



**UNITED STATES
MILITARY ACADEMY**

**PHYSICAL PROGRAM
WHITEBOOK**

AY 16 – 17

OFFICE OF THE COMMANDANT OF CADETS



FOREWORD

The Department of Physical Education mission is to **develop warrior leaders of character who are physically fit and mentally tough by engaging cadets in activities that promote and enhance physical excellence.**

Dedicated to producing commissioned leaders of character, the Physical Program is a 47-month transformational development process. The program strategic goals support the West Point Leader Development System (WPLDS) outcomes, while the DPE faculty is committed to providing inspired service as role models of all facets of the Army profession.

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

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

Set the Standard...Maintain the Standard!

NICHOLAS H. GIST
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.

Physical Program Overarching Goal

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

Department of Physical Education Vision Statement

The Department of Physical Education will create a cadet-centered educational environment that provides a militarily relevant and scientifically-based physical development program, which instills the warrior ethos of physical and mental superiority.

Department of Physical Education Mission Statement

The Department of Physical Education develops warrior leaders of character who are physically fit and mentally tough by engaging cadets in activities that promote and enhance physical excellence.



Physical Program Strategic Goals

1. Cadet Excellence

- 1.1 Demonstrate physical excellence
- 1.2 Plan, prepare, execute, assess and improve physical readiness training
- 1.3 Live honorably and develop effective teams
- 1.4 Demonstrate resiliency and courage
- 1.5 Commit to a lifetime of optimal physical performance

2. Faculty Excellence

- 2.1 Maintain a diverse and professional faculty
- 2.2 Develop and retain a high quality staff and faculty

3. Army Excellence

- 3.1 Provide disciplinary expertise to West Point and the Army through educational and research efforts to optimize physical performance
- 3.2 Provide disciplinary expertise to the Army through an academic major in exercise science – kinesiology

4. Programmatic Excellence

- 4.1 Provide contemporary educational and training facilities where cadets can optimize their physical fitness and movement skills
- 4.2 Provide opportunities for cadets to develop effective teams through sport and physical activity
- 4.3 Provide a comprehensive risk management strategy for all program activities to minimize risk while facilitating physical development

