

**FL-941, AFJROTC COURSE SYLLABUS AY 2019/210**

BLENDING CURRICULUM OF:

**AEROSPACE SCIENCE (AS) 100, 200, 220, 300, 400**

**LEADERSHIP EDUCATION (LE) 100, 200, 300, 400, 500**

**AND HEALTH & WELLNESS**

**Instructors:** Major John White, Senior Aerospace Science Instructor

MSgt Norman Gorden, Aerospace Science Instructor

**Welcome to AFJROTC, UNIT FL-941 AY 2019/210!** You are in for an exciting year of learning about Aerospace Science, Cultural understanding, working within your community, learning to work as a team, learning to lead and follow through Leadership Education, Drill Exercises and various team building exercises. You will also get plenty of opportunities in learning to speak in public as well as briefing peers on daily/weekly activities. You will also get the opportunity to improve your health and fitness through various Physical Training classes conducted throughout the semester.

**INSTRUCTIONAL GOALS**

1. The **mission** of AFJROTC is to develop citizens of character dedicated to serving their nation and community.
2. The **goals** are to instill values of citizenship, give service to the United States, develop personal responsibility, and instill a sense of accomplishments in high school students.
3. The **objectives** are to educate and train high school cadets in citizenship; promote community service; instill responsibility, character, and self-discipline; and provide instruction in air and space fundamentals.
4. **Additional Print Resources:** AFJROTC Cadet Guide and several books and periodicals available in the AFJROTC classroom.
5. **Online Resources:** Textbooks are available through AFJROTC Homepage.

This syllabus will provide an outlook of items that you will have the opportunity to take part in for Fall Semester AY 2019/210.

**Grading Scale:** 90-100 (A)  
80-89 (B)  
70-79 (C)  
60-69 (D)  
**≤59 (F)**

**REQUIRED MATERIALS:** 1-inch-3-ring binder, Pencil or Pens and all cadet Guides, syllabi, forms provided by instructors. Cadet Guide should be in binder and studied throughout the

course (on your own) as material provided that may or may not be covered during class that cadets will be required to know (Cadet Honor Code, Creed, ranks, uniform wear, etc...)

GRADED CATEGORIES: Semester Totals: Quarter 1 –37.5%, Quarter 2 – 37.5%, EOC TEST 25%

WEIGHTED GRADE CATEGORIES: **Participation** (Uniform Wear and AFJROTC Community Service/Co-Curricular) – **25%**, **Major Assessment** – **25%**, **Project 20%**, **Quizzes** – **10%**, **Classwork** – **10%** and **Minor Assessments** – **10%**

Participation: Uniform Wear:

- **A** -- Wore Uniform (correctly and neatly according to AFJROTC Standards) Every Week
- **B** -- Missed only one Uniform Wear and wore correctly according AFJTRTOC Standards
- **C** – Missed only 2 Weeks
- **F** – Missed 3 or more weeks (can be removed from program at Instructors Discretion) ~~as well~~

Participation: Community Service/Co-Curricular

- **A** – Participation in at least **four** Community Service and/or Co-Curricular Events throughout Semester
- **B** – Participation in **three** Community Service and/or Co-Curricular Events throughout Semester
- **C** -- Participation in **two** Community Service and/or Co-Curricular Events throughout Semester
- **D** -- Participation in **one** Community Service and/or Co-Curricular Events throughout Semester
- **F** -- Participation in **zero** Community Service and/or Co-Curricular Events throughout Semester

Gradable Materials for AFJROTC: Assignments provided concerning, **class material** discussed in class, textbook or handouts provided by instructor(s) to include quizzes, test and projects. **Participation Grades** consist of Grooming/Uniform Wear according to Cadet Guide, AFI 36-2001 and 36-2903, Class Participation, Standards and Conduct (In and Out of AFJROTC Class) and leading/performing drill with class.

**Grading:** The Aerospace Science (AS) portion of the course counts 40% of the AFJROTC grade and will be graded by the SASI. The Leadership Education (LE) portion counts 40% and will be graded by the ASI. 20% Wellness. Current for AY 2019/2020.

\*If you **can't participate** in Health and Wellness portion of the class, you **can be disenrolled** from the course!

