

WELLNESS PROGRAM

Wellness is an official and integral part of the Air Force Junior ROTC program. It consists of exercise programs focused upon individual base line improvements with the goal of achieving a national standard as calculated by age and gender. The Wellness curriculum is instrumental in developing citizens of character dedicated to serving our nation and communities. The program is provided as a tool to help you develop individualized training programs for your cadets. Cadets will be given the opportunity to put into practice the wellness concepts that are taught in Leadership Education 100. Instructors include other activities cadets enjoy such as team sports in order to keep the Wellness Program fun and motivating. Cadet fitness improvement is rewarded by earning the Health and Wellness Ribbon, along with bronze, silver, and gold star level recognition for superior performance.

The course objective for the Wellness Program is to:

Motivate AFJROTC cadets to lead active, healthy lifestyles beyond program requirements and into their adult lives.

The goals of the Wellness Program are to:

1. Create an individualized training program based on national standards by age and gender.
2. Identify areas of improvements for each cadet and provide guidance for improvement.
3. Incorporate a physical training program to reach fitness goals.

The following is a brief description of the fitness programs for AFJROTC units, each has its own merit and each may be utilized or personalized with unit developed lesson plans to help build a foundation from which to implement a program that promotes lifelong fitness programs.

AFJROTC Wellness Program Exercises

This program is comprised of 19 exercises which can be conducted with minimal space and with minimal climate dependency (e.g., the 1-mile run). The exercises develop all muscle groups and provide sufficient anaerobic and aerobic intensity. They require no equipment and use only body weight and common objects (e.g., chairs).

The 19 exercises are:

- V-Sit Reach ● Lunges
- Bent-Knee Push-ups ● Arm Extended Lunges
- Feet Elevated Push-ups ● Reverse Extended Lunges
- AFJROTC Push-ups ● Mountain Climbers
- Plank ● Squats
- Left Arm and Right Arm Planks ● Body Builders
- Sit-Ups ● Squat Leaps

- Extended Side Push-ups ● Side Lateral Jumps
- Flutter Kicks ● One-Mile Run
- Push-ups

Academic class time in AFJROTC typically begins with a short number of the above exercises, led by the cadet class leader or Instructor. Additionally, one class day per week is dedicated to a teambuilding activity. These are typically sports or physical activities intended to develop team camaraderie, strategy and leadership development, and promote fitness.

Cadet Fitness Assessments

The Presidential Fitness Challenge Program is a yearlong program designed to establish a baseline for each cadet and when required, instructors may provide a program of improvement throughout a 36-week school year. Instructors conduct periodic assessments throughout the school year and provide feedback to cadets concerning improvement. This feedback will allow cadets and instructors to modify fitness programs to meet individual needs that provide progressive improvement towards a healthy, active lifestyle.

Fitness Testing for all cadets is required at the beginning and end of each school year, and consist of the following assessments:

- Push-ups
- Sit-ups
- Shuttle Run
- V-Sit Reach flexibility test
- One-Mile Run