

THE WHITE BOOK

CHAPTER 1

Cadet Organization & Training

SECTION 5

Physical Readiness Program

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- 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 policies and practices are carried out through the use of command policies and procedures and proper physical fitness concepts.
 - 3. The CPRPM assists companies in the development of specialized and focused physical fitness activities and training programs. Provides subject-matter expertise and records maintenance assistance to TACs, Cadet Commanders, Company Leaders/AOs through an experienced-based working knowledge of exercise physiology, biomechanics, nutrition and weight management as they relate to the physical fitness training of cadets.
 - 4. CPRPM clarifies College policies, regulations and instructions provided by The College/Commandant as they relate to the Corps of Cadets Physical Readiness Program.
 - B. **Regimental Athletic Officer (RAO)/ NCO:** The CPRPM will select a Regimental Athletic Officer (RAO) and a Regimental Athletic NCO (RANCO) who will assist in the execution and supervision of the CPRP. These cadets will report directly to the CPRPM and are responsible for ensuring that companies comply with physical fitness training standards. He/she will ensure that each

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 the physical readiness program among their assigned battalions and companies. This cadet must have successfully completed the Athletic Officer Training course.
- D. Company AO:** The role of the Athletic Officer is to be the subject matter experts to their Company Commanders, TAC Officers, and Cadets in the area of physical readiness.
 1. AOs are required to be physically fit and have demonstrated leadership qualities.
 2. They serve as the primary point of contact (POC) between their company and the Health & Human Performance (HHP) department for intramural sports participation.
 3. AOs are responsible for ensuring company compliance with physical readiness standards for assessments and physical readiness records maintenance (i.e. Physical deficiency rosters, medical status, CPFT records, etc.).

- II. Functions:** The Citadel's unique Leader Development Model incorporates physical fitness as an individual pillar to leadership development. To facilitate and support this development model, the Commandant's department has instituted the Commandant's Physical Readiness Program. The CPRP is designed to advocate and promote an environment that encourages every cadet to develop the mindset to optimize individual health in order to improve physical, mental, and leadership performance. To do this, the CPRP utilizes a variety of physical training activities, assessments, and educational opportunities combined with leadership opportunities, intramural activities, and other fitness opportunities that support and reinforce the College's mission "to educate and prepare graduates to become principled leaders." This section outlines the procedures associated with the following components of the CPRP:

- A. 4th Class physical fitness training and assessments**
 1. 4C physical training
 2. Body composition screening
 3. Citadel Physical Fitness Test
 4. Physically deficient status
- B. Corps Physical Readiness Assessments**
 1. Citadel Physical Fitness Test (CPFT)
 2. Alternate CPFT
 3. CPFT Scheduling
 - i. Make-up CPFT scheduling
 4. CPFT Uniform

- 5. CPFT Score Cards
- 6. Grader Qualifications/Responsibilities
- 7. Corps Body Composition screening
- 8. NCAA Athletes Physical Readiness Testing & Assessments
- C. Physical Deficiency Status
 - 1. Commandant's Physical Deficiency Report
 - 2. Class privileges
 - 3. Leadership in Physical Deficiency Status
 - i. Cadre
 - ii. Athletic Officers
 - 4. Senior Deficiencies
 - i. Ring Presentation
 - ii. Graduation
 - iii. Recognition Day
 - iv. "At Risk Seniors"
 - 5. Seniors on Physically Limited XMD/XPT Status
- D. Regimental Physical Training
 - 1. Training plan/ execution
 - 2. Attendance
 - 3. Uniform
 - 4. XPT/XMD/Limited Profile Status
 - 5. Cancellation
- E. Commandant's Physical Remediation PT
 - 1. Reporting & Attendance
 - 2. Uniform
 - 3. XPT Deficiency Cadets
 - 4. Unexcused absences
 - 5. Body Composition Failures
 - 6. Periodic Assessments/ Progress tracking
 - 7. Release from program
- F. Spirit PT
- G. Physical Fitness Conduct & Safety Guidelines
 - 1. Physical Fitness Uniform
 - 2. Hydration
 - 3. Heat index
 - 4. Inclement weather
- H. Off Campus Individual Physical Fitness Training
- I. Intramural Sports Program

III. Procedures:

- A. **4th Class physical fitness training and assessments:** Beginning with fourth class (4C) orientation, cadet recruits are exposed to the Citadel's Physical Readiness Program through several instructional periods of physical fitness training and fitness proficiency assessments. These are designed to evaluate compliance with Corps physical readiness standards and also to assess the cadet recruit's general level of physical fitness. Fourth class cadets will fall under the Corps physical readiness program standards beginning in the Spring Semester of their 4C year.

1. 4C physical training (Fall semester): During Challenge Week cadet recruits will receive daily physical training instructions and conduct practical exercises designed to assist them in mastering the material. Physical training is only taught by trained cadet cadre and monitored by the CPRPM.

- i. Cadet recruits continue this training on Monday and Thursday mornings and training will cumulate with the cadet recruit taking the Fall Semester “Record” CPFT.