**UNIFORM WEAR:** Cadets are **required to wear their cadet uniform** on their designated Uniform Day (**WEDNESDAY**). Failure to wear the uniform *the entire school day* will result

in a uniform grade of zero...cadets will be able to receive partial credit if uniform is worn next school day. Continued failure to wear the cadet uniform **will result in course failure and possible dismissal from the AFJROTC program**. Excused absences will be documented as an excused grade for that uniform wear, but cadet must wear next day returning to class or will receive no credit.

**Uniform Issue:** Protecting government and school property is each cadet's responsibility. All AFJROTC uniform items and books are loaned to students by the United States Air Force. These items remain the property of the Air Force and must be accounted for at all times. At the time cadets are issued the cadet uniform, physical training uniform, and equipment items, cadets and parent/guardian will be required to sign a uniform receipt. Each item then becomes the cadet's personal responsibility. Parent/Guardian will be required to pay for the uniform items (**approximately \$350.00 total**) if the uniform or any uniform item is lost, or willfully or negligently destroyed. One complete uniform with all accessories and insignia will be issued to each cadet at no charge. It is important to understand that all issued items must be properly turned in when a cadet leaves AFJROTC or at the end of the school year.

**REMEMBER: THE UNIFORM MUST BE PROFESSIONALLY CLEANED, ON HANGERS, UNDER PLASTIC, WITH CLEANER'S TAGS, AND TURNED IN ON TIME TO AVOID CLEANING AND/OR LATE FEES (\$2.00 per day). A cleaning fee will be charged if ANY item is returned unclean (\$50 for Entire Uniform). Uniforms not returned cleaned or cleaning fees paid will accrued message sent to School Administration which could lead to not being able to graduate until fees paid or uniform returned (dry-cleaned).**

**Curriculum:** The following Courses will be part of AFJROTC Curriculum for AY 19-20: AFJROTC is a Blended curriculum that allows cadets to learn Aerospace Science and Leadership education throughout their High School career. **Cadets will study subject matter based on what semester a Cadet is currently in (1/2, 3/4, 5/6 or 7/8).**

## **AEROSPACE SCIENCE**

### **AS-100 / Aerospace Science – A Journey into Aviation History**

Course ID: AS 1/2  
Credit Hours: 1  
Course Teaching Schedule: M-F

Instructor: Aerospace Science: Major WhiteAlexander  
Leadership: MSgt Gorden

Required Text: **AS-100 / Aerospace Science – A Journey Into Aviation History**

Publishers

Pearson Custom Publishing, Copyright 2007

Required Materials:

To successfully complete this course, you will need: Air Force textbooks (provided in class). Web address for on-line text book listed on attachment 1 page as well as workbooks and handouts distributed during class to complete any assignments provided.

**Aerospace Science 100:** A Journey into Aviation History, this is the recommended first AS course for all new cadets. It is an aviation history course focusing on the development of flight throughout the centuries. It starts with ancient civilizations, then progresses through time to modern day. The emphasis is on civilian and military contributions to aviation; the development, modernization, and transformation of the Air Force; and a brief astronomical and space exploration history. It is interspersed with concise overviews of the principles of flight to include basic aeronautics, aircraft motion and control, flight power, and rockets. Throughout the course, there are readings, videos, hands-on activities, and in-text and student workbook exercises to guide in the reinforcement of the materials.

**Aerospace Science – A Journey into Aviation History (AS100)**

1. Know the historical facts and impacts of the early attempts to fly.
2. Know the major historical contributors to the development of flight.
3. Know the contributions of the U.S. Air Force to modern aviation history.
4. Know the key events of space exploration history.

**Lessons:**

1. Ancient Flight -- Unit 1
2. Exploring Flight -- Unit 2
3. Developing Flight -- Unit 3
4. Developing Flight -- Unit 4
5. There will be a quiz after each lesson to demonstrate knowledge of material.
6. EOQ test – Q1 and Q2 will each have an EOQ test that cover material completed up to end of quarter
7. Final Exam (X1) – Will cover all material covered during entire semester!

**AS-200 / Aerospace Science – The Science of Flight:  
A Gateway to New Horizons**

Course ID:

AS 3/4 and/or 5//6

Credit Hours:

1

Course Teaching Schedule:

M-F

Instructor:

Aerospace Science: Major WhiteAlexander  
Leadership: MSgt Gorden

Required Text:

*Science of Flight: Gateway to New Horizons*

Required Materials:

To successfully complete this course, you will need: Air Force textbooks (provided in class). Web address for on-line text book listed on attachment 1 page as well as workbooks and handouts distributed during class to complete any assignments provided.

