

## **Physical Training.**

**Mission.** Upperclass cadets train fourthclass cadets on The Commandant's Physical Readiness Program in order to allow them to acclimatize to the physical requirements of The Citadel Experience, participate in Regimental PT, pass the CPFT and H & W requirements, and build a foundation that promotes continuous physical development.

**Intent.** Through dedicated upperclass leadership and class cohesion, fourthclass cadets individually and collectively develop the ability to meet or exceed Citadel physical standards and personal goals.

**Concept of Operations.** Cadet recruits arrive at The Citadel in various levels of physical fitness, and the fourthclass physical training program is designed to bring them into compliance with Citadel standards in a safe and progressive way that builds not just physical capability but also discipline, confidence, morale, and teamwork. Throughout the school year, fourthclass cadets will conduct Regimental PT in a separate platoon within their company. During the cadre period, they will be led by the platoon chain of command. After cadre period, they will be led by individuals personally selected by the company commander. In all cases, the leaders will be specifically trained and supervised by the Physical Training Program Manager and the Company Athletics Officer and deliver training that is designed to progressively challenge the fourthclass cadets as they develop physically throughout the year.

## **Supporting Products.**