beyond the last tape line and land under control on two feet, then execute either a side, forward or shoulder roll.

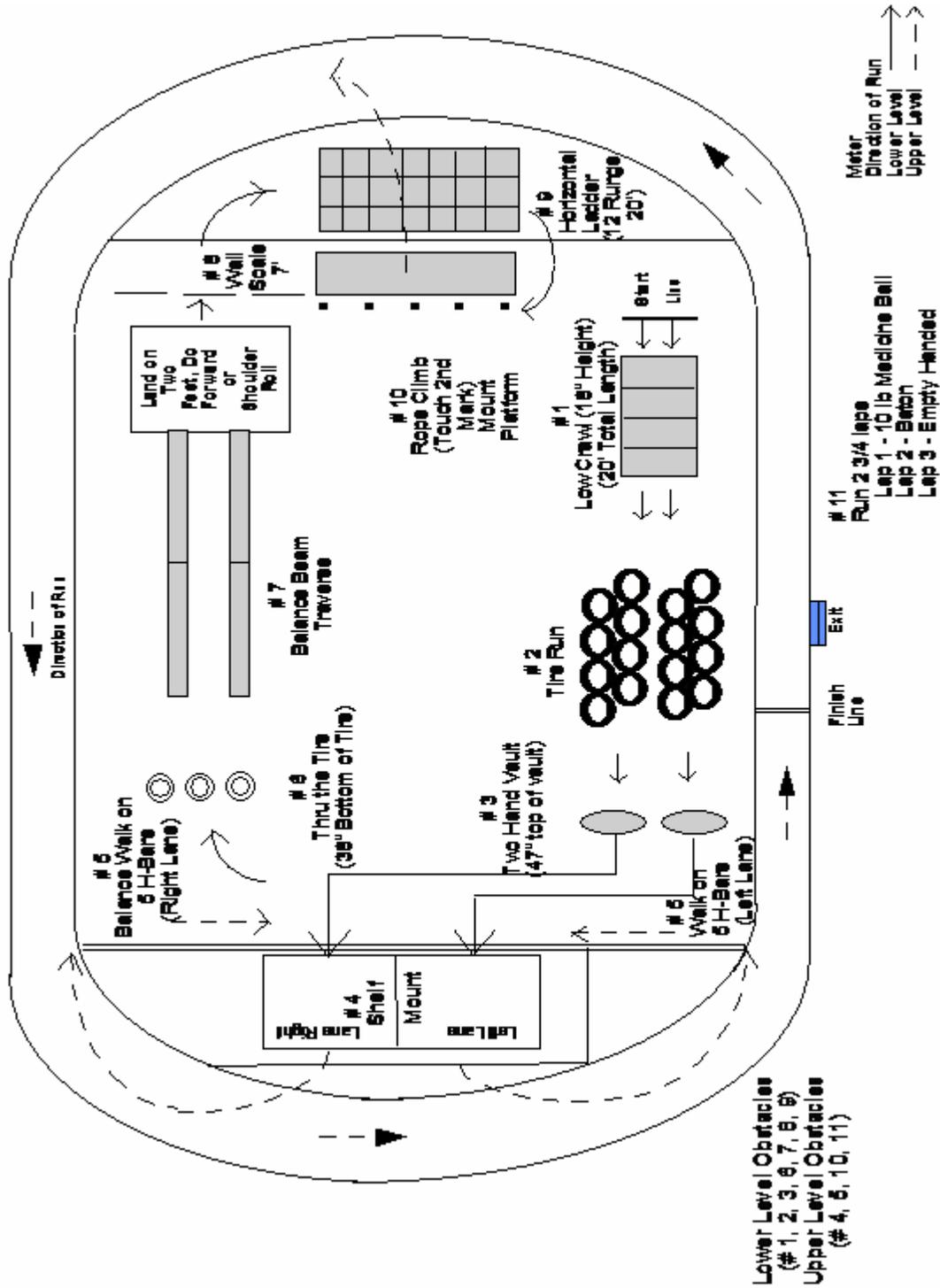


9. The Wall Scale (Obstacle #8): With a running start, the cadet must scale a 7' high wall constructed of plywood. The cadet must land on two feet and may not use the horizontal or vertical metal supports for assistance in scaling the wall.
10. The Horizontal Ladder (Obstacle #9): The cadet must negotiate 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. Cadets are authorized a boost to the first rung if they are unable to jump to a hanging support.
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 maintain at least one hand on/above the red mark while mounting the shelf. The cadet must continue the test by climbing from the shelf over a railing and onto the running track.
12. Two and Three-Quarter 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.