**COURSE OBJECTIVES:**

**Aerospace Science - Science of Flight: Gateway to New Horizons – (AS200)**

*“The Science of Flight: A Gateway to New Horizons”* is an introductory course that focuses on how airplanes fly, how weather conditions affect flight, flight and the human body, and flight navigation.

1. The course delves into the principles of flight, explores how weather conditions affect flight, how flight affects the human body, and examines flight navigation with a focus on the purpose of navigational aids.
2. Cadets will gain a greater understanding of the science of flight. This knowledge can help cadets delve into the possibility of pursuing a career in aviation, learn how to fly, and/or make them a more knowledgeable passenger on an airplane.
3. Aerospace Science will comprise 40% of your total class time

**Lessons:**

- 1. Ch. 1 -- How Airplanes Fly**
  - Les. 1 -- Principles of Flight
  - Les. 2 – Physics of Flight
  - Les. 3 – Purpose and Function of Airplane Parts
  - Les. 4 -- Aircraft Motion and Control
  - Les. 5 – Flight Power
  - Les. 6 – Aviation Innovation
- 2. Ch. 2 – Working Through Flight Conditions**
  - Les. 1 -- The Atmosphere
  - Les. 2 -- Weather Elements
  - Les. 3 -- Aviation Weather
  - Les. 4 – Weather Forecasting
  - Les. 5 – The Effects on Weather on Aircraft
- 3. Ch. 3 – Flight and Human Body**
  - Les. 1 -- Human Physiology
  - Les. 2 -- Protective Equipment and Aircrew Training
- 4. Flying from Here to There**
  - Les. 1 – Navigational Elements
  - Les. 2 – Navigational Aids

- Les. 3 – Dead Reckoning and Wind
- Les. 4 – Flight Instrumentation
- Les. 5 – Navigational Technology

- There will be a quiz after each lesson to demonstrate knowledge of material.
- Project – Pick an aspect(s) of flight and discuss significances, challenges, dangers, using Poster board, Trifold, PowerPoint Slides or any other Presentation Media available
- EOQ test – Q1 and Q2 will each have an EOQ test that cover material completed up to end of quarter
- Final Exam (X1) – Will cover all material covered during entire semester!

## **AS-220 / Cultural Studies: An Intro to Global Awareness**

Course ID: **AS 3/4 and/or 5/6**  
 Credit Hours: 1  
 Course Teaching Schedule: M-F

Instructor: Aerospace Science: Major WhiteAlexander  
 Leadership: MSgt Gorden

Required Text: *Cultural Studies: An Introduction to Global Awareness*  
 Jones and Bartlett Publishers  
 Copyright 2010

Required Materials: To successfully complete this course, you will need: Air Force textbooks (provided in class). Web address for on-line text book listed on attachment 1 page as well as workbooks and handouts distributed during class to complete any assignments provided.

### **COURSE OBJECTIVES:**

#### **Aerospace Science - Cultural Studies: An Intro to Global Awareness – (AS220)**

1. Know how historical, geographic, religious, and ethnic factors have shaped the six major regions of the world.
2. Know how economic, political, and social factors impact cultures.
3. Know how environmental resources influence global economic development.
4. Know how population density, famine, war, and immigration influence the world.
5. Know how the economic systems of communism and capitalism have shaped the six major regions of the world.
6. Comprehend how cultural perspectives of time, space, context, authority, interpersonal relationships, and orientation to community affect interactions among people.

**Lessons:**

- 5. Global Awareness Introduction**
- 6. Ch. 1 – Middle East**
- 7. Ch. 2 -- Asia**
- 8. Ch. 3 – Africa**
- 9. Ch. 4 – Russia and Former Republics**
- 10. Ch. 5 -- Latin America**
- 11. Ch. 6 – Europe**

- There will be a quiz after each lesson to demonstrate knowledge of material.
- Cultural Group Project – Pick a culture and discuss characteristics with class
- EOQ test – Q1 and Q2 will each have an EOQ test that cover material completed up to end of quarter
- Final Exam (X1) – Will cover all material covered during entire semester!

