

THE WHITE BOOK

CHAPTER 1

Cadet Organization & Training

SECTION 5

Physical Readiness Program

Version (date): 19 OCT 2022

Author: Kasee Haugen

Position: Director, Physical Readiness Program

- I. Organization: The proponent for this section is The Citadel Physical Readiness Program Manager (CPRPM). The personnel who are responsible for the CPRP are:
 - A. CPRP Manager: Serves as the Commandant's subject matter expert in physical readiness practices and procedures. The CPRPM is responsible for the establishment and administration of an effective and efficient physical readiness program using U.S. military and fitness industry's best practices. The CPRPM is the point of contact for the components of the Physical Readiness Program addressed under this regulation.
 - 1. The CPRPM is responsible for the overall development, training, and execution of the Athletic Officer (AO) Trainer Course. This course trains nominated cadets to operate as both a company and an individual physical fitness trainer/mentor and to provide physical readiness subject matter expertise to cadet commanders regarding physical fitness doctrine and safe practices.
 - 2. The CPRPM trains, mentors, and utilizes cadet AOs to promote standardization of the CPRP throughout the Corps of Cadets. The CPRPM ensures that the physical readiness

AO is held to a high degree of accountability, competency, and professionalism while they are assigned to, and represent, the Commandant's Physical Readiness Program.

1. Minimum Qualifications: In order to be considered for selection to the Athletic Officer program, an individual cadet must have the following minimum qualifications:
 - i. Must have passed and maintained certification from the Athletic Officer Training Course provided by the Commandant's Department.
 - ii. Passed the previous 3 CPFT assessments.
 - iii. Meet body composition standards.
 - iv. Have no history of major conduct violations.
 2. Dismissal from the AO program: To ensure that the Physical Readiness Program follows acceptable practices of the fitness industry the CPRPM will immediately revoke certification for AOs who fail to follow the safety guidelines and training guidance. Dismissal from the program will bar a cadet from serving as a AO for the rest of the academic year.
- C. Battalion AO: Each Battalion will appoint an Athletic Officer to manage the physical readiness of all cadets within that Battalion. They will assist the RAO in the planning and execution of

1. 4C physical training (Fall semester):

- i. Score cards will be picked up by company AOs NLT 1330hrs on the last working day prior to their battalions assigned CPFT or HT & WT screening.
 - ii. Score cards may only be given to the cadet the morning of the testing.
 - iii. All Score Cards will be collected by the Company AO at the end of testing before leaving the testing site.
 - iv. Cards will be returned to the CPRPM in alphabetical order.
 - v. Cadets that fail to meet with their CPFT grader after the 1.5-mile run (those that abandon the test and do not go to the run end point) are subject to disciplinary procedures.
 - vi. Score Cards that are not signed by the tested cadet will not be counted as a valid test and the Cadet will receive a "No Show" for their test attendance.
6. CPFT Grader Qualifications/Responsibilities: To ensure that there is uniformity in CPFT grading standards, cadet graders are trained by the CPRPM on proper grading techniques and must adhere to these grading standards during each CPFT event. Only cadet leaders who hold rank of CPL or above, have been certified as CPFT graders, and who are physically proficient will serve as a grader during a "Record" or "Alternate" Citadel Physical Fitness Test.
 - i. Company First Sergeants are responsible for ensuring that all company leaders (present and future) attend one of these training sessions and completes certification requirements.
 - ii. Company First Sergeants will receive a CPFT support tasking through Regimental Operations/Regimental CSM to provide certified graders for each battalion CPFT. Company 1SGs will identify and notify each grader of their duty to grade the CPFT.
 - iii. Graders will report to the Wilson Field NLT 0530 on the morning of their assigned CPFT date. Graders must have a black ink ballpoint pen in their possession to score the test.
 - iv. Graders will score pushup and crunch repetitions for each cadet tested and ensure that the correct time is recorded for the 1.5-mile event. Upon completion of the 1.5-mile run, graders will make sure that their tested cadet is accounted for and that scorecards are signed by the test taker. Graders will then sign the bottom of the score card and return them to the designated AO at the testing site. No score cards are to leave the testing site for any reason!
7. Corps Body Composition Screening: The Commandant's Department uses The Army standard height and weight assessment as the primary means of body composition screening. Cadets will be screened for body composition compliance twice each academic year; once in the Fall Semester and once in the Spring Semester.
 - i. If a cadet exceeds the height and weight standards (Appendix "A"), they will be screened for waist circumference, and if needed, maximum allowable body fat percentage standards for their age group. (Appendix "B").
 - ii. Body composition screening will be scheduled by the CPRPM for a one week period (same as Corps Record CPFT) during the first and second semesters of each academic year. Each cadet is responsible for ensuring that he or she is present for their battalion's scheduled HT/WT date.
 - a. In the event that a cadet has a conflict that will prevent them from attending their scheduled screening date, the cadet will coordinate with

the company AO prior to departure and a date will be set for screening upon the cadet's return.

- b. If a cadet is not present during their battalion screening they will be listed as a "No Show" and will immediately be listed in a deficient status. Cadets who fail to attend screening without a valid excusal will be subject to disciplinary procedures (*refer to Blue Book for AWOL for required event*) and placed in a physically deficient status.
- c. Once Corps body composition screening is completed a make-up date will be published for all cadets who have not been screened for whatever reason.
- d.