Scoring standards for the IOCT are in the *DPE Fitness Testing Information Booklet* as well as on the DPE Internal Testing Web Site.



Indoor Obstacle Course Test





MEDICAL EXCUSALS AND THE IOCT

Cadets on a medical excusal that prevents them from taking the standard 11-obstacle IOCT during the regular January testing cycle will be scheduled for a makeup IOCT test date. Cadets on medical excusal will be tracked until the last make-up IOCT is administered during the first week of May. If the cadet is unable to take the last make-up test, he/she will be declared a “No Credit”. No Credit cadets will have 12 months from their original IOCT test date to make up the no credit test. This make up test must occur during a scheduled DPE IOCT test administration. After 12 months this no credit reverts to an “F” grade unless the cadet was on a valid CME during the entire 12 month period. As described in Chapter 8 – Summer Term Programs, cadets who are no credit in two of three (APFT, IOCT, APFT) physical fitness tests during the academic year will be remanded to PE 108 during the summer term.

There is one alternate test option for the standard 11-obstacle IOCT. Cadets on a medical excusal, which precludes them from performing the horizontal ladder obstacle but permits performing push-ups, will be required to perform 14 push-ups after successfully negotiating “the wall” and prior to attempting “the rope climb” in lieu of performing the horizontal ladder obstacle. All other events of the IOCT must be performed in the appropriate sequence.

THE INDOOR OBSTACLE COURSE (IOCT) 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).

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 Fitness Testing Information Booklet*.

If a cadet fails the IOCT, a previously awarded IOCT TAB will be removed and the cadet must earn the TAB again.

A cadet cannot earn an IOCT TAB by taking an alternate test.

THE INDOOR OBSTACLE COURSE SAP STANDARDS

Cadets enrolled in the Selected Athlete Program will take the standard 11-obstacle IOCT. SAP cadets will be graded using the SAP IOCT Grade Scale (*DPE Fitness Testing Information Booklet*).

SAP cadets are permitted to fail up to two events and still pass the IOCT as long as the overall time is below 6:15 for men and 8:14 for women.



IOCT REMEDIATION PROGRAM

Cadets who fail a record IOCT will be enrolled in the IOCT Remediation Program. The Remediation Program consists of two components. One component is a muscular strength/endurance regimen designed by DPE to specifically improve IOCT performance. The second component consists of additional instruction (AI) sessions designed to improve obstacle negotiation techniques. Specific work will include techniques for the low crawl, tire run, vault, shelf mount, balance walk, wall scale, horizontal ladder, rope climb, and track run. AI will be conducted every Friday afternoon in the Hayes Gymnasium Military Movement Laboratory from 1610 - 1810. DPE will conduct these sessions until the second IOCT retest, which occurs approximately four weeks after the record IOCT and one week before the beginning of the spring Company Athletics season. In-season corps squad athletes are exempt from the IOCT remediation program AI on Friday afternoons, and remediation of their deficiencies remains the responsibility of the individual cadet's coaching staff.

IAW USCC SOP, cadets who fail the Record IOCT will have their privileges suspended and they will not be eligible to depart post on routine weekend passes, voluntary extracurricular trip sections, walking privileges, or Off-Post Privileges. There will be no involvement in competitive club sport activities that coincide with AI sessions. Cadets may only regain their privileges by passing a DPE administered IOCT retest.

IOCT retests will be administered monthly through the end of Term 2. The last record IOCT will occur on or about 1 MAY. Cadets who pass an IOCT retest will regain their privileges and be removed from the IOCT Remediation Program. Cadets who fail will continue to conduct the DPE-prescribed muscular strength/endurance training program during cadet discretionary time, and continue remediation with a loss of privileges until the end of the spring intramural season. With the exception of AI and IOCT retest sessions, all IOCT failures will participate in the spring competitive sport season, whether in corps squad, competitive club, or company athletics.

The names of First Class cadets who failed to pass a DPE administered IOCT during the Second or First Class year will be forwarded for discussion as a graduation risk. All rising First Class cadets who did not pass the IOCT during the Second Class year will be remanded to PE 108 during the summer term.

APFT/IOCT "No Shows"

Every cadet will complete a graded record APFT administered by First Class cadets or the DPE during each academic term. Every Second Class cadet will complete a graded record IOCT administered by DPE during the academic year. All cadets, including cadets on medical excusal, are required to report to the testing site for each and every test, at the designated time in the appropriate uniform. Cadets on medical excusal will present proper documentation to the DPE Sports Medicine Staff at the test site, who will determine if the cadet takes an alternate test, is scheduled for a make-up test, or becomes a test "no credit".