## **AS-300/Exploring Space: The High Frontier**

Course ID: **AS 7/8**  
Credit Hours: **1**  
Course Teaching Schedule: **M-F**

The Mission of Air Force JROTC is to develop citizens of character dedicated to serving their nation and community.

**CREDIT HOURS:** One Elective Credit for the Semester

**REQUIRED TEXT:** **AS-300/Exploring Space: The High Frontier**

**Published by:** Jones and Bartlett Publishing, copyright: 2010

**Required Materials:** To successfully complete this course, you will need: Air Force textbooks (provided in class). Web address for on-line text book listed on attachment 1 page as well as workbooks and handouts distributed during class to complete any assignments provided.

**COURSE DESCRIPTION:** The **Aerospace Science 300** portion is a science course designed to acquaint the cadet with the space environment. It discusses issues critical to travel in the upper atmosphere such as orbits and trajectories, unmanned satellites, and space probes. It discusses manned and unmanned space flights, space vehicles, launch systems, and space missions. The section on manned spaceflight focuses on the Space Shuttle, space stations and beyond, and our endeavor to land on the Moon. The course covers the human aspect of spaceflight and the human experience in space.

## **COURSE OBJECTIVES AND GOALS:**

### **A. Exploring Space: The High Frontier:**

1. Know the history of astronomy and the specific characteristics of the Earth, Moon, solar system, and the planets.
2. Comprehend the big picture of space exploration, including the history of spaceflight, organizations doing work in space, and the overall space environment.
3. Comprehend the importance of entering space, characteristics of manned and unmanned spaceflight, and how humans are affected during spaceflight.
4. Comprehend the key concepts for getting from the surface of the Earth into Earth orbit and to other planets and back again.
5. Comprehend how spacecraft, rockets, and launch vehicles are designed and built.
6. Comprehend the latest advances in space technology

### **Lessons:**

#### **Unit 1: The Space Environment**

Ch. 1: The History of Astronomy

Ch. 2: The Earth and Moon

Ch. 3: The Sun and Solar System

#### **Unit 2: Exploring Space**

Ch. 5: Exploring, Living and Working in Space

#### **Unit 3: Manned and Unmanned Spaceflight**

Ch. 6: Space Programs

Ch. 7: The Space Shuttle

Ch. 8: Space Stations and Beyond

Ch. 9: The Unmanned Missions and Space Probes

#### **Unit 4: Space Technology**

Ch. 10: Orbits and Trajectories

Ch. 11: Rockets and Launch Vehicles

Ch. 12: Robots in Space

Ch. 13: Commercial Use of Space

- There will be a quiz after each lesson to demonstrate knowledge of material.
- Cultural Group Project – Pick a culture and discuss characteristics with class
- EOQ test – Q1 and Q2 will each have an EOQ test that cover material completed up to end of quarter
- Final Exam (X1) – Will cover all material covered during entire semester!



# **SURVIVAL**

## **COURSE NAME: AFJROTC SURVIVAL**

The **Aerospace Science** portion of this course is a review of the basic survival information found in military *Survival Training* courses. The survival instruction will provide training in skills, knowledge, and attitudes necessary to successfully perform fundamental tasks needed for survival. The course also presents “good to know” information that would be useful in any situation. The information is just as useful to an individual lost hunting or stranded in a snowstorm. For instance, students will learn how medicine procedures, clothing, and shelter can provide personal protection for a survivor in a survival situation. They will learn the necessities for maintaining life in a survival situation, as well as how to travel and prepare for recovery. There will be added emphasis on leadership and personal development skills.

### **COURSE OBJECTIVES AND GOALS:**

#### **Survival:**

1. Knowledge necessary to survive where safety and life depend on your decisions.
2. Basic survival medicine procedures, treatments, and prevention measures.
3. Ability to meet necessities of life such as food, water, shelter, and fire.
4. Land navigation and signaling techniques, as well as the principles of recovery.
5. Knowledge of the importance of physical fitness and a healthy life style.
6. Knowledge and ability necessary to lead and direct a group or team to complete a task.