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

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



USMA PHYSICAL PROGRAM PATHWAY

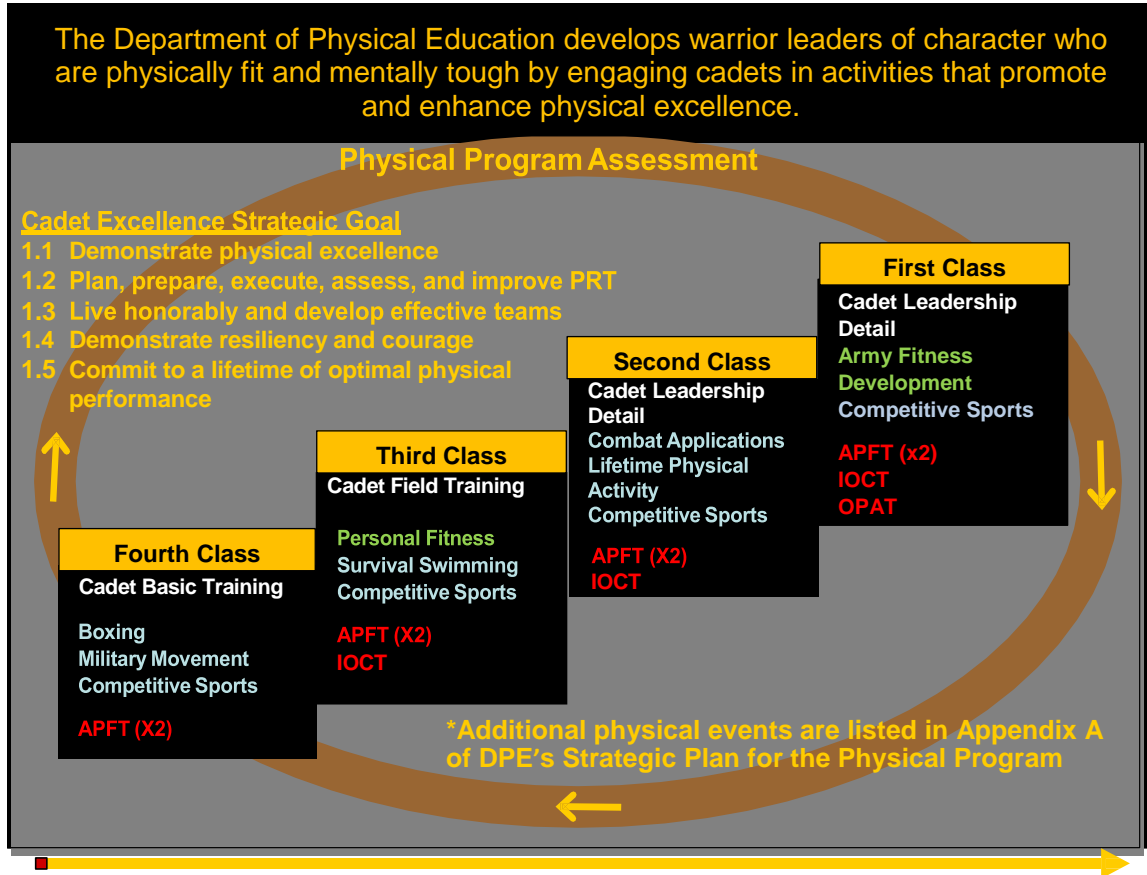


Figure 1-1

Overview of the Program

The Physical Program is a 47-month educational experience that begins on Reception Day when a new cadet enters Cadet Basic Training and ends on Graduation Day when the cadet is commissioned as a Second Lieutenant in the United States Army. The Physical Program is comprised of three complementary components: instructional coursework, physical fitness testing, and competitive sport participation (Figure 1-2). Cadets are evaluated annually in each component, with individual grades comprising each cadet's Physical Performance Score (PPS).