2. Body Composition screening: Cadet Recruits are required to be screened for compliance with body composition standards within the first week of arrival at the College. Cadet recruits that fail to meet height and weight “sustainment” standards will undergo body fat composition screening.

3. Citadel Physical Fitness Test (CPFT): The first CPFT will be diagnostic in nature and is only administered to give the cadet, and their leadership, an assessment of the recruit’s current level of physical fitness. The recruit will then take the Record CPFT prior to Parents’ Weekend to determine proficiency standards.

4. Physically Deficient Status: 4C cadets who fail to meet physical proficiency standards during Diagnostic CPFT or body composition screening will not be listed as physically deficient however, they will be required to meet with the CPRPM for guidance and resources available to them for physical fitness improvement.

B. Corps Physical Readiness Assessments: Cadets are required to meet minimum levels of physical fitness in order to be considered a Principled Leader. The Corps of Cadets has adopted the minimum levels of physical proficiency and the physical fitness assessments used by the United States Military. These assessments test muscular strength and endurance and cardiorespiratory fitness along with basic body composition. The two basic assessments used to determine cadet physical proficiency are the Citadel Physical Fitness Test (CPFT) and Body Composition Screening (height and weight screening). Each of these events will be administered twice each academic year; once in the Fall semester and once in the Spring semester.

1. Citadel Physical Fitness Test (CPFT): The CPFT provides a measure of upper and lower body muscular strength and endurance and cardiorespiratory fitness, which are the foundation of overall physical fitness.

- i. The CPFT consists of 3 events; Army regulation push-ups, Marine standard maximal plank hold, and the Navy’s 1.5-mile run—completed in that order—on the same day. Cadets are allowed a minimum of 10 minutes and a maximum of 20 minutes rest between events. All three events must be completed within two hours. The test period is defined as the period of time that elapses from the start to the finish of the three events (from the first push-up performed to the last Cadet crossing the finish line of the 1.5-mile run event).
- ii. At no time will a cadet abandon the test and leave the testing site. To ensure the safety and accountability of tested cadets, and to maintain the integrity and accuracy of grading, cadets that cannot finish the 1.5-mile run must still report to their grader at the end of the course to complete and sign their scorecard. This will not apply to cadets who are taken/go to the Infirmary for medical attention due to injury during the test.

- a. The RAO will ensure that accountability is maintained of cadets that are taken/self-report to the infirmary.
 - iii. **Physical Proficiency:** To be considered physically proficient, a cadet must score a minimum of 145 points on the CPFT with a minimum 60 points for push-ups, 40 points for plank, and 45 points for the 1.5-mile run. The maximum score is 100 points in each event.
 - a. If a Cadet fails to achieve the minimum score in each event, the cadet will be listed in a physically deficient status and will be assigned to the Commandant's Physical Remediation Program (Remedial PT).
 - iv. In order for a cadet to take the CPFT and gain a physical proficiency status, cadets must be able to do a minimum of 2 out of the 3 events and one of those events must be a cardio event.
 - a. Cadets with a physical profile of X-Push-ups or X-Sit-ups will take the CPFT as scheduled. (*See Infirmary chapter for physical profile definitions*)
 - b. If a cadet has a physical profile of either X-Run, with no alternate cardio request, or they have BOTH an X-Push-up AND X-Sit-Up profile, they will be listed as XPT in the notes section of the CPFT Score Card.
 - c. On the morning of their assigned CPFT, these cadets will report to accountability formation with their XPT slip from the Infirmary. The Company AO will ensure that XPT is annotated and will then collect both the score card and a copy of the Infirmary slip and turn them into the CPRPM at the CPFT testing site.
 - d. Cadets on XPT status will not be required to take the CPFT until they are afforded the opportunity to recover from that illness or injury and prepare for the next CPFT. Cadets will have 2 days for every day that they were on XPT status, not to exceed 30 days after the profile ends, before they are required to take the CPFT.
- 2. Alternate CPFT:** The only CPFT event that has an alternate field assessment is the 1.5 Mile run. This alternate event is limited only to cadets who have an injury/illness that will prevent them from completing the standard 1.5-Mile run. The Citadel Physician is the only authorized person who can recommend that that an alternate CPFT be given in lieu of the standard CPFT.
- i. The alternate CPFT is only available to cadets who have a long term profile or a temporary profile that is expected to last an entire semester.
 - ii. In order to qualify for the alternate CPFT cardio event, the cadet must be able to do both the push up and core events and have a medical profile that is X-Run.
 - a. Once a cadet has taken the standard CPFT, an alternate CPFT cannot be administered to that cadet in the same semester.
 - iii. The only authorized alternate events are the following:
 - a. 12- minute Stationary bicycle
 - b. 500-Yard Swim
 - iv. A cadet who is authorized to take the alternate CPFT will report to morning accountability formation on their assigned battalion CPFT date. Company leadership/AO will ensure the following is conducted:
 - a. He/she has a valid alternate CPFT request form that is signed by the Citadel Physician.