# LEADERSHIP EDUCATION

## LEADERSHIP EDUCATION 100 and 500:

**LE 100: Traditions, Wellness, and Foundations of Citizenship**

**LE 500: Drill and Ceremonies**

Course ID:	LE 1/2
Credit Hours:	1
Course Teaching Schedule:	M-F (Wed/Thu LE 500)
<b>REQUIRED TEXT:</b>	<b>LE-100/ Traditions, Wellness, and Foundations of Citizenship</b>
Published by:	Pearson, copyright: 2015

Leadership education is an integral part of each year's instruction. The first course is dedicated to leadership studies related directly to the academic subject matter, with study habits and time management.

**The Course Objectives are: Effective Aug. 2018-2019**

### **(LE 100): Traditions, Wellness, and Foundations of Citizenship**

1. Analyze the heritage, organization, and tradition of service programs.
2. Analyze the benefits of positive personal behavior.
3. Evaluate healthy living through physical activity and good nutrition.
4. Apply safe, drug-free decisions.
5. Analyze the importance of citizenship in the United States.

### **Course Materials:**

1. Textbook: Leadership Education 100: Traditions, Wellness, and Foundations of Citizenship (2015)
2. Student Workbook or selected excerpts
3. AF Drill and Ceremonies (LE 500)
4. Air Force Uniforms
5. National, State, Unit Flags
6. Selected Audiovisual Aids.
7. NC-941 Cadet Handbook
8. Cadets will need a 1" 3-ring binder.

**2. General Curriculum used from LE 100: Traditions, Wellness and Foundations in Citizenship.**

**A. Chapter One: Introduction to JROTC Program.**

B. Cadets will read assigned chapters/lessons, accomplish selected chapters in Student Workbook which corresponds to textbook chapters, and prepare oral presentation.

C. **Chapter Two:** Personal Behavior – Read any selections and complete exercises, quizzes or presentations instructor determines for this section.

D. **Chapter Three:** Be Health Smart -- Read any selections and complete exercises, quizzes or presentations instructor determines for this section.

**3. Drill Curriculum (LE 500) All Cadets:**

A. Cadets will prepare for Drill Evaluation and Physical Training Evaluation.

B. Cadets will prepare for unannounced quizzes and announced chapter tests.

C. Individual or Group Projects and/or presentations to help develop public speaking skills, time management and/or team work.

Cadets are required to continue their study and performance of the 30 basic Air Force Drill commands throughout the school year. A safe and open space is provided to allow the cadets proper space to practice drill commands and procedures. Cadets will maintain a high standard of dress and personal appearance, attitude, discipline, and respect. Cadets will be familiar with Air Force customs and courtesies and drill procedures. The following areas have been approved for Drill Practice: Tennis Courts and Lower Parking Lot, School Gymnasium and Arcade adjacent to AFJROTC Classroom (when in small elements).

## **LEADERSHIP EDUCATION 200**

### **LE 200: Communication, Awareness and Leadership**

Course ID: **LE 3/4**

Credit Hours: 1

Course Teaching Schedule: M-F (Wed/Thu LE 500)

**REQUIRED TEXT: LE-200/ Communication, Awareness and Leadership**

Published by: Pearson, copyright: 2006

#### **Leadership Education II – Communication, Awareness and Leadership (LE200)**

1. Apply the key factors of effective communications.
2. Know the ways in which personal awareness affects individual actions.
3. Know the key elements of building and encouraging effective teams.
4. Apply the key behaviors for becoming a credible and competent leader.

Course description:

Leadership: Leadership Education **200 stresses communications skills and cadet corps activities**. Much information is provided on communicating effectively, **understanding groups and teams, preparing for leadership, solving conflicts and problems, and personal development**. Written reports and speeches compliment the academic materials. Cadet corps activities include holding positions of greater responsibility in the planning and execution of corps projects.

### **General Curriculum for LE 200: Communication, Awareness and Leadership**

1. **Unit 1:** Learning, Communication and Personal Development (**Ch. 1&2**)
  2. **Unit 2:** Building Personal Awareness (**Ch. 3&4**)
  3. **Unit 3:** Understanding groups and Teams (**Ch. 5&6**)
  4. **Unit 4:** Preparing for Leadership (**Ch. 7&8**)
- EOQ test – Q1 and Q2 will each have an EOQ test that cover material completed up to end of quarter
  - Final Exam (X1) – Will cover all material covered during entire semester!