The only exception to this policy is for cadets on crutches. These cadets will report directly to the DPE Testing Office on the third floor of the Arvin Cadet Physical Development Center, and must present proper documentation to the Training Technician to be scheduled for a make up test or to be classified as “no credit”. Any cadet who has not completed a “test ahead” and who is not authorized to be absent (approved trip section, hospitalization, assigned guard duty...etc.) but fails to show up for a record APFT or IOCT will receive a grade of “F” (zero points) for that test. “No show” cadets may be placed in IOCT remediation until the test is made up. “No show” cadets who test at one of the subsequently scheduled DPE makeup APFTs/IOCTs during that academic term will receive a full letter grade deduction on their make-up test score, which will replace the previously assigned “F” for that test; however, they may lose credit for competitive sport participation in club or company athletics, depending on the length of remediation. Additionally, disciplinary action IAW USCC SOP will be recommended.



CHAPTER 4

COMPETITIVE SPORTS

DEVELOPING LEADERS OF CHARACTER THROUGH SPORT

The mission 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 and courts, company, club, and corps squad athletes encounter some of the conditions and circumstances resembling those that they may face in combat. This concept was recognized by General Douglas MacArthur when he stated “Upon the fields of friendly strife are sown the seeds that upon other fields, on other days, will bear the fruits of victory.”

Athletic participation is an ideal laboratory environment for cadets to develop leadership skills. When properly designed and implemented, and based on the principles of fair play, athletic participation contributes significantly to the mission of the Academy. When refined through practice, athletic participation supports the development of traditional Army Values –duty, honor, integrity, moral and physical courage, loyalty, respect, and selfless service.

An underlying principle at West Point is “Every cadet an athlete, every athlete challenged.” Therefore, every cadet is required to participate in the competitive sports program during the fall, winter, and spring seasons. DPE Competitive Sports provides athletic experiences at a level of competition consistent with a cadet’s ability. There are three levels of competition: company, club, and corps squad.

CHAMPIONS OF CHARACTER PROGRAM

The Competitive Sports Office has adopted the Champions of Character initiative to reinforce the values of *Respect, Responsibility, Integrity, Servant Leadership, and Sportsmanship.* A requirement for DPE sport educators and competitive club coaches is the completion of the Champions of Character certification course. This training is designed to assist coaches with developing athletes of character by incorporating value-based coaching into practices and games.

Each year the Mike Krzyzewski Teaching Character Through Sport Award is presented to one cadet and one sport educator. The recipients have demonstrated extraordinarily outstanding commitment to the development of noble character through athletic participation and leadership on the “fields of friendly strife”. In so doing, they serve as inspirational models of *Respect, Responsibility, Integrity, Servant Leadership, and Sportsmanship.* Their superb performance is worthy of emulation, and it reflects great credit upon the United States Corps of Cadets and the United States Military Academy.



COMPETITIVE SPORTS DIVISION GOALS

Outcome Goals:

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

- demonstrate respect for teammates, coaches, opponents, and officials as well as the rules and regulations governing the game.
- demonstrate responsibility for their actions as it contributes to the welfare of the team, the development of the Warrior Ethos, and winning “the right way”.
- demonstrate integrity during sport competition.
- demonstrate sportsmanship by adhering to the highest standard of ethical conduct and fair play.
- demonstrate servant leadership by demonstrating effective teamwork and by placing the needs of the team ahead of their own.
- demonstrate health-related and skill-related components of physical fitness.

Process Goals:

Participation in the competitive sports program will:

- provide challenging competitive sport experiences designed to promote the will-to-win, the Warrior Ethos, Army Values, teamwork and team spirit, sportsmanship and fair play, and moral-ethical decision making.
- provide a meaningful leadership experience for cadets.
- provide a safe environment and appropriate resources that facilitate effective program delivery.

COMPANY ATHLETICS PROGRAM

Cadets must participate in a competitive sport during each term. The Company Athletics Program provides every cadet an opportunity to participate for their company on an athletic team. Maximum participation is encouraged by requiring each cadet to compete in a minimum of half of each scheduled competition. The Company Athletics Program is lead by qualified upper-class cadets. Their responsibilities include teaching character through sport, promoting fair play and sportsmanship, instilling the “will to win,” promoting the Warrior Ethos, developing teamwork and company pride, teaching skills and strategies, and improving physical fitness. *USCC Circular 28-1* provides details on the Company Athletics Program including: objectives, organization and administration, participation requirements, sport rules, eligibility criteria,



Competitive Sport Index (CSI), and awards. The circular also addresses the Sandhurst competition and its relationship to the Company Athletics Program.