- b. Cadet will annotate “Alt Cardio Event” on the CPFT Score Card and the AO will collect the score card and the alternate event request form and turn them in to the CPRPM at the CPFT test site.
 - v. The Commandant’s Department will not accept any other department’s physical fitness test results as a substitute for the CPFT. This means that the ROTC (Army /Navy/Marines/ Coast Guard) physical fitness test results will not be accepted in lieu of completing the Citadel Physical Fitness Test.
- 3. CPFT Scheduling:** All Cadets are required to take the CPFT- diagnostic and record, unless otherwise specified by the Citadel Physician. The Record CPFT is scheduled by battalion during a one week testing block during each semester.
 - i. In the Fall Semester, the record CPFT is preceded by a Diagnostic CPFT that is given progressively during the military training periods and the first week of classes.
 - ii. However, if a cadet scores at least 90 points in each event (total of 270 or higher) on the Diagnostic CPFT they will not be required to take the Record test.
 - iii. **Make-up CPFT scheduling:** The CPRPM will schedule a minimum of one make-up date for the CPFT each semester. Make-up tests are for excused absences only-- authorized when a cadet is not physically present on campus or is on a medical physical profile status issued by the Citadel Physician during their assigned testing date. Any cadet who was excused from the record test must be present at the make-up.
 - a. If there is a CPFT scheduled prior to the cadet’s departure, the cadet must take this test prior to leaving. Failure to take the CPFT prior to departure will result in an unexcused absence.
 - b. Cadets will advise their Company AO/CPRPM of potential conflicts and coordinate to take the test prior to departure. If there is no available CPFT prior to departure, the cadet will be scheduled for the make-up test date.
 - c. Company AOs will submit a consolidated list of approved requests to take the make-up CPFT to the CPRPM, NLT Friday of the week prior to the scheduled make-up test.
 - iv. If a cadet fails to take the CPFT as scheduled and does not meet the requirements for an excused absence, he/she will immediately be listed as physically deficient and will also be subject to disciplinary actions.
- 4. CPFT Uniform:** The ONLY uniform authorized for the CPFT is the Citadel issued PT uniform.
 - i. Devices or equipment that offer a potential unfair advantage during testing is not authorized. Unless prescribed as part of the Cadet’s medical profile, wearing of the following items are not authorized: nasal strips, weight lifting gloves, back braces, elastic bandages, or any other brace.
 - ii. Electronic devices (cell phones, iPods, radios, headphones, etc.) are also not authorized for use during the CPFT.
- 5. CPFT Score cards:** CPFT results will be recorded on the Cadet CPFT Score Card. Cadets will never take their score card away from the testing site for any reason. The CPRPM will issue, collect, and maintain all cadet score cards according to this regulation.

- 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. If the cadet subsequently fails to complete the screening on the make-up date, the cadet will remain in a deficient status until they meet body composition under the physical remediation program.

8. NCAA Athletes Physical Readiness Testing/Assessments: The Commandant

recognizes that athletes who compete in NCAA Athletics may be required to have a level of physical proficiency/body composition unique to a particular sport or team position. Therefore, at the start of the academic year the CPRPM and the Citadel strength and conditioning coach will identify athletes/positions that would not be conducive to the physical fitness standards used by the Corps of Cadets.

- i. Corps athletes will be required to pass one complete three-event PT test per school year. At the beginning of the academic year, the strength and conditioning coach will provide the CPRPM with a list of athletes that will take the CPFT. Teams are only required to take the CPFT on the respective date decided upon by CPRPM, S&C, and Sport Coach.
 - a. Athletes who fail their most recent CPFT will be addressed by Strength and Conditioning Coach.
- ii. Power Athletes: The S&C staff will identify power Athletes and any athletes currently on physically limited profile status. Sports Medicine will have final authority on athletes' injured status.
 - a. CPFT standards for Power Athletes have been determined by the CPRPM and Citadel strength & conditioning staff.
- iii. Walk-ons and Team Transfers: Once a cadet joins an NCAA sport, they are required to have a passing CPFT score on record for the school year in which they join. If an athlete must complete their CPFT after joining a team, their test date will be set as early as possible and determined by the availability of the CPRPM and Assistant Athletic Director for Strength and Conditioning.
 - a. Athletes who quit a team will lose all coverage and considerations for CPFT & height and weight afforded them as an athlete.
 - b. Fall sports seniors will complete their height and weight measurements in the Spring with their company IAW the Training schedule.
- iv. Film Crew and Managers: Film Crew, Managers, and any other team support personnel are not subject to this provision and must complete the CPFT & Body Composition screening under the Corps of Cadets provisions.
- v. Body Composition Screening for NCAA Athletes: All athletes are required to conduct the height and weight screening during Corps screening. The Citadel

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

- C. Physical Deficiency Status:** A cadet who fails to achieve the minimum passing score on any record CPFT will immediately be listed in a physically deficient status and are also subject to loss of privileges as described below.