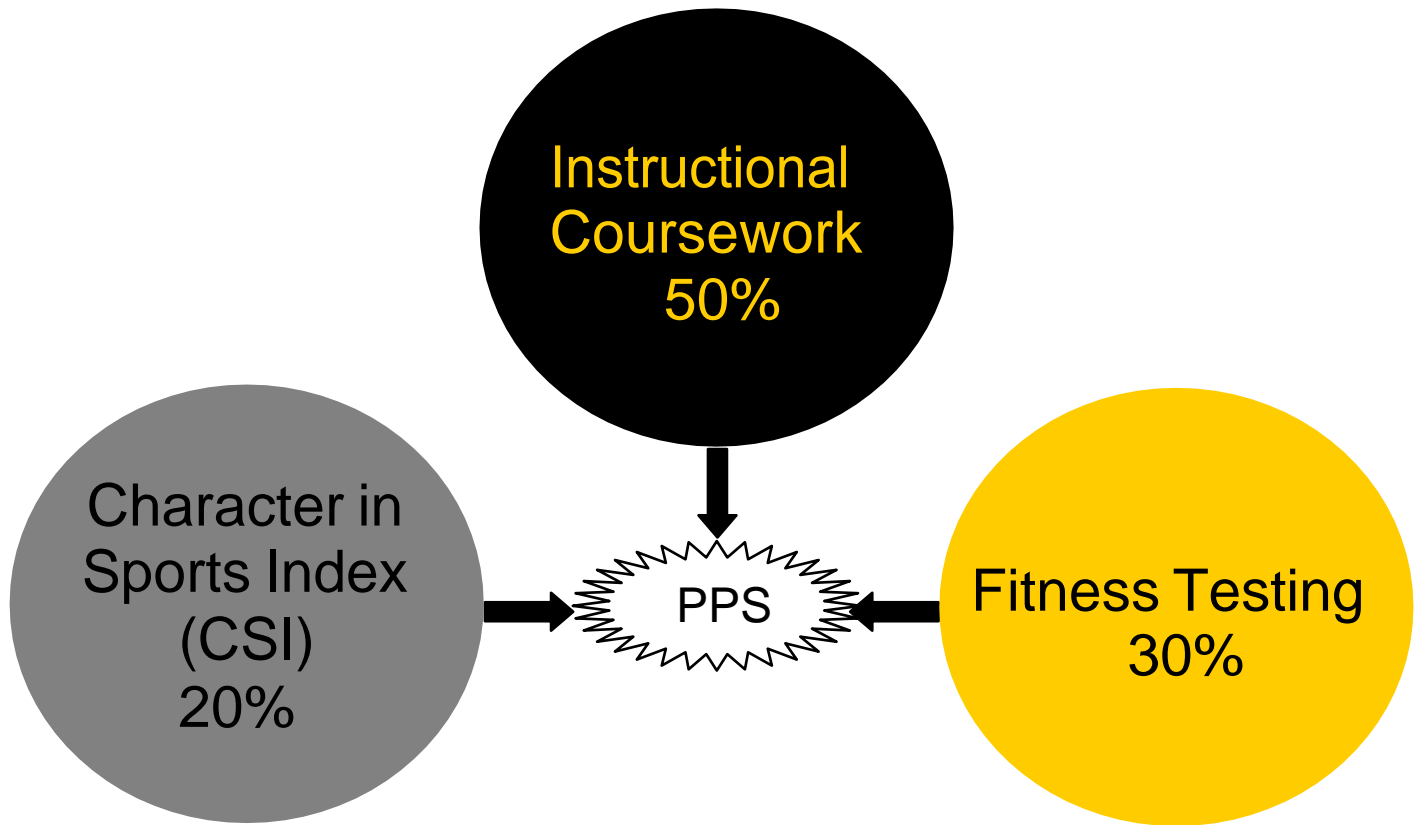


Figure 1-2

Instruction

The Instructional Program is accomplished through participation in the Basic Instruction Program (BIP) and a variety of Lifetime Physical Activity (LPA) courses. The BIP courses consist of PE116 - Boxing, PE117 - Military Movement, PE215 - Fundamentals of Personal Fitness, PE320:323 - Survival Swimming, PE360 - Combat Applications and PE450 - Army Fitness Development. The Lifetime Physical Activity (LPA) Program develops a cadet's foundation of knowledge, skills and personal attributes, which enables successful participation in skill-related activities. These courses motivate cadets to continue improving established skills and inspire them toward a lifetime commitment to an active lifestyle. The academic year is divided into two semesters. DPE further divides each 18 week term into two instructional rounds. BIP and LPA courses consist of 19 lessons.

Fitness Testing

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



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

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

Competitive Sports

All cadets are required to participate in the competitive sports program (1615-1830, Monday through Thursday). There are three categories of competition: company, club, and corps squad.

*Physical Program
Baseline Requirements*

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

Table 1-1

	SUMMER	ACADEMIC YEAR
FOURTH CLASS	Cadet Basic Training (CBT)	PE 116 – Boxing PE 117 – Military Movement APFT (Fall and Spring) administered by BTD Competitive Sports
THIRD CLASS	Cadet Field Training (CFT)	PE 215 – Fundamentals of Personal Fitness PE 320:323 – Survival Swimming APFT (Fall and Spring) administered by BTD IOCT Competitive Sports



SECOND CLASS	Cadet Leadership Detail Cadet Leader Development Training (CLDT)	PE 220:268 – Lifetime Physical Activity Course PE 360 – Combat Applications APFT (Fall and Spring) administered by BTD IOCT – (must pass Second Class IOCT) Competitive Sports
FIRST CLASS	Cadet Leadership Detail CLDT Cadet Troop Leader Training (CTLT)	PE 450 – Army Fitness Development APFT (Fall and Spring) administered by BTD IOCT – (must pass Second Class IOCT) Competitive Sports