## **LEADERSHIP EDUCATION 300: LIFE SKILLS AND CAREER OPPORTUNITIES**

Course ID:	<b>LE 5/6</b>
Credit Hours:	1
Course Teaching Schedule:	M-F (Wed/Thu LE 500)

**Leadership Education 300:** Life Skills textbook will be helpful to students deciding which path to take after high school. Information on how to apply for admission to college or to a vocational or technical school is included. Information on how to begin the job search is available to students who decide not to go to college or vocational school. Available also is information about financial planning and how to save, invest, and spend money wisely, as well as how not to get caught in the credit trap. Students are informed about real life issues such as understanding contracts, leases, wills, warranties, legal notices, and personal bills. Citizen responsibilities such as registering to vote, jury duty, and selective service registration will be covered also. For those students who may be moving into an apartment of their own, information is presented on apartment shopping and grocery shopping skills. If there are students who are interested in a career in the military, with the federal government, or an aerospace career, information is also provided for them. Monday is uniform day unless changed by the Instructor.

**The Course Objectives are:**

1. Comprehend the importance of obtaining a degree or skill after high school.
2. Know that a proper job search is needed to obtain employment.
3. Comprehend the importance of financial planning.
4. Comprehend the career opportunities available through the federal government, NASA, FAA, and the military.

**Course Materials:**

1. **Textbook: Leadership Education 300: Life Skills and Career Opportunities**, 2nd. Edition (2013)
2. Student Workbook or selected excerpts.
3. Selected Audiovisual Aids.

Cadets will read assigned chapters, accomplish selected chapters in Student Workbook which correspond to textbook chapters, and participate in oral quiz games, and test on materials covered.

**Units Covered:**

**Chapter One: Charting Your Financial Course: (L 1-3)**

**Chapter Two: Managing your Resources: (L 1-3)**

**Chapter Three: Career Opportunities: (L 1-3)**

**Chapter Four: Aiming Toward College Degree (L 1-4)**

**Chapter Five: Charting Your Course: (L 1-3)**

**Chapter Six: Applying for Jobs (L 1-3)**

**Chapter Seven: Working for Federal Government (L 1-3)**

**Chapter Eight: Developing Your Career Skills (L 1-4)**

- There will be a quiz after each lesson to demonstrate knowledge of material.
- EOQ test – Q1 and Q2 will each have an EOQ test that cover material completed up to end of quarter
- Final Exam (X1) – Will cover all material covered during entire semester!

# **LEADERSHIP EDUCATION 400: Principles in Management**

Course ID:	<b>LE 7/8</b>
Credit Hours:	1
Course Teaching Schedule:	M-F (Wed/Thu LE 500)

**Leadership Education 4** is the fourth textbook in the Leadership Education series. This course provides exposure to the fundamentals of management. The text contains many leadership topics that will benefit students as well as provide them with some of the necessary skills needed to put into practice what they have learned during their time in AFJROTC. We are confident this course, coupled with what cadets have already learned during their time in AFJROTC, will equip them with the qualities needed to serve in leadership positions within the corps. Throughout the text are many ethical dilemmas, case studies, and role play activities built into the lessons. These activities are based on real life experiences and will allow students the opportunity to practice what they learn by getting involved in discussions and expressing their opinions

## **Principles of Management:**

1. Know the history and the importance of management.
2. Know the techniques and skills involved in planning and decision making.
3. Know the importance of managing change, stress, and innovation.
4. Know the key elements of individual and group behavior, the importance of the communication process, and the characteristics of a good leader.

## **Units Covered:**

### **Unit 1: Intro to Management**

- Ch. 1 -- Managers and Management (L 1 - 3)
- Ch. 2 – Historical Roots of Contemporary Management Practice (L 1&2)
- Ch. 3 – The Management Environment ( L1&2)

### **Unit 2: Planning**

- Ch. 4 – Foundations of Planning (L 1&2)
- Ch. 5 – Foundations of Decision Making (L1&2)

### **Unit 3: Organizing**

- Ch. 6 – Managing Change, Stress and Innovation (L 1-3)

### **Unit 4: Leading**

- Ch. 7 -- Foundations of Individual and Group Behavior (L 1&2)
- Ch. 8 – Understanding Work Teams (L 1&2)
- Ch. 9 -- Communication and Interpersonal Skills (L 1&2)
- Ch. 10 – Leading and Trust (L 1-3)