- 1. Commandant's Physical Deficiency Report:** The CPRPM will publish a report to contain all cadets that fail to achieve a passing score on the most recent CPFT and/or who fail to meet body composition standards. Cadets on this report will be assigned to the Commandant's Physical Remediation Program (CPRP).
 - i. The CPRPM will publish this report NLT the Wednesday after Corps testing week and after each subsequent record event. A cadet on this report will be notified by their company leadership within 24 hours of publication.
- 2. Class privileges:** Cadets that are listed as physically deficient will not be given certain privileges.
 - i. Physically deficient cadets are not authorized to take any overnight or weekend passes.
 - ii. Physically deficient cadets who have an unexcused absence from the CPRP fitness training on the Tuesday or Friday prior to general leave will be restricted to campus during the subsequent leave period.
 - iii. A physically deficient cadet will not be granted extended leave when given by the Commandant.
- 3. Leadership in Physically deficient Status:** Leaders are expected to lead by Example and must be prepared to meet physical fitness standards at all times. Cadets may not hold leadership positions if they are listed in a physically deficient status. The following guidelines apply for those circumstances when a cadet leader is listed in a deficient status.
 - i. Cadre in Physically Deficient Status: Cadets who are listed as physically deficient at the end of the Spring Semester will not be selected for assignment to cadre positions the following year.
 - ii. Cadets who are assigned to cadre will be screened for body compositions and administered the CPFT upon arrival for summer cadre training.
 - a. Cadre who fail to meet proficiency standards in either of these events may continue cadre duties however; they will be assigned to the Commandant's Physical Remediation Program where they will work with the CPRPM to remediate their deficiencies.
 - b. Cadres in a deficient status will not lead/teach/serve as an assistant instructor (AI) for any physical fitness training period. They may only be used in a support status (i.e. Road guards). Cadre may retake the CPFT with the arriving Leadership.
 - iii. Athletic Officers in Physically Deficient Status: AOs who become physically deficient are not eligible to hold the position. Once an AO becomes physically deficient, he/she will be immediately relieved of their position and replaced by a new AO chosen by their leadership.

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. Ring Presentation: Senior Cadets who are physically deficient in the Fall Semester of their graduating year, will not be allowed to participate in the Ring Presentation Ceremony. Cadets in this category will be able to pick up their ring on the Monday following the event.
- ii. Graduation Ceremonies and The Long Grey Line Parade: Senior cadets who are physically deficient in the Spring Semester of their graduating year will not be allowed to participate in graduation ceremonies known as "walking the stage". These cadets will also not be allowed to participate in the Long Grey Line Parade.
 - a. *Previous graduates:* Individuals that have already graduated and wish to return to participate in the Ring ceremony must meet the CPFT standards listed as a senior cadet. If the graduate cannot demonstrate CPFT proficiency from their last CPFT they will be required to complete the CPFT prior to the ceremony. These individuals must contact the CPRPM to schedule and administer the CPFT.
- iii. Recognition Day: Senior/Upper class Cadets who are physically deficient will not participate in the Citadel Recognition Day activities. Physically deficient upperclassmen may be used in a support manner (i.e. water points and road guards) but they will not participate in ANY other function of Recognition Day.
- iv. **Seniors Scoring <180 on CPFT: In order to identify Cadets who are "at risk" of not meeting these mandatory fitness requirements, any Senior Cadet who does not score 180 points or higher on the Fall Record CPFT of their Senior year will be temporarily placed on the Remedial roster until the scheduled Remedial CPFT. They will not be listed as physically deficient in CAS nor will they lose any Senior privileges if they passed the record CPFT—they will only be required to attend Remedial PT on Tuesday and Friday mornings in order to receive additional assistance from the CPRPM and their Athletic Officers to better prepare themselves for the Spring Record CPFT.**

5. Senior Cadets on Physically Limited XMD/XPT Status: A physically limited profile only limits a certain type of exercise such as running, push-ups or crunches. However, a profile limitation does not excuse compliance with body composition standards. Senior cadets who are not eligible to take the CPFT in the Fall or Spring semesters of their senior year due to an XPT status may be listed as proficient for ring presentation, graduation and/or recognition day purposes provided that the cadet meets ALL of the following criteria:

- 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:** Regimental PT will be held each week on Monday and Thursday at 0530hrs. This is a mandatory event for the entire Corps of Cadets. The RAO plans these training sessions IAW the Regimental Commanders guidance. Company and Battalion AOs will ensure that their company's training plans reflect this guidance and that company leadership executes the training IAW training regulations.
- 1. Training plan & Execution:** The RAO will submit the 21 company physical fitness training plans to the CPRPM NLT 7 days prior to the scheduled training. This plan will include a list of exercises and the number of repetitions/sets to be completed in each training session.
 - i. Trained cadre leaders will be the primary instructors while Commanders and AOs will monitor the execution and make corrections as needed. The CPRPM will oversee the event to ensure compliance.
 - 2. Attendance:** All members of the Corps will attend Regimental PT. Company 1SGs will account for their personnel and submit the PT Accountability Report prior to moving to the PT field.
 - i. In season Athletes and Cadets who have an ROTC PT session at the same time as Regimental PT will be excused from that PT Session.
 - 3. Uniform:** The uniform for Regimental PT will be prescribed by the RAO, with approval from the Regimental Commander. The RAO will send out a Corps-wide email NLT 1700 on the day prior to execution. The RAO will refer to **Figure C-1** of the TRADOC 350-29 regulation (*also listed in Chapter 8-Section 4*) to determine the PT uniform of the day.
 - 4. XPT/XMD/Limited X-profile--** Unless otherwise instructed by the Citadel Surgeon, XPT cadets are required to report to all required physical training events. See *Infirmiry chapter for descriptions of all physically limited profile status.*
 - 5. Cancellation:** Cancellation of Regimental PT will only be in consultation with the CPRPM/Commandant Operations department. In the event of inclement weather, the CPRPM or Commandant Operations will make a final Go/No GO call and notify the Regimental Commander/Operations.
- E. Commandant's Physical Remediation Program:** The Commandant's Remediation Program is designed to assist deficient and "at risk" cadets to become proficient by providing training, guidance, and overall support in physical fitness and educational needs. This program will be conducted on Tuesday and Friday for all physically deficient cadets, **any Senior Cadet who scored below 180 points on the Fall Record CPFT**, and those cadets who did not meet the body composition standards.