Graduation Requirements

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

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

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



CHAPTER 2

INSTRUCTION

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

FOURTH CLASS PROGRAM

The Fourth Class instructional program ensures that each cadet achieves baseline competencies in movement and combatives skills. In the Fourth Class program, cadets develop the self-confidence to meet the future physical requirements of the Academy and the Army. All cadets are required to achieve a passing grade in PE117 – Military Movement and PE 116 – Boxing. Additionally, some cadets may be required to complete PE 109 – Foundations of Aquatics or PE 107 – Foundations of Movement. Female cadets from classes prior to YG20 who have not completed their fourth class Combatives requirement will have the option of taking PE116, Boxing or PE115, Fundamentals of Combatives. All DPE basic instruction courses meet for 50 minutes for 19 lessons. Course descriptions for all DPE offerings can be found in the Redbook.

THIRD CLASS PROGRAM

The Third Class instructional program is designed to ensure that cadets develop a baseline competency in aquatic skills and enhance personal fitness, movement and sport skills, and physical readiness. Cadets must achieve a passing grade in PE 215 – Fundamentals of Personal Fitness and PE 320:323 – Survival Swimming.

SECOND CLASS PROGRAM

The Second Class instructional program is designed to provide a capstone combatives experience and develop in cadets a lifetime commitment to physical activity. Cadets are required to achieve



a passing grade in PE 360 – Combat Applications and in one Lifetime Physical Activity course (PE 220:268).

FIRST CLASS PROGRAM

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

KINESIOLOGY MAJOR

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



CHAPTER 3

TESTING

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

Indoor Obstacle Course Test (IOCT)

The Indoor Obstacle Course Test is administered to the Third, Second, and First Classes. Passing the Second Class IOCT is a graduation requirement. USMA cadets must meet the minimum performance standard of 3:30 (men) or 5:29 (women) by the end of the academic year in order to remain proficient in the Physical Program with their class. To facilitate a successful outcome for cadets, the Department of Physical Education offers multiple record IOCTs throughout the academic year (AY). Test dates are published via memorandum and briefed to Company Physical Development Officers each semester during Reorganization Week.

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

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



CHAPTER 4

COMPETITIVE SPORTS

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

Every Cadet an Athlete

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

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

MacArthur Time is the name designated for athletic participation starting at 1615 and ending at 1830. A cadet's place of duty during MacArthur Time is in competitive sports (company, club, or corps squad).

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

Competitive Sport Outcomes

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

Warrior Athlete of Character

A warrior athlete of character is a team player who combines mental toughness, perseverance, and athletic skill with exemplary sportsmanship and fair play. The warrior athlete of character



has a teachable spirit and demonstrates the drive, will, and courage to stay committed and succeed, regardless of the challenge.

Team of Significance

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

Categories of Competition

Company Athletics

Company Athletics offer 10 sports annually - five in the fall season and five in the spring season. Fall sports include basketball, flag football, soccer, functional fitness, and wrestling. Spring sports include flickerball, floor hockey, ultimate frisbee, submission grappling, and swimming. Select cadets are also authorized to complete the fall and spring term competitive sport requirement through participation in Sandhurst.

The Bankers Association of New York Trophy is inscribed annually with the designation of the cadet company ranking first in each regiment based on team success in the 10 sports. The Bankers Trophy has been presented every year at West Point since 1924.

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

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

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



Competitive Club Athletics

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

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

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

Competitive clubs may receive Chain of Command Time (CCT) authorizations due to the necessity for all team members to be present to hold effective practices. The Commandant approves CCT authorizations based on the unique training requirements of each sport (*USCC Circular 28-1*). Since competitive club athletics fulfill the baseline competitive sports requirement, teams are normally authorized to practice during MacArthur Time Monday through Thursday (1615-1830 hours).