If a cadet becomes injured during the Company Athletics Program 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 DPE reconditioning. All cadets will receive a CSI grade at the end of every term.

COMPETITIVE CLUB ATHLETICS PROGRAM

The Competitive Club Athletics Program provides an additional opportunity for cadets to compete in organized sport: DPE's Competitive Sports Club Manual, *USCC Circular 28-1*, *USCC Regulation 28-1*, and the USCC SOP address all aspects of the Competitive Club Athletics Program to include: objectives, organization and administration, facility scheduling, authorizations, accountability, responsibilities, competition requests, and the CSI. All competitive clubs compete in accordance with the rules and regulations of their league or national governing body.

While the Directorate of Cadet Activities (DCA) is responsible for providing administrative and financial support to the Competitive Club Program, the Department of Physical Education is solely responsible for and has operational control over the administration of the Competitive Club Athletics Program. The following specific criteria and responsibilities are delineated:

Criteria for a DPE Competitive Club

- Instills character, sportsmanship and fair play
- Promotes competitiveness, the will to win, and the Warrior Ethos
- Fosters teamwork and a sense of responsibility to the team
- Develops the health-related and skill-related components of physical fitness
- Must have a qualified coach / OIC that has been approved by DPE
- Provides a sport that is not offered by existing programs at USMA
- Falls within financial capabilities of DCA to fund adequately
- Does not jeopardize the value of Drill or Company Athletics
- Must be accompanied by existing DCA / DPE facilities
- Meets the requirements of the DPE Physical Program



DPE Responsibilities

- Approve OICs
- Approve competitive club sport schedules and rosters
- Coordinate facilities for practices and home competitions
- Conduct a facilities support conference(s) to identify facility requirements/availability
- Provide guidance to OICs to include: teaching character through sport, professional development, and safety requirements
- Coordinate athletic participation and CSI grades for Competitive Sports
- Approve Competitive Sports squad sizes for both club sports and company athletics
- Recommend competitive club athletics drill authorizations to the Commandant
- Certify OICs in the Champions of Character program
- Oversight of competitive club sport teams' budgets
- Review/approve club team requests for storage in a DPE facility

DCA Responsibilities

- Approve the overall club budget
- Accept monetary donations for club sports
- Provide administrative and financial support to the competitive club sport teams
- Recommend approval/disapproval to competitive club requests for exceptions to the academy schedule and to USCC scheduled activities in coordination with DPE and the Office of the Dean as required.

Competitive Club Athletics, as outlined in both the DPE Sports Club Manual and *USCC Circular 28-1*, 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 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 Program requirement for that semester. Each competitive club has a specified number of cadets who may participate. The Master of the Sword approves the number of athletes per competitive club based on minimum (ramp strength) requirements to sustain the Company Athletic Program.

Club OICs must lock-in their official team roster by COB on Friday of the first week of the academic semester to ensure accountability for athletic participation. If a cadet departs a club



voluntarily or involuntarily, 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 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 (*USCC Circular 28-1*). Since competitive clubs fulfill the baseline competitive sports requirement, teams are normally authorized to practice during company athletics hours (1615-1830 hrs).

If a cadet becomes injured during the Competitive Club Athletics Program 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 Competitive Club Athletics time is 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.

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 Program requirement for that semester. ODIA must lock-in their official team rosters by the first day of classes for each academic term to ensure accountability of athletic participation.

Corps squad athletes earn their respective grade for each term they participate in corps squad athletics for the entire term. If a cadet departs a corps squad team voluntarily or involuntarily, that cadet is still required to meet the baseline requirements through participation in competitive club or company athletics.

COMPETITIVE SPORTS INDEX (CSI)

The purpose of the Competitive Sports Index (CSI) is to provide a method for grading cadets for the time that they spend in their sport, as well as for their actual performance. CSI comprises 20% of the Physical Program Score. Each semester a Competitive Sports Index grade is calculated using a system that combines input from ODIA (corps squad), DCA (club squad), and DPE (company squad). The CSI has three major components: athletic participation time (APT), athletic performance index (API), and athletic participation values (APV).

Baseline athletic participation time (APT) is determined by the amount of time each level of athlete (company, club, corps squad) participates in athletics each semester. For example, corps squad and club squad athletes participate in sport a minimum of five days per week for 16-18



weeks per semester. Company athletes participate two days per week for 10-12 weeks per semester (fall is the longer of the two seasons). Therefore, the APT component of the CSI is proportioned to the time engaged in athletics.

Cadet API is determined using team performance. Corps squad and club squad athletes' API is calculated using their teams' win-loss records. Company squad athletes are assessed similarly, using team rankings within their regiments.