- 1. Reporting and Attendance:** Company AOs will take accountability of their company's remedial PT participants during formation prior to leaving the barracks. At 0530hrs, when the barracks gates are opened, company AOs must immediately move their personnel at an "airborne shuffle" to Wilson field for physical fitness training.
 - i. AOs will not miss a CPRP event without prior approval and/or coordination with the RAO.
 - ii. AOs will submit their accountability roster to the Regimental Athletic NCO and use any additional time available for pre-execution checks. All companies are expected to be formed up on the field and ready to begin PT at 0540hrs. It is the AO's duty to motivate and encourage all remedial PT participants.
 - iii. At no time will any AO dismiss their company prior to the ending time of 0640hrs without the expressed authorization of the CPRPM or RAO.
 - iv. AOs will move their company, in a formation, from the PT field to their battalion area at an "airborne shuffle".
- 2. Uniform:** The uniform for Remedial PT will be prescribed by the RAO, with approval from the CPRPM. The RAO will send out a Corps-wide email NLT 1700 on the day prior to execution. The RAO will refer to **Figure C-1** of the TRADOC 350-29 regulation (*also listed in Chapter 8-Section 4*) to determine the PT uniform of the day.
- 3. XPT Deficient Cadets:** Cadets on physically-limited duty status will participate to the extent possible within the limitations set by their health care providers. The RAO will have a designated "Modified Physical Training (MPT)" program that will lead X-profile cadets in a fitness training session that is within the limits of the cadet's physical profile.
- 4. Unexcused Absences:** The Commandant's Physical Remediation Program is a mandatory event for all deficient cadets. Therefore, cadets are expected to adhere to the principles of a military duty and be at all required formations on time. AOs will ensure that accurate accountability of their company is being reported for each PT session using the Remedial Company Accountability Report found in APPENDIX F of this chapter.
 - i. Cadets who do not report for Remedial training will receive a Performance Report (PR) for AWOL from Required event and will be subject to disciplinary action IAW The Blue Book. Excessive unexcused absences from Remedial PT will not be tolerated; the Assistant Commandant for Discipline will determine subsequent disciplinary action.
 - ii. AOs will consolidate and submit PRs to the Assistant Commandant for Discipline for processing. Additionally, these cadets will be counseled by the Company and/or Battalion TAC officer to determine the reasons for unexcused absences.
 - a. AOs will ensure all disciplinary matters under this chapter are completed.
- 5. Body Composition Failures:** Cadets who exceed body composition standards will report to the CPRPM to develop a Cadet Plan of Action and receive nutrition counseling. These cadets will lose overnight leave privileges and are required to participate in the Commandant's Remediation Program until body composition standards are met.

6. Periodic Assessments and Progress Tracking: While assigned to the physical remediation program, cadets will be given periodic assessments to assess their compliance and/or progress to meet the physical proficiency standards.

- i. Remedial CPFT cadets: A cadet assigned to the physical remediation program for CPFT failure will remain on the program until they demonstrate proficiency on either a remedial or record CPFT.
- ii. There will be at least one (1) Remedial CPFT scheduled during the Fall semester. This remedial test will be diagnostic in nature and scheduled approximately midway between the end of the record CPFT and the last Friday prior to Final Exams.
- iii. Remedial BCA cadets: Cadets assigned to the Remediation Program for failing to meet body composition standards will undergo weekly weigh-ins with their Company or Battalion AO to track progress and determine compliance with the body composition standards. A courtesy BCA may be done by the CPRPM at the cadet's request.

7. Release from the Program: Any cadet that passes a remedial or record CPFT and/or meets body composition standards will immediately be listed as physically proficient and will be released from the remediation program. A cadet who fails the last CPFT of the Spring semester will remain on the program until the semester is complete.

F. Corps Spirit Physical Training: Corps Spirit PT is designed to boost morale, bonding, physical fitness, and esprit de corps of the entire company. Therefore, it is imperative that all members of the company participate and finish together.

- 1. Scheduling:** Regimental Commander will designate one Regimental PT Session a month as a "Spirit PT day." This PT session will be conducted on Friday afternoon immediately following parade.
- 2. Training:** Spirit PT Day will consist of company level warm up, strength and conditioning exercises and either a regimental or company run. Company based competitions can also be incorporated in the Spirit PT plan.