Corps Squad Athletics

The Director of Intercollegiate Athletics (DIA) has responsibility for the conduct of the corps squad athletic program. *USMA Regulation 350-12* provides specific details pertaining to the administration and execution of the intercollegiate athletics program. Corps squad athletes fulfill their term competitive sports baseline requirement by participating with their team. Every cadet involved in a corps squad sport must be on the official team roster. Athletes on the official team roster have no company athletics or competitive club athletics requirement for that term. DPE Competitive Sports will establish a date within the first three weeks of each semester for DIA to set their team rosters. This action allows athletes not selected by DIA teams to be assigned to Company Athletics in order to meet their Competitive Sports requirement. Once these rosters are set, DIA will notify DPE whenever an athlete is released from a roster for any reason. Cadets that depart DIA teams before the mid-season grade cutoff (late September in the fall; mid-March in the spring) will be assigned to a Company Athletic where they will receive their CSI grade for the



semester. Athletes that depart DIA teams after the mid-season grade cutoff will also be assigned to Company Athletics for accountability; however, they will receive their CSI grade from the DIA team they departed.

Corps Squad Team Managers are required to participate in Company or Club Athletics in the fall semester of their plebe year, prior to assuming duties as a manager. As a yearling, managers are required to participate in Company or Club Athletics in either the fall or spring semester. As a Cow and a Firstie, managers are exempt from participation in either Club or Company Athletics if they maintain a PPSC of 2.5 or higher. If their PPSC is lower than 2.5 as a Cow or Firstie, then a manager is still required to participate in either Company or Club athletics during one semester. Teams are reminded to properly organize their managers so they may meet this requirement (USMA Regulation 350-12).

Character in Sports Index (CSI)

The cadet chain of command (coaches, CICs, team captains, officials, etc.), in conjunction with their officer chain of command (CoC), will use the Character in Sports Index (CSI) to measure and evaluate cadet performance. The cadet CoC will provide CSI grade input to the competitive sport Officer in Charge (OIC - DPE Sport Educator, Club/Corps Squad Coach, Club/Corps Squad Officer Representative...etc.) at the end of each season. The competitive sport OIC is responsible for verifying the grades and submitting grades no later than the end of each term. The CSI is based upon the following components: fair play/sportsmanship, mental toughness, perseverance, winning spirit, unselfishness, coachability, attitude, teachable spirit, playing ability, time, and competitive performance.



CHAPTER 5

GUIDANCE

Grading Philosophy and Policies

Cadets are evaluated based on their achievement of established course objectives. The goal is to challenge cadets to meet or surpass announced standards of performance and assign grades based upon their success. Once standards are established, the principal responsibility for performance rests with the individual cadet.

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

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

The Director, Department of Physical Education, approves course grades at the end of each round of instruction prior to final grades being posted.

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 the Character in Sports Index (CSI). The formula is:

$$\text{PPS} = .50 (\text{Coursework}) + .30 (\text{Testing}) + .20 (\text{CSI})$$

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 each academic year. The PPSC is used to determine the number one male and female cadet in physical performance over four years. Additionally, the PPSC is used to determine the number one male and female cadet in physical performance for each class at the end of each academic year. Cadets must complete all Physical Program requirements for that year to be eligible. The PPSC is also used to identify cadets deficient in the Physical Program.

PPSTs vary depending upon the courses taken during the respective term. Generally, there is a minimum of one course 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 any course in DPE.
- Failure of a record IOCT, unless successfully remediated during the academic term on a record IOCT retest.

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

DPE Coursework Failures/No Credits

Cadets who fail a DPE course are considered deficient in the Physical Program and must be reviewed by the Academic Board before remediation can occur. The DPE Department Head may recommend to the Academic Board that a cadet be separated with the right to re-exam or repeat the course. Cadets who fail the same course twice in the same academic year may be separated without the right to re-exam. The Department of Physical Education reserves the right to recommend deficient cadets for separation upon an initial course failure. This recommendation is based upon input from previous instructors and is approved by the DPE Department Head.



Cadets may be classified as an academic no-credit if they are unable to complete a course during the appropriate academic year. The cadet will be tracked as a no-credit until the course is completed. No-credit cadets may be remanded to STAP to resolve their no-credit status. Cadets must resolve all no-credits to complete the Physical Program and graduate from the United States Military Academy. Cadets who receive a no-credit during the academic year are not eligible for the Commandant's or Superintendent's Award.