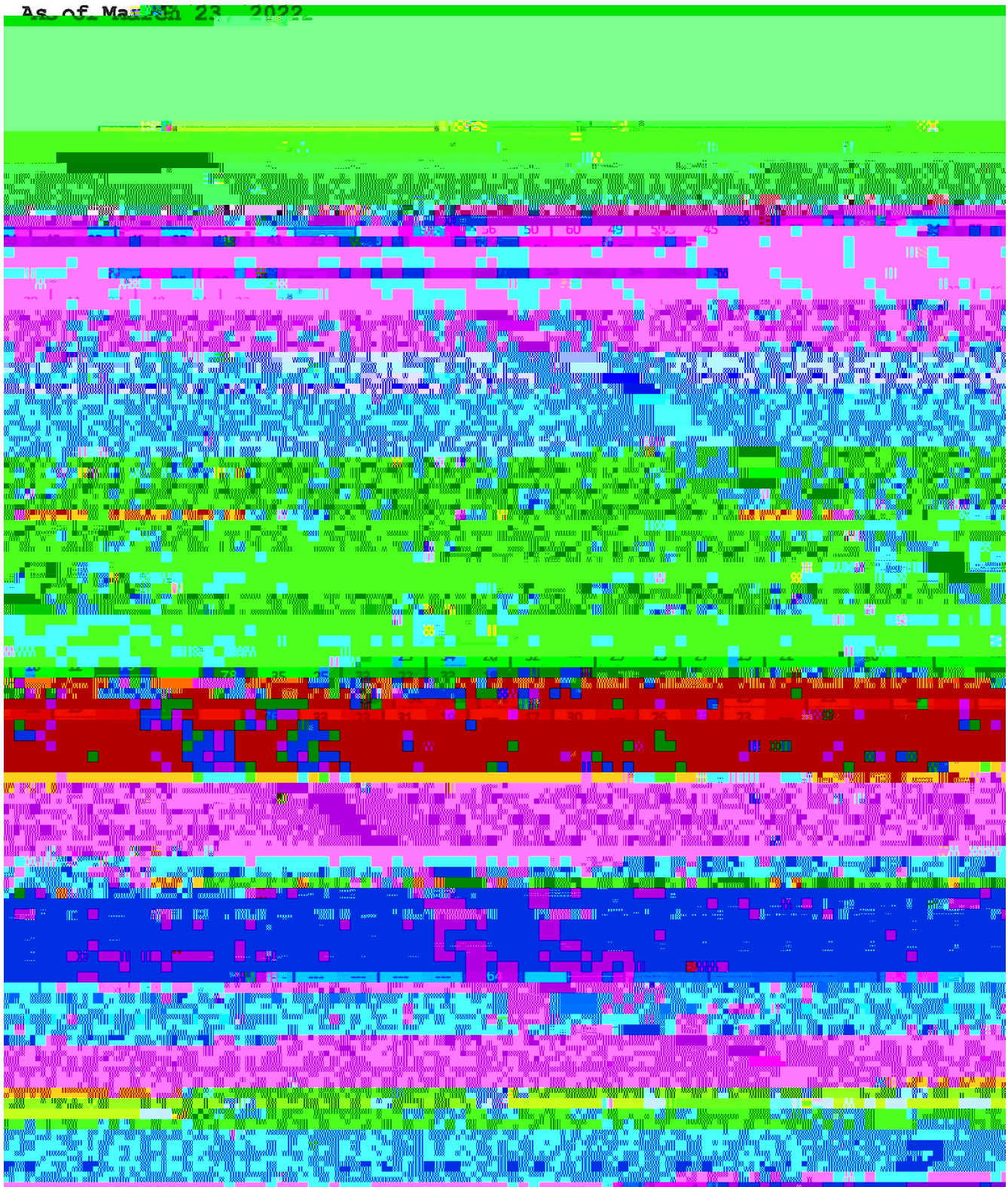
strength and conditioning coach will screen for compliance with athletic height, weight, and body fat standards for their particular sport/position.

4. Senior deficiency: Senior cadets are expected to demonstrate proficiency in all four pillars of The Citadel's Principled Leader Development Model to be considered a Citadel Principled Leader upon graduation. Senior cadets are required to achieve a passing score on their record 3 event CPFT in both the Fall and Spring Semesters of their senior academic year. *Seniors are cautioned that this is a mandatory requirement as a 1st Class training outcome under the Citadel's Leadership Development Model and such a requirement will not be waived.* Failure to meet these standards in the senior year will result in loss of the privilege of participating in the Ring Presentation Ceremony, Graduation Ceremonies, the Long Grey Line Parade, and Recognition Day.
 - i.

- i. The Citadel Physician has certified the physical limitation by placing the cadet on XMD/XPT status.
- ii. The cadet has an established profile (XMD/XPT Status) prior to returning to school in the Fall, or the cadet has been placed on a long-term profile (TDS) after returning to school which extends beyond the Ring Ceremony/Graduation.
- iii. The cadet was physically proficient immediately prior to being placed on the XMD/XPT status—however, this may not extend past the previous 3 semesters. Proficiency is demonstrated by passing a 3 event record CPFT immediately prior to being placed in the XMD/XPT status.

D. Regimental Physical Training:

APPENDIX C CPFT Scoring Chart



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