G. Physical Fitness Conduct and Safety Guidelines: All Athletic Officers are responsible for ensuring that companies comply with physical fitness training standards. Along with the CPRPM, the RAO will ensure that each 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. Physical Fitness Uniform:** The only uniform authorized for the Citadel Physical Fitness Test, Commandant's Physical Remediation Training, 4C Physical Training, Regimental Physical Training, and Regimental Spirit Training is The Citadel PT summer or winter uniform.
 - i. Current Cadre PT shirts may be worn by those cadets currently serving in the respective positions. No other t-shirts or sweatshirts are allowed.
- 2. Hydration:** Commanders are responsible for proper hydration of all cadets prior to any physical training activity. Water must be provided on the event site for the Citadel Physical Fitness Test and Regimental Spirit Training.
- 3. Heat Index:** During the warmer months, the Commandant's Operations and Training Section along with The Citadel Sports Medicine Department will monitor and post the

heat index with instructions for any adjustments in training regimen (*Refer to Chapter 8, section 4 for severe weather procedures*).

- 4. Inclement weather:** Generally, physical training events will only be cancelled for weather that is so severe that the risk created by the elements would outweigh the training value obtained by the event (*refer to Chapter 8, Section 4*). Physical Training events will not be cancelled simply due to light or moderate rain.
- i. The Regimental Commander & Regimental Athletic Officer will consult with Commandant Operations/CPRPM the morning of the event to determine if training will continue as scheduled.
 - ii. CPRPM will monitor weather information and make the decision up until the time the event is to start. If the call is made to cancel, the Regimental Commander will inform the Corps and the Regimental Operations Officer will make sure that all Battalion Commanders receive the information.
 - a. If the weather becomes unsafe during any PT session, the event will be terminated in the same manner.

H. Off Campus Individual Physical Fitness Training: Cadets are limited to the area bounded by Spring Street on the south, King Street on the east, and Peachtree Street on the north. Cadets may not stop at any intermediate location except for emergencies.

1. Cadets must be in the proper Citadel Physical Fitness uniform at all times.
2. Cadets engaged in Individual PT may NOT run or exercise off campus in the hours of darkness.
3. Cadets running must wear a reflective belt; face the traffic-- staying in single file on roadways or sidewalks, and cross street intersections only after carefully checking traffic.
4. Cadets riding bicycles must ride with the flow of traffic, wear a helmet and a reflective belt.
5. Rollerblading is NOT permitted on The Citadel campus.

I. Intramural Sports Program: The objective of the intramural sports program is to develop teamwork, foster esprit de corps, enhance motor skills and contribute to the improvement of the physical fitness level of the Corps of Cadets as a whole. The intramural program is organized and directed by the Intramural/Club and Recreation Athletics Department with the assistance of the Regimental, Battalion and Company AOs.

1. Intramural sports are played on the company level in a round-robin format, followed by a Regimental tournament to determine the Regimental Champion in each activity. The Director of Intramural Athletics will publish general intramural rules at the beginning of each year.
2. Every cadet at The Citadel is expected to participate in at least one of the following: an intercollegiate sport, club sport or the intramural program. The Company AOs monitor participation.

APPENDIX A
Weight for height table (screening table weight)—Continued

Height (inches)	Minimum weight ¹ (pounds)	Male weight in pounds, by age				Female weight in pounds, by age			
		17–20	21–27	28–39	40+	17–20	21–27	28–39	40+
58	91	-	-	-	-	119	121	122	124
59	94	-	-	-	-	124	125	126	128
60	97	132	136	139	141	128	129	131	133
61	100	136	140	144	146	132	134	135	137
62	104	141	144	148	150	136	138	140	142
63	107	145	149	153	155	141	143	144	146
64	110	150	154	158	160	145	147	149	151
65	114	155	159	163	165	150	152	154	156
66	117	160	163	168	170	155	156	158	161
67	121	165	169	174	176	159	161	163	166
68	125	170	174	179	181	164	166	168	171
69	128	175	179	184	186	169	171	173	176
70	132	180	185	189	192	174	176	178	181
71	136	185	189	194	197	179	181	183	186
72	140	190	195	200	203	184	186	188	191
73	144	195	200	205	208	189	191	194	197
74	148	201	206	211	214	194	197	199	202
75	152	206	212	217	220	200	202	204	208
76	156	212	217	223	226	205	207	210	213
77	160	218	223	229	232	210	213	215	219
78	164	223	229	235	238	216	218	221	225
79	168	229	235	241	244	221	224	227	230
80 ²	173	234	240	247	250	227	230	233	236

Note:

¹ Male and female Soldiers who fall below the minimum weights shown in table B–1 will be referred by the commander for immediate medical evaluation.² Add 6 pounds per inch for males over 80 inches and 5 pounds per inch for females over 80 inches.
APPENDIX B
Maximum allowable percent body fat standards—Continued
Age group: 17–20**Male (% body fat):** 20%**Female (% body fat):** 30%**Age group:** 21–27**Male (% body fat):** 22%**Female (% body fat):** 32%**Age group:** 28–39**Male (% body fat):** 24%**Female (% body fat):** 34%**Age group:** 40 and older**Male (% body fat):** 26%**Female (% body fat):** 36%