If a cadet is injured during later stages of enrollment in a DPE course and the injury prohibits further participation, DPE may award a cadet a final letter grade if the cadet has completed all or most of the course requirements, has met course objectives, and full participation in the course would not have changed the final outcome. A failing grade may be assigned if the injury, and subsequent missed classes, is not the primary cause for failure, and it is mathematically impossible for the cadet to receive a passing grade given the time, engagement, and evaluation opportunities remaining in the course.

Procedures for Turnback Cadets

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

A December graduate retains the curricular requirements of his/her original class. December graduates must complete all curricular requirements during the academic year in which they were supposed to graduate. During their final Fall (graduation) Term, December graduates must participate in a competitive sport (company, club, or corps squad) and pass a final term APFT administered by the BTB.

Fragile Cadet Policy

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

Participation in Designated USMA Enrichment Programs

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

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

- “No credit” (NC) for any DPE core course
- NC on an IOCT



- Unremediated IOCT failure
- Unremediated PE course failure
- PPSC < 2.0 (cadets with < 2.5 PPSC may not be recommended for DPE approval for SAEP, SAP or IAD if their physical performance history indicates a strong possibility of poor performance on IOCT or coursework in the immediate future).

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

- Physical fitness tests. Cadets going on exchange/abroad during the fall term have no immediate IOCT testing requirement (those cadets will take the IOCT during the spring term). Second Class cadets going on exchange/abroad during the spring term must make-ahead the IOCT during their Second Class fall semester.
- PE Courses. Cadets are highly encouraged to participate in PE courses while on exchange/abroad in order to take advantage of the opportunity to learn physical activities that are not available at USMA. The grade earned in this lifetime physical activity course will not be included in the PPS, but will be included on the cadet's transcripts and will count towards completion of this requirement. In order to receive credit for taking a LPA while on exchange or abroad, cadets must get approval prior to taking the course.

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

- Athletic participation. U.S. service academy personnel and foreign exchange cadets must complete a competitive sport experience at the company, club, or corps squad level during their semester at the USMA. Exchange personnel do not count against club authorizations, and will not receive a competitive sport index grade for athletic participation during the semester.
- Physical fitness tests. Exchange personnel are encouraged to take the IOCT, but it is not mandatory.
- Physical Education Courses. Exchange personnel are encouraged to take courses in physical education. They will follow the same procedures as USMA cadets to enroll in lifetime physical activity courses. The Service Academy Exchange Program coordinator will take the cadets' preferences and try to add courses that fit into the individual cadet's academic schedule. Exchange personnel may take multiple courses provided that there is room in the class and that it fits into their academic schedule. The grade earned in this lifetime sport will be documented through normal grade reporting procedures.



CHAPTER 6

PHYSICAL PROGRAM PERFORMANCE AWARDS

Master of the Sword's Award

The Master of the Sword's Award is earned by cadets who have demonstrated exceptional performance in the Physical Program. To earn this award during an academic year, cadets must:

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

This award is presented at the beginning of the next academic year and may be worn on the Gym Alpha uniform IAW the USCC SOP.

The Commandant's Unit Fitness Excellence Award

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

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

The cutoff date for award determination is the last day of classes of the Spring Term.

a. Criteria for the award include:

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

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



3) Sandhurst ranking within the regiment: Final Sandhurst standing within the regiment, ranked 1 through 9.

4) Physical Performance Score Year: Company average of individual PPSY. Companies are ranked 1 through 9 in each regiment.

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

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

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

306th Infantry Award

West Point Chapter, Daughters of the United States Army Award

At the end of the First Class year, USMA will recognize the number one man (306th Infantry Award) and number one woman (West Point Chapter, Daughters of the United States Army Award) cadets based on PPS over the four-year experience. In the event of a tie, the sequence for breaking the tie will be PPSY in descending year order.

#1 Cadet in the Physical Program by Grad Year

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



Indoor Obstacle Course Test Tab

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

Army Physical Fitness Badge

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

- Earn a 270 or above on the APFT.
- Earn 90 or more scale points on each event of the APFT (push-ups, sit-ups, and the two mile run). For badge purposes only, points scored above 100 on an event will not contribute to the overall point total.

