

FALL 2009 KSS-1000 SYLLABUS

Last Updated: 8/21/2009

INSTRUCTOR:

John M. Boxrucker
Senior Military Instructor
Phone: W: 581-5944

CLASS HOURS:

MS-1: M-W-F*... 0600 – 0700 hours (all cadets must attend Monday and Wednesday sessions)
*Contracted cadets must also attend Friday sessions
MS-2: M-W-F*... 0600 – 0700 hours (must attend two sessions a week...Friday Mandatory)
*Contracted cadets must also attend Friday sessions
MS-3: MWF... 0600 – 0700 hours (ensure to check specific dates for time changes)
MS-4: MWF... 0600 – 0700 hours (ensure to check specific dates for time changes)

MS-1 and MS-2 PED-1000 Guidelines: (Bronze)

- All cadets will attend Physical Training at a minimum of two days throughout the week, Monday and Wednesday. However you may attend all PT sessions if desired!
- All cadets are required to take all four APFT's that are outlined throughout the semester. This will be 40% of your overall grade, as the remaining 60% is based upon attendance.
- All cadets will wear the appropriate uniform that has been prescribed to them.
- All cadets are strongly encouraged to adhere to a neat and presentable appearance at all times.
- All cadets that are on scholarship and fail the APFT will attend **all Tues and Thurs PT sessions**.
- All cadets may be authorized to perform additional physical training with permission from perspective cadre groups.
- Grading criteria is as follows: **Attendance = 60