APPENDIX C – CPFT Scoring Chart**As of March 23, 2022**

		Hand-release Push-up (HRP) (number of correctly performed repetitions in 2 minutes)																			
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56			57-61		Over 62
Points	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Points
100	57	53	61	50	62	48	60	47	59	41	56	36	55	35	51	30	46	24	43	24	100
99	56	50	60	49	59	45	59	46	57	39	55	34	53	34	48	28	43	23	41	23	99
98	54	47	57	46	56	42	56	43	54	36	53	31	50	31	45	26	40	22	39	22	98
97	53	45	54	43	55	39	54	40	53	34	50	30	47	30	43	25	38	21	37	21	97
96	51	43	53	42	53	38	53	37	51	33	48	28	44	27	40	24	37	20	35	20	96
95	50	42	52	39	52	36	52	36	48	31	46	26	42	25	38	23	35	19	34	19	95
94	49	39	50	37	51	35	50	35	46	28	44	24	41	24	35	22	34	18	33	18	94
93	48	---	49	36	49	34	48	34	45	27	43	23	39	23	34	20	33	---	31	---	93
92	47	38	48	35	48	33	47	32	44	26	42	22	38	22	33	19	31	17	30	17	92
91	46	37	47	34	47	32	45	31	43	23	41	21	36	21	32	18	30	16	29	16	91
90	45	36	46	33	46	30	44	30	42	22	38	20	34	20	31	17	29	15	26	15	90
89	44	35	45	32	45	28	43	28	41	---	37	---	33	19	30	---	26	14	24	14	89
88	43	34	44	31	44	27	42	26	39	21	36	19	---	18	28	16	25	---	---	---	88
87	42	33	43	30	43	26	41	25	38	---	34	18	32	---	27	15	24	---	23	---	87
86	41	32	42	28	42	25	40	---	37	20	33	17	31	17	26	---	23	---	---	13	86
85	---	31	41	27	41	---	39	24	34	---	32	16	30	16	25	14	---	---	22	---	85
84	40	30	40	26	40	24	38	---	33	19	---	---	29	15	24	---	22	13	21	---	84
83	39	29	38	25	38	23	36	23	32	18	31	15	28	14	23	---	21	---	20	---	83
82	38	28	37	24	37	22	34	---	---	17	30	---	27	---	---	13	20	---	19	---	82
81	---	---	---	---	36	---	33	22	31	---	29	14	25	13	22	---	19	---	18	---	81
80	37	27	35	---	35	21	---	19	30	16	28	---	23	---	21	---	18	---	17	---	80
79	36	26	34	23	34	20	32	---	29	15	27	13	22	---	20	---	---	---	16	12	79
78	35	25	33	22	33	19	---	18	28	14	26	---	---	---	19	---	17	---	---	---	78
77	34	24	32	21	32	18	31	---	27	---	25	---	21	---	18	---	---	12	15	---	77
76	33	23	31	19	---	17	30	---	26	13	23	---	---	---	17	---	16	---	14	---	76
75	32	22	---	---	31	---	29	17	25	---	22	---	20	---	---	---	15	---	---	---	75
74	---	21	---	18	30	16	28	16	24	---	21	---	19	12	16	12	---	---	13	---	74
73	31	---	30	---	29	---	26	15	23	---	20	12	18	---	---	---	14	---	---	---	73
72	30	20	27	17	27	15	24	14	22	12	---	---	17	---	15	---	---	---	---	---	72
71	29	19	26	16	26	---	23	---	21	---	19	---	16	---	14	---	13	---	12	---	71
70	28	18	25	15	23	14	22	13	20	---	18	---	15	---	---	---	---	---	---	---	70
69	27	17	22	14	21	---	21	---	19	---	17	---	14	---	13	---	---	---	---	11	69
68	25	16	21	13	---	13	20	---	17	---	16	---	13	---	---	---	12	---	11	---	68
67	24	---	---	---	---	---	19	---	16	11	15	11	---	11	12	11	---	11	---	---	67
66	23	15	20	---	20	---	17	12	15	---	14	---	12	---	---	---	---	---	---	---	66
65	22	14	17	12	18	12	16	---	14	---	13	---	---	---	---	---	11	---	---	---	65
64	20	13	16	---	16	---	14	11	13	---	12	---	---	---	11	---	---	---	---	---	64
63	17	---	14	---	14	11	13	---	12	---	---	---	11	---	---	---	---	---	---	---	63
62	16	12	13	11	12	---	12	---	---	---	11	---	---	---	---	---	---	---	---	---	62
61	13	11	12	---	11	---	11	---	11	---	---	---	---	---	---	---	---	---	---	---	61
60	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	60
50	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	50
40	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	40
30	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	30
20	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	20
10	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	10
0	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	0