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

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

All APFTs are administered by the BTD.

Brigade Champion Trophy, Certificate and Patch

Trophies:

Trophies are awarded to the Brigade Championship teams in each sport at the conclusion of each season. Company Athletic Officers are responsible for ensuring that the trophies remain in the possession of the company and are maintained in a secure location. Trophies will be returned to DPE Competitive Sports Office prior to TEEs each May.

Certificates:

Each company that participates in a Brigade Championship will be awarded a certificate (Champion or Runner up) to be displayed in their company area.

USCC Monogram Patch:

All cadets on Brigade Championship teams will be awarded a "USCC" monogram patch for wear on the As-for-Class jacket.



The Bankers Association of New York Trophy

The “Bankers Trophy” is inscribed annually with the designation of the Cadet Company ranking first in each regiment in Company Athletics. In addition, the winning companies receive a Bankers Trophy certificate to be displayed in the company area. The award was first presented in 1924.

Bankers Trophy Point System:

Companies receive points IAW their Regimental finish in each sport during the regular season. Point distribution follows:

	1 st Place - 100	
2 nd Place - 80		6 th Place - 40
3 rd Place - 70		7 th Place - 30
4 th Place - 60		8 th Place - 20
5 th Place - 50		9 th Place - 10

In cases of a tie in team standings (except ties for first place), the Bankers Trophy Points involved will be divided and distributed equally among the tied teams. (Example: a three way tie for 2nd place would divide and distribute the 2nd, 3rd and 4th place points or 70 points for each team).

The Mike Krzyzewski Teaching Character through Sport Award

The Mike Krzyzewski Teaching Character through Sport Award recognizes West Point athletes, and one coach (sport educator) for their outstanding commitment to the development of noble character through athletic participation and leadership.

There are three divisions of athletics: Company Athletics, Competitive Club Athletics, and Corps Squad Athletics. Each year, one cadet-athlete and one coach (sport educator) from each division receives the Mike Krzyzewski Award for Excellence in Teaching Character through Sport.

Nomination due dates are published during the fall and spring seasons. Nominations must be in the form of one page or less and justify the criterion above. The selection committee will review all nominees and select one cadet winner and one coach (sport educator) from each division.



Coach Mike Krzyzewski presents the awards each spring to the recipients and addresses the Corps of Cadets on the importance of value-based athletics. Winners receive a medallion and plaque during the ceremony and their names are added to a permanent plaque in Arvin honoring the award winners.

The LTG (R) Hal Moore Warrior Athlete of Excellence Award

The LTG (R) Hal Moore Warrior Athlete of Excellence Award recognizes one male and female cadet that best demonstrate the leadership qualities of General Moore (Mental Toughness, Perseverance, Winning Spirit, Humility) and the tenets of the warrior ethos in the DPE competitive sports and combatives programs.

Eligibility requirements include:

Event	Standard
PE116 or PE115	B+ or higher
PE360	Top 5% of year group (Male / Female)
CSI (Character in Sports Index)	B+ or higher (average) during 4 th , 3 rd , and 2 nd Class years
IOCT (Indoor Obstacle Course Test)	B+ or higher
DPE Core Courses	No failures
APFT	C- or greater on all record tests

Nominations must be one page or less and justify the criteria above. The selection committee will review all nominees and select the winners.

The award presentation will occur during the fall season. Winners receive a certificate during the ceremony and their names are added to a permanent plaque in Arvin honoring the award winners.



CHAPTER 7

CADET SUMMER PHYSICAL READINESS TRAINING

The Physical Program includes an intense and progressive summer Physical Readiness Training (P R T) program. This program is designed to prepare cadets for the physical demands of cadet/military service and the combat environment. Summer training provides each cadet repeated opportunities to apply principles learned during the academic year's physical education curriculum. Specifically, the summer training program integrates military and physical training. This integration provides a forum where cadets are taught to apply and model the knowledge, psychomotor skills, attitudes and behaviors which result in a sustained high level of physical fitness and enhanced combat readiness.