- There will be a quiz after each lesson to demonstrate knowledge of material.
- EOQ test – Q1 and Q2 will each have an EOQ test that cover material completed up to end of quarter
- Final Exam (X1) – Will cover all material covered during entire semester!
- **Use lessons learned to lead cadets in an exercise or activity!**

# HEALTH AND WELLNESS

**HEALTH AND WELLNESS COURSE DESCRIPTION:** Health and Wellness is an official part of the Air Force Junior ROTC program. It is an exercise program focused upon individual base line improvements with the goal of achieving a national standard as calculated with age and gender. Wellness is instrumental in developing citizens of character dedicated to serving our nation and communities. Cadets will be given the opportunity to put into practice the wellness concepts that are taught in Leadership Education. **Cadets will take the Presidential Fitness Test (PFT) at start and end of the semester and use these two PFT's to denote any improvement throughout the semester.**

Cadets can participate in team sports in order to keep the Wellness Program fun and motivating. Cadets will be required to wear the cadet physical training (PT) issued uniform on designated wellness days (generally on Friday). Failure to wear this uniform will result in a zero for wellness for that week. Continued failure to wear the cadet PT uniform (including appropriate shoes) will result in course failure, and possible dismissal from the AFJROTC program. Make-ups will not be allowed; excused absences will be documented as an excused grade for that wellness day.

**COURSE OBJECTIVES:** Motivate JROTC cadets to lead active, healthy lifestyles beyond program requirements and into their adult lives.

**\*\*\*Any Cadet with a medical issue that precludes from any physical activity must be brought the Instructor's Attention!**

## CADET EXPECTATIONS

### **CLASS ATTENDANCE, PREPARATION AND PARTICIPATION:**

Today's workforce does not earn a paycheck unless they show up ready for work. Cadets who are not present or prepared cannot participate fully in class. This is especially key to drill and physical fitness. Class preparation includes cadet adherence to proper grooming standards daily as outlined in Air Force Instruction and school dress code.

**QUIZZES (Minor Grade):** Quizzes will be administered throughout the course. Quizzes will cover all material taught since the last quiz or test.

**HOMEWORK/CLASSWORK/TESTS:** Assignments are due at the beginning of the class period, unless otherwise directed. If absent, the assignment/test will be due on the next class day that the cadet is present. Assignments not turned in on the due date will receive a significantly lower grade for that assignment.

**COMMUNITY SERVICE:** Cadets will have multiple opportunities to perform Air Force JROTC sponsored community service during each semester.

**Co-Curricular Events (LDRs) – AFJROTC Events** such as: Drill, Color Guards, Rocketry, Remote Piloting Program, Flight Simulation, Flag retirements, Military Ball

Committee and various other programs cadets are encouraged to join. The programs are after-school, and Parents will need to pick up students at Trinity HS...Wheatmore Cadets can travel over to THS on Shuttle Bus that runs afterschool. A co-curricular can anything that cadets have an interest in. These are Cadet Led and Supervised by Instructors. At this time, AFJROTC instructors are pursuing possibilities of standing up a marksmanship and archery programs, but these will incur large amounts of funds to get started purchasing equipment and training, plus securing possible practice locations. **Fundraising will be key to getting these programs established!**

**CURRICULUM IN ACTION TRIPS (CIA)/FIELD TRIPS:** Throughout the semester, the cadets will have opportunities to participate in school-sponsored activities that serve as an extension of the AFJROTC curriculum. These trips may include airshows, aircraft incentive flights, museum, military bases, etc... Cadets must be in good academic and disciplinary standing to participate.

**CLASS BEHAVIOR:** The nature of the AFJROTC mission, as well as its high visibility within the school and community, requires its members to adhere to higher standards than might be found among the student population. **Inappropriate behavior**, in or out of uniform, is prohibited while participating in AFJROTC. This behavior includes, but is not limited to, using foul language, consuming alcohol, drug abuse, tobacco use, horseplay, public displays of affection (PDA), fighting, disparaging remarks, insubordination, disrespect, verbal threats and physical attacks.