Cadets' athletic team conduct is assessed by the coach using the athletic participation values (APV).

Each semester the average of these three measures APT, API, and APV comprises each cadet's CSI.

Athletic Participation Time (APT)

	Level	Time-Exposures/Semester
A	Corps Squad	18 weeks x 5 days/week = 90 days + weekends
A-	Club Squad	16 weeks x 5 days/week = 80 days + weekends
B	Company Squad	12 weeks x 2 days/week = 24 days

Athletic Performance Index (API)

Corps Squad and Club Squad

	Winning Percentage
A	$\geq .700$
B	.600 - .699
C	.500 - .599
D	$< .500$

Company Squad

	Banker's Trophy
A	1 st & 2 nd
B	3 rd & 4 th
C	5 th & 6 th
D	7 th & 8 th



Athletic Participation Values (APV)

	Company Athletics	Club Sports	Corps Squad
A	.20	.20	.20
B+	.30	.30	.30
B	.50	.50	.50

Note: Forced distribution on upper limits only (e.g., no more than 20% of team may receive an A)

Calculation of Competitive Sports Index (CSI):

$$\text{CSI} = 1/3 \text{ APV} + 1/3 \text{ API} + 1/3 \text{ APT}$$

Calculation of Physical Program Performance Score (PPS):

$$\text{PPS} = 50\% \text{ Coursework} + 30\% \text{ Testing} + 20\% \text{ CSI}$$

WINTER SEASON BRIGADE OPENS

Completion of two Brigade Open events during the winter season (December to March) is mandatory for all company squad athletes. Winter season Brigade Open events will be filled on a first come-first served basis, so it advantageous to select and sign up for Brigade Open preferences immediately upon DPE opening the events for selection.

CORPS SQUAD MANAGERS

Corps squad team managers must participate 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 (i.e., be in good standing) are:

- ≥ 220 total points and ≥ 70 points per event on their last record APFT



- ≥ 2.00 PPSC
- “D” or better on the last record IOCT
- Completion of all courses for the respective year group (i.e., no “No Credits”)
- Not currently on a Cadet Medical Excusal – if a cadet is on a CME, their place of duty during competitive sports time is with the DPE Reconditioning Program



CHAPTER 5 GUIDANCE

GRADING PHILOSOPHY AND POLICIES

The foundation the DPE grading system 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 the individual cadet.

Instructors provide sound instruction, accurate measurement of cadet achievement, and a reasonable amount of additional assistance. Instructors 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 the subject matter, instructors provide cadets with a statement of the objectives for each course. Cadets are evaluated against these objectives. Instructors avoid evaluation and grading practices that encourage reliance on curving.

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:

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

Three components comprise the Physical Program Performance Score for all cadets: instructional coursework, fitness testing, and competitive sports index (CSI). The formula is:

$$\text{PPS} = 50\% \text{ Courses} + 30\% \text{ Testing} + 20\% \text{ CSI}$$

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 the Academic Year and used to determine the Commandant's Award and for identifying cadets eligible for the Superintendent's Award. The PPSC is used to determine the number one male and female cadet



in physical performance over four years. Additionally, 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 for performance awards. 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, 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:

TERM	YEAR	PPSC “PEG” POINT
Fall Term	4 ^o	-
Spring Term	4 ^o	1.80
Summer Term	4 ^o	1.80
Fall Term	3 ^o	1.90
Spring Term	3 ^o	2.00
Summer Term	3 ^o	2.00
Fall Term	2 ^o	2.00
Spring Term	2 ^o	2.00
Summer Term	2 ^o	2.00
Fall Term	1 ^o	2.00
Spring Term	1 ^o	2.00
Summer Term	1 ^o	2.00

- Failure of a DPE course.
- “No Credit” for 2 of 3 Fourth Class courses.
- “No Credit” for any Fourth Class course as a rising 2nd or 1st Class cadet.
- Failure of a Graded Record APFT, unless successfully remediated on a 90-day APFT retest.
- Failure of or “No Credit” for a Graded 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

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 Master of the Sword 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 Master of the Sword.

No Credit

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 attend STAP to resolve their no-credits. 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.

Second Class cadets who are unable to complete an IOCT, generally due to illness or injury, will be classified as a testing no credit. Cadets will have 12 months to resolve the no credit status or the cadet will receive an "F" grade for that test. Any cadet who has no credit for a fitness test must make-up that test at the next scheduled DPE testing session. Second Class cadets who are no credit for the IOCT throughout the entire academic year will be remanded to PE 108 during STAP.

Procedures for Turnback Cadets

Turnback cadets are automatically placed under 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 curriculum. Exceptions are made for cadets who have already completed "like coursework" under their old curriculum. To ensure a cadet meets all graduation requirements, the DPE Guidance Office will closely manage these special cases.