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

- Develop leadership skills through exposure to a variety of physical 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)

CBT is the new cadet's initial exposure to the Army's PRT program. CBT integrates an intense and rigorous physical sequence designed to:

- Prepare cadets for the physical demands of the summer training program and the academic year's physical education requirements
- Introduce new cadets to the Army's physical conditioning program
- Foster positive behaviors and attitudes toward physical fitness
- Develop the attributes of leadership, character, teamwork, self-confidence, and mental and physical courage

The physical readiness training program of instruction for CBT is planned and monitored by DPE to comply with the Commandant's guidance and intent. Implementation and execution of the CBT physical readiness training program is the responsibility of the upper-class cadet leadership.



Cadet Field Training (CFT)

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

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

In concert with the cadet company 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 courage, and a feeling of pride upon successful accomplishment.



CHAPTER 8

SUMMER TERM PROGRAMS

Summer Term Academic Program (STAP)

DPE STAP begins during Graduation Week and runs for approximately 3 weeks. The primary objective of DPE STAP is to remediate all DPE academic course failures, “No Credits” (NCs), and PPSC deficient cadets. Cadets will generally be enrolled in only one DPE STAP course. Cadets facing separation for a course failure in the physical program are not encouraged to participate in Voluntary Academic STAP.

PPSC Remediation

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

Medical Excusals

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

Physical Individual Advanced Development (PIAD)

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

- *PE 471 - Advanced Sport Development (2.0 credit hours)*: designed for cadets with an interest in total fitness, adventure sports and a SCUBA diving experience
- *PE 472 - Outer Limits/Mountain Leader (2.0 credit hours)*: an opportunity to develop sound mountaineering skills as well as to explore mental and physiological limits
- Kinesiology PIAD – cognitive/curricular or research enrichment opportunity



CHAPTER 9

KINESIOLOGY MAJOR

The Discipline

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

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

Course Requirements

Courses in the Kinesiology major are sequenced in the following order:

- Foundation: **CH 375** – Advanced Biology
 CH 387 – Human Physiology
 KN 355 – Functional Anatomy
- Core: **KN 360** – Biomechanics of Human Movement
 KN 365 – Nutrition for Performance
 KN 455 – Psychology of Exercise
 KN 460 – Exercise Physiology
 KN 465 – Motor Control and Learning
- Advanced: **KN 470** – Fitness Assessment and Prescription
 KN 480 – Theory/Practice of Advanced Performance
 PL 361 – Research Methods I
 KN 495 – Honors Thesis



Human Performance Laboratory

The Human Performance Laboratory (HPL) is a state-of-the-art research facility designed to conduct basic and applied research toward a fundamental understanding of physical training and biological adaptation, and apply this knowledge to improve the physical development and well-being of the Corps of Cadets and the U.S. Army. The HPL serves as a cadet-centered resource for information and guidelines concerned with maximizing physical development for military and sport applications. The HPL also serves the academic mission of the USMA by providing opportunities for cadet participation in developing, implementing, and publishing independent research projects.

Functions

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

- Conduct research defined in two domains: Basic Research and Applied Research
 - Basic Research: Hypothesis-driven, organ-systems approach to the study and understanding of the physiological, biochemical, biomechanical, and psychological determinants of physical activity, training, and biological adaptation
 - Applied Research: Application of the basic principles of training and adaptation to issues that address specific needs, primarily of the Corps of Cadets and potentially of the Army with regard to development and implementation of guidelines for physical training, physical assessment and combat readiness
- Contribute to the scientific body of knowledge by publication of research in scientifically-relevant journals and through participation in professional societies and scientific meetings
- Develop a network for the dissemination of research findings and information regarding principles and practices associated with optimal physical development of cadets
- Promote collaborative research ventures within USMA and with other Army, Department of Defense, and federal agencies
- Develop an extramural funding program that will provide a financial basis of support for the research and programmatic initiatives of the HPL
- 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 lectures to augment the learning of cadets enrolled in the Kinesiology major



Appendix: Acronyms

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