**CELL PHONES:** Cell phone policy is in accordance with school policy. Cell phones must remain turned off and out of sight during the instructional day. Students who use the telecommunications device during the school day, will have the device confiscated. Any student who refuses to turn over their cell phone will be considered insubordinate and will receive additional disciplinary consequences.

## **EXPECTATIONS FOR CADETS**

1. Follow the chain of command if at all possible (i.e. Cadet-Flight Sgt - Flight/CC – Group/CC – Corps/CC – ASI – SASI). **DO NOT GO DIRECTLY TO THE CADET CORPS/CC, ASI AND/OR SASI.**
2. *Always* use the titles sir/ma'am when addressing AFJROTC staff and senior ranking cadets.
3. Be on time. Don't be late to class, scheduled events, practices, etc.
4. Always bring your required items to class (notebook, pen/pencil, textbook, homework, etc.).
5. Wear the correct uniform on the appropriate day. Uniform varies from: Short Sleeve/ Long Sleeve/Service Dress). Long Sleeve and Service Dress *always* requires tie or tab.
6. Raise your hand and wait to be acknowledged; do not talk without permission.
7. Listen respectfully and attentively to the speaker/presenter or fellow cadets when they are speaking.
8. Treat others with mutual respect. Profanity, vulgar language, racial or ethnic slurs,



derogatory comments, sexual harassment, or harassment of any fellow cadet or student will not be tolerated.

9. Remain in your seat unless given permission to move about the room
10. Remain professional; do not sit on desks, tables, trash cans, etc.
11. Always use the trash can to dispose of trash. If you see trash on the floor, clean it up.
12. No eating, drinking (EXCEPT WATER IN A CLOSED CONTAINER) and **ABSOLUTELY** no **CHEWING GUM** in the classroom. Except prior to 2<sup>nd</sup> block during 2<sup>nd</sup> Breakfast timeframe. Must put all trash away and sweep any crumbs around your area. If this becomes a problem, instructors have a right to disallow 2<sup>nd</sup> Chance Breakfast in classroom.
13. Wearing hats or sunglasses indoors is prohibited.
14. Maintain loyalty to the Corps, school, and your values.
15. No horseplay in the AFJROTC areas.
16. Maintain self-control and your self-respect at all times.
17. Do not disrespect instructors, higher-ranking cadet officers and NCOs.

## **CLASSROOM PROCEDURES:**

1. Enter the classroom and proceed directly to your desk.
2. Place books and backpacks under your desk.
3. Stand at the position of “**Parade Rest**” beside your desk.
4. Once the bell rings, cadets will come to “**ATTENTION**” and wait for the Flight CC/Flight Sgt to command “**TAKE YOUR SEATS**”.
5. The Flight CC/Flight Sgt will take roll, then report in to the Instructor with the attendance.
6. At the end of class the Flight Commander or Flight Sergeant will prepare the class for dismissal. Cadets will clean up their desks, pick up any trash in the immediate vicinity of their desks, align their desks with others in their row, and prepare to stand for dismissal.
7. When the bell rings, Cadets will come to the position of “**ATTENTION**” at the side of their desk (no book Bags) and wait to be “**Dismissed**”.

## **AFJROTC TEXTBOOKS ON-LINE**

Due to limited resources, FL-941 AFJROTC has limited textbook amounts, so the following link is provided on Trinity High School under clubs/AFJROTC. The following Textbooks can be found and downloaded for Cadets to complete exercises provided in class.

*\*If a Cadet doesn't have access to internet/network at home, please ensure you notify instructor to print out a copy to take home.*

### **AFJROTC AS and LE Textbooks**

**AS 100 / Aerospace Science – A Journey into Aviation History**

**AS 200 / Aerospace Science – The Science of Flight**

**AS 220 / Cultural Studies: An Intro to Global Awareness**

**AS 300 / Aerospace Science 300: The Science of Space**

**Survival (not available on-line)**

**LE 100 / Traditions, Wellness, and Foundations of Citizenship**

**LE 200 / Communication, Awareness and Leadership**

**LE 300 / Life Skills and Career Opportunities**

**LE 400 / Principles of Management**

**Online Text Book located in FLNC-941 Microsoft Teams/THS  
AFJROTC webpage:**

**<http://ths.randolph.k12.nc.us/?PageName=%27OrganizationPage%27&OrganizationID=%2746441%27>**