Procedures for Turnback Cadets Who Graduate in December

One Term Turnbacks, who will graduate in December, are graduated under the curricular requirements of their original year-group 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 PE460 – Combat Applications in the spring Term of their "Firstie" year. During the fall Term of their "Firstie" year, December graduates must participate in a competitive sport (company, club, or corps squad).



Fragile Cadet Policy

Any cadet failing to meet the non-academic requirements of the Physical Program are subject to separation IAW AR 210-26.

Service Academy Exchange Program (SAEP) and Study Abroad Program

Requirements to Participate. Cadets must meet the following requirements to participate in the SAEP/Study Abroad Program:

- No “no credit” (NC) for any DPE Core course
- No NC on an IOCT
- No unremediated IOCT failure
- Not currently on a cadet medical excusal
- PPSC ≥ 3.0

Program requirements for SAEP cadets:

- Athletic participation. Cadets must complete a competitive sport experience at the corps squad, club squad or company (intramural) squad level during their semester away from USMA. Cadets will complete a one-page summary of their competitive sport experience to include a description of their competitive sport experience, length of participation, and record contests. The competitive sports index grade, assigned by the Competitive Sports Office, will be based upon the competitive sports experience summary.
- Physical fitness tests. Cadets going on exchange during the first Term have no testing requirement. Second Class cadets going on exchange during the second Term must make-ahead the IOCT. 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 (PE 108).
- PE Courses. Cadets are highly encouraged to participate in PE courses while on exchange in order to take advantage of the opportunity to learn physical activities that are not available at USMA. The grade earned in this lifetime sport will not be included in the cadets' PPS.

Program requirements for Study Abroad Program cadets:

- Athletic participation. Cadets must complete a competitive sport experience at the corps squad, club squad or company (intramural) squad level during their semester away from USMA. Cadets will complete a one-page summary of their competitive sport experience to include a description of the competitive sport experience, length of participation, and record contests. The competitive sports index grade, assigned by the Competitive Sports Office, will be based upon the competitive sports experience summary.
- Physical fitness tests. Cadets going on exchange during the first Term have no testing requirement. Cadets going on exchange during the second semester must make-ahead the



IOCT. 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 (PE 108).

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

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

- Athletic participation. US service academy personnel and foreign exchange cadets must complete a competitive sports experience at the company, club, or corps squad level during their semester at USMA. Exchange personnel do not count against club authorizations, and will not receive a competitive sports 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 of each obstacle. The score on the IOCT will be recorded in AMS, but the grade will not count 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 sports. The SAEP 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 the their academic schedule. The grade earned in this lifetime sport will be documented through normal grade reporting procedures.

A consolidated memorandum will be prepared and sent to the U.S. service academies reporting athletic participation (company, club, or corps squad athletics), APFT score, IOCT participation, and physical education course participation and grades.



CHAPTER 6

PHYSICAL PROGRAM PERFORMANCE AWARDS

COMMANDANT'S AWARD

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

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

The Commandant's Award is worn on the gym alpha uniform as prescribed by USCC SOP

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
- if on Cadet Medical Excusal (CME), must take a makeup APFT after coming off the CME before the next scheduled Graded Record APFT
- Second Class cadets must take and pass the IOCT (no alternate)
- must not be enrolled in the Commandant's Physical Remediation Program
- must be within body fat standards outlined in AR 600-9

#1 CADET IN PPSC (MAN/WOMAN)

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 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 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)

Cadets are authorized to wear the IOCT tab on the right thigh area of the gym alpha shorts and sweat pants. See the photo in the *DPE Testing Booklet* for the proper wear of the IOCT tab. If a cadet fails the IOCT, a previously awarded IOCT tab will be removed and the cadet must earn the tab again.

A cadet may not earn an IOCT tab by taking any alternate test. Cadets in the SAP program must meet the same IOCT tab time requirements (Men: 2:38 or faster; Women: 3:35 or faster) in order to earn the IOCT tab.

ARMY PHYSICAL FITNESS BADGE (APFB)

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 area of the Gym Alpha shorts and running pants. See the photo in the *DPE Testing Booklet* for the proper wear of the APFB.

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

A cadet may not earn the APFB by taking an alternate test.



CHAPTER 7

CADET SUMMER PHYSICAL TRAINING

The academic year Physical Program is complemented with an intense and progressive summer physical training program. This program is designed to prepare cadets for the physical demands of cadet/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 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 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 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)

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's 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.

The physical training 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 physical program is the responsibility of the upperclass cadet cadre.



