



**DEPARTMENT OF THE ARMY  
UNITED STATES ARMY ROTC BATTALION  
WESTERN ILLINOIS UNIVERSITY  
1 UNIVERSITY CIRCLE  
MACOMB, IL 61455-1390**

REPLY TO  
ATTENTION OF:

ATOW-JIL-WI

28 August 2006

MEMORANDUM FOR All Cadre and Contracted and/or Scholarship Cadets

SUBJECT: Bulldog Battalion Physical Training Memorandum

1. References:

- a. AR 350-15, Army Physical Fitness Program
- b. AR 600-9, The Army Weight Control Program
- c. CCR 145-3, Pre-commissioning Training and Leadership Development
- d. CCR 672-5-1, Decorations, Awards, and Honors; Reserve Officer's Training Corps
- e. Updated State Scholarship Memorandum of Agreement (MUA)

2. Purpose. To establish the Bulldog Battalion physical training policy for school year '06-'07

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

4. Responsibilities.

- a. Training Officer.
  - 1) Develop and execute a Physical Training (PT) program to achieve stated goals.
  - 2) Provide guidance and monitor cadets in executing the program.
  - 3) Develop and monitor supplemental and special PT programs as needed.
  - 4) Administer one APFT per month.
- b. Operations NCO.
  - 1) Maintain APFT Records.
  - 2) Maintain the unit's Army Weight Control Program records
  - 3) Provide MS Instructors with a summary report for each APFT.
  - 4) Provide MS Instructors with a monthly summary report for PT attendance
- c. Cadre.
  - 1) Conduct PT according to FM 21-20 and this policy.
  - 2) Conduct PT in a safe manner.
  - 3) Monitor, coach, and mentor cadet performance and counsel as required.
  - 4) Following each APFT, establish target scores for each cadet for the next APFT.
  - 5) Monitor cadet attendance and provide daily sign-in sheets to Ops NCO.
  - 6) Recommend athletic awards as appropriate.

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## d. Cadets.

- 1) Participate in all scheduled PT sessions.
- 2) Achieve your target score for each APFT.

## 5. Execution:

a. Physical training will initially be conducted on Monday, Wednesday, and Friday at 0630 hours, in mass formation (split into two companies) and executed by MS III cadets. Cadets that lead PT will undergo a "blue card" evaluation. On or about 15 November, cadets will be divided into smaller PT groups where they will remain for the balance of the academic semester. Cadre - or in some cases, MS IVs - will lead each small group and develop an appropriate training schedule based on the needs of the group. Ranger cadets will conduct PT according to the schedule developed by the Ranger Company Advisor.

b. For the Spring semester, small groups will be re-evaluated based on the first scheduled APFT. PT will be led on Monday and Wednesday by small group cadre. On Friday, PT will be conducted at battalion level by cadets.

## 6. Attendance:

a. MS IIIs and MS IVs. Attendance is mandatory at each PT session and every APFT. Attendance counts for portions of the MS class grade. Cadets must coordinate absences with their respective instructor. See class specific class syllabus for specifics.

b. MS Is and MS IIs. **Attendance at all three weekly PT sessions is mandatory for Federal and State scholarship MS Is and MS IIs as well as participation in each monthly APFT.** Cadets must coordinate any necessary absences with their instructor. PT for all other MS I and MS II cadets is encouraged, but not mandatory.

c. Students participating in collegiate athletics or students with extreme commuting concerns may coordinate with their respective MS Instructor to be excused from regular PT sessions. Cadets with other considerations that impact PT attendance may also coordinate with their respective MS Instructor concerning excused absences. In either case, all cadets must take monthly APFTs.

d. MS Vs, MS VIs, and Completion Cadets will attend all PT sessions and each APFT according to the direction of the PMS. This is designed to ensure all cadets regardless of current status maintain appropriate physical fitness levels.

7. **Incentives.** MS I/II ROTC Scholarship students scoring at least 280 on their APFT shall be allowed to conduct PT on their own on Monday and Wednesday. This incentive must be re-validated each month at the battalion APFT.

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## 8. Performance Standards:

a. MS IV, MS V, MS VI, and Completion Cadets must continue to meet Army performance standards for physical fitness and height/weight/body fat to remain eligible to pursue a commission. Cadets must also pass the APFT and weigh-in within 30 days of commissioning.

b. MS III cadets must meet Army performance standards for physical fitness and height/weight/body fat by the end of the spring semester to remain eligible for Warrior Forge attendance and to continue their pursuit of a commission. MS III cadets are encouraged to meet these standards prior to the end of the fall semester. Contracted cadets who fail to pass the final Fall APFT will enroll in a University-taught fitness class in the Spring semester. Although the minimum standard for passing the Army APFT is a score of 180 points, 60 points each event, cadets performing at this minimum level usually do not complete Warrior Forge due to injuries or lack of endurance.

c. MS I and MS II federal scholarship cadets must pass the APFT with a minimum score of 60 points in each event each semester to maintain their scholarship. Cadets must additionally meet the Army's height/weight/body fat standards each semester. Failure to meet these standards will result in a loss of scholarship benefits.

d. MS I and MS II state scholarship cadets are encouraged, but not required, to meet the same standards as federal scholarship cadets. Extreme sub-standard PT attendance and/or performance may result in loss of the State Scholarship.

9. Uniform: Cadets will wear the Army Improved Physical Fitness Uniform (IPFU) during PT unless otherwise advised by a cadre member.

10. Awards: The Army Physical Excellence Badge will be awarded to cadets scoring 270 or more points on any record APFT with a minimum of 90 points in each event. The following awards are presented to cadets that qualify on the semester record APFT.

- a. Platinum Medal Award - 300 points
- b. Gold Medal Award - 290-299 points
- c. Silver Medal Award - 280-289 points
- d. Bronze Medal Award - 270-279 points
- e. Most Improved Score - Biggest Increase

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