Plank Scoring Chart

Time	Score	Time	Score
3:45	100	2:25	69
3:43	99	2:23	68
3:40	98	2:20	67
3:38	97	2:18	66
3:35	96	2:15	65
3:33	95	2:12	64
3:30	94	2:10	63
3:27	93	2:07	62
3:25	92	2:05	61
3:22	91	2:02	60
3:20	90	2:00	59
3:17	89	1:57	58
3:14	88	1:54	57
3:12	87	1:52	56
3:09	86	1:49	55
3:07	85	1:47	54
3:04	84	1:44	53
3:02	83	1:41	52
2:59	82	1:39	51
2:56	81	1:36	50
2:54	80	1:34	49
2:51	79	1:31	48
2:49	78	1:29	47
2:46	77	1:26	46
2:43	76	1:23	45
2:41	75	1:21	44
2:38	74	1:18	43
2:36	73	1:16	42
2:33	72	1:13	41
2:31	71	1:10	40
2:28	70		

(NOTE: The plank scoring table is gender and age neutral with one table for both males and females regardless of age)

APPENDIX D – CPFT Maximum Run Times

Navy					
	17-19		20-24		
points	male runtime	females runtime	male runtime	female runtime	categories
100	815	929	830	947	outstanding high
99	821	951	836	1005	
98	827	1012	842	1023	
97	833	1033	848	1041	
96	839	1054	854	1059	
95	845	1115	900	1115	outstanding medium
94	848	1118	903	1118	
93	851	1121	906	1121	
92	854	1124	909	1124	
91	857	1127	912	1127	
90	900	1130	915	1130	outstanding low
89	903	1133	921	1139	
88	906	1136	927	1148	
87	909	1139	933	1157	
86	912	1141	939	1206	
85	915	1145	945	1215	excellent high
84	918	1148	948	1221	
83	921	1151	951	1227	
82	924	1154	954	1233	
81	927	1157	957	1239	
80	930	1200	1000	1245	excellent medium
79	933	1206	1006	1251	
78	936	1212	1012	1257	
77	939	1218	1018	1303	
76	942	1224	1024	1309	
75	945	1230	1030	1315	excellent low
74	948	1233	1033	1318	
73	951	1236	1036	1321	
72	954	1239	1039	1324	
71	957	1241	1041	1327	
70	1000	1245	1045	1330	good high
69	1006	1248	1054	1333	
68	1012	1251	1103	1336	
67	1018	1254	1112	1339	
66	1024	1257	1121	1341	

65	1030	1300	1130	1345	good medium
64	1036	1306	1136	1351	
63	1042	1312	1142	1357	
62	1048	1318	1148	1403	
61	1054	1324	1154	1409	
60	1100	1330	1200	1415	good low
59	1112	1339	1209	1424	
58	1124	1348	1218	1433	
57	1136	1357	1227	1442	
56	1148	1406	1236	1451	
55	1200	1415	1245	1500	satisfactory high
54	1203	1421	1251	1503	
53	1206	1427	1257	1506	
52	1209	1433	1303	1509	
51	1212	1439	1309	1512	
50	1215	1445	1315	1515	satisfactory medium
49	1221	1448	1318	1518	
48	1227	1451	1321	1521	
47	1233	1454	1324	1524	
46	1239	1457	1327	1527	
45	1245	1500	1330	1530	satisfactory

APPENDIX E – Physical Fitness Excellence Badge**PHYSICAL FITNESS EXCELLENCE BADGE**

The Physical Fitness Excellence Badge is designed to reward individual cadets for high achievements in the area of Physical Fitness.



DESCRIPTION: On a dark blue disc 1 5/8 inches (4.13 cm) in diameter edged dark blue; a Bulldog centered on a background of Big Red, the Spirit Flag of the Citadel, all encircled by a blue designation band inscribed "PHYSICAL FITNESS" at top and "EXCELLENCE" below separated on either side by a star, all navy blue; edged with a 1/8 inch (.32 cm) navy blue border. Overall diameter is 2 5/8 inches (6.67 cm).

SYMBOLISM: The inner shield alludes to the colors of the Citadel. The palm tree and half-moon on a red background symbolize "Big Red" which symbolizes the "Spirit Flag" of the Citadel which was adopted in 1992 in recognition of the red banner that flew over Fort Sumter as the Corps of cadets fired on the Star of the West. "The Bulldog in the center represents the mascot of the Citadel. "Physical Fitness Excellence" emphasizes the significance of achieving the highest standards of personal fitness and physical performance.

AWARD ELIGIBILITY: The badge is awarded to Cadets who obtain a total, perfect score of 300 points on the record Citadel Physical Fitness Test (CPFT), and meet the Corps body composition standards. Once awarded, Cadets are required to maintain a total score of 270, with a minimum of 90 points in each event, on each subsequent recorded test to continue to wear the badge. Failure to maintain the above criteria will result in the immediate removal of the badge.

WEAR POLICY: The Physical Fitness Badge is authorized only as a cloth badge and will only be worn on the Citadel Field Jacket. It will be worn on the front right side of the field jacket, just beneath the name tape.

PHYSICAL TRAINING COMPANY ACCOUNTABILITY REPORT

AO: _____

UNACCOUNTED FOR

ROTC

[illegible][illegible]