CADET FIELD TRAINING (CFT)

FIELD FITNESS AND ADVANCED COMBATIVES SKILLS

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

The CFT physical training program is planned, implemented and executed by the upperclass cadet cadre. DPE provides expertise and guidance to assist the cadet leadership in the development of company physical training plans. To develop their company physical training plans, the cadet cadre use the Army physical fitness training doctrine described in FM 21-20. Additionally, the cadet leadership is expected to adhere to the concept of "METL Focused PT". The Brigade Tactical Department (BTD), and specifically the company tactical officer and noncommissioned officer, monitor the cadet cadre's execution of their company's physical training program.

In concert with the cadet company physical fitness training 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 toughness, and a feeling of pride upon successful accomplishment.



CHAPTER 8

SUMMER TERM PROGRAMS

DPE SUMMER TERM ACADEMIC PROGRAM (STAP)

The DPE STAP begins during graduation week and runs for approximately four weeks. There are three objectives: (1) to remediate all course and DPE administered test failures from the previous academic year, (2) to remediate “No Credit” (NC) cadets, and (3) to remediate all PPSC deficient cadets.

Cadets remanded to STAP who are on a Cadet Medical Excusal (CME) that extends into or through the STAP period are required to attend STAP. Cadets on medical excusal will attend class sessions and participate to the limits of their CME and/or participate in a special populations PT program directed by DPE Sports Medicine to rehabilitate their injury or illness. Course offerings are based upon need and availability of facilities. Course testing/grading is identical to the course requirements during the academic year. If a cadet is remediating a course failure, the STAP grade will be forwarded to the Office of the Dean as a replacement grade for the academic year course failures and will be used to recompute the PPSC. However, the original “F” grade remains on the cadet’s transcript. Replacement grades only apply to academic coursework. At no time will a failing grade on an IOCT be replaced. Replacement grades earned when retaking an academic year course will appear on the transcript in the term the course was retaken. 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 MDS, PIADs, and AIADs.

IOCT and PPSC Remediation

Deficient cadets who did not fail a required DPE course will be enrolled in PE 108 – Foundations of Fitness during DPE STAP. Cadets will only be enrolled in one DPE STAP course. PE 108 is designed to physically develop cadets utilizing a progressive and sequential POI of resistance and cardiorespiratory conditioning with specific agility and speed work. PE 108 will assist cadets in developing a sense of personal responsibility for their own level of fitness and a lifetime commitment to maintain their physical readiness. The PE 108 grade will be computed into the Term 3 PPSC, and therefore can be used to improve a PPSC deficiency. The following deficient cadets will be remanded to PE108 in DPE STAP:

- Failed to remediate an IOCT failure.
- “No Credit” on a required IOCT.
- Failed to meet minimum cumulative Physical Performance Score ‘peg’ point for his/her year-group.



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. Cadets are ineligible for a DPE PIAD if they fail to meet minimum standards on all DPE academic year coursework and testing by the end of the Spring Term.

PIAD COURSE DESCRIPTIONS

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

PE 471 - Advanced Sport Development (ASD)

2.0 Credit Hours

Prerequisite: C+ or above in Survival Swimming or successful completion of a DPE administered swim assessment

Scope

Advanced Sport Development is an intense physical program designed for cadets with an interest in total fitness, adventure sports and a comprehensive SCUBA diving experience. This two-week course is conducted in two phases. Phase one is the home-station portion of the training where cadets complete the confined water and academic portions of the National Association of Underwater Instructors (NAUI) Basic, Advanced, and Environmental SCUBA Diving Certifications. Additionally, cadets participate in a variety of applied sports and fitness activities to include mountain and road biking, kayaking, bouldering, snorkeling, and volleyball. The second phase of the course is conducted in Key Largo, Florida. While in the Keys, cadets complete 12-16 open water dives to include reef, deep, wreck, night, boat, drift, navigation, environmental, and rescue dives while working to complete their NAUI certifications. Cadets are assessed on their performance on all physical activities as well as comprehensive written SCUBA exams.



PE 472 -Outer Limits/Mountain Leader

2.0 Credit Hours

Prerequisite: None

Scope

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



CHAPTER 9

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 supports the department's goal of creating a "Center of Excellence" which will provide research, expertise, and guidance to cadets, the Department of Physical Education, and the Army.

VISION

The CPDE 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 application of this knowledge to improving the physical development and well-being of the Corps of Cadets and the U.S. Army. The CPDE serves as a cadet-centered resource for information and guidelines concerned with maximizing physical development for military and sport applications. Lastly, the CPDE will serve in the academic mission of the USMA by providing opportunities for cadet participation in developing, implementing, and publishing independent research projects.

MISSION

To provide the United States Military Academy and the Army with a science-based research program dedicated to the study of structure-function relationships of human psycho-physical performance; the major outcome of which serves to advance the scientific body of knowledge and provide a biological basis for the implementation of programs for soldier development to meet the evolving physical demands of the Corps of Cadets and the 21st-century soldier.

FUNCTIONS

As a Center of Excellence, the CPDE performs a variety of functions related to the physical development needs of USCC 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 of the Corps of Cadets and the Army in regards 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 and military readiness within USMA and the Army
- 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 CPDE
- 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 learning of cadets enrolled in the Kinesiology major



CHAPTER 10

CADET PHYSICAL PROGRAM REVIEW BOARD (PPRB)

The PPRB convenes semi-annually during the late-fall and late-spring academic terms, and is designed to provide information to the Commandant of Cadets in preparation for end of term Class Committee and Academic Board proceedings. It is comprised of the Commandant of Cadets, Master of the Sword, Brigade Surgeon/Commander MEDDAC, and DPE Sports Medicine. Cadets with medical conditions that have or will preclude them from engaging in the Physical Program are addressed at the PPRB for appropriate action. This section establishes the procedures and responsibilities for the PPRB.

Responsibilities

The PPRB process is the responsibility of the Director of Instruction. The Chief of Sports Medicine and the Guidance Officer are responsible for organizing and coordinating the PPRB for the MOS. The Testing Officer will work in conjunction with the Chief of Sports Medicine to ensure successful completion of the PPRB process.

PPRB Timeline

- NLT 30 November / 30 April: Representatives from Sports Medicine and Guidance brief the Master of the Sword (MOS) on potential PPRB candidates based on information received from various DPE offices. The MOS screens the list of cadets and approves a current roster that will appear before the PPRB. The guidance office publishes this roster to USCC, S-1, MEDDAC, and DIA to solicit input where appropriate.
- NLT end of TEE week fall and spring term: The PPRB convenes and the MOS presents each cadet case for discussion and recommendation for action. Possible PPRB COAs:
 - Medical Leave of Absence
 - Medical Evaluation Board
 - Recommendation for separation from the Academy under the provisions of the Fragile Cadet Policy (AR 210-26)
 - Medical Hold
 - Recommendation to the Class Committee/Academic Board for Turn-back or December Graduate status
 - Counseling by the TAC



PPRB Inclusion Criteria

Cadets who will be discussed during the PPRB process include:

- Cadets with a significant medical condition
- Cadets on a long term medical excusal or multiple medical excusals which will prevent them from engaging in the Physical Program for more than 18 months (IAW AR 210-26)
- Cadets who demonstrate a pattern of obtaining medical excusals at times when physical fitness tests (i.e., APFT, IOCT) are given
- Cadets who entered the Academy with a pre-existing condition that is now preventing them from fully engaging in the Physical Program
- Cadets who may be given a permanent profile upon graduation
- Cadets who have a condition which may preclude them from being commissioned (IAW AR 40-501)
- Any other cadets of concern that the MOS deems appropriate



Appendix: Acronyms

APFB—Army Physical Fitness Badge

APFT—Army Physical Fitness Test

API—Athletic Performance Index

APS—Academic Program Score

APT—Athletic Participation Time

APV—Athletic Participation Values

ASD—Advanced Sport Development

BIP—Basic Instruction Program

BTD—Brigade Tactical Department

CBT—Cadet Basic Training

CFT—Cadet Field Training

CQC—Close Quarters Combat

CPDE—Center for Physical Development Excellence

CPRP—Commandant's Physical Remediation Program

CPS—Cadet Performance Score

CSI—Competitive Sports Index

CZCP—Commandant's Zone of Concern Program

DCA—Director of Cadet Activities

DPE—Department of Physical Education

IOCT—Indoor Obstacle Course Test



LTS—Lifetime Sports

MDS—Military Development School

MOS—Master of the Sword

MPS—Military Program Score

ODIA—Office of the Directorate of Intercollegiate Athletics

PIAD—Physical Individual Advanced Development

PPMRP—Physical Program Medical Review Process

PPRB—Physical Program Review Board

PPS—Physical Program Performance Score

PPSC—Physical Program Performance Score Cumulative

PPST—Physical Program Performance Score Term

PPSY—Physical Program Performance Score Year

RTO—Regimental Tactical Officer

SAP—Selected Athlete Program

SCPRP—Summer Commandant's Physical Remediation Program

STAP—Summer Term Academic Program

USCC—United States Corps of Cadets

USMA—United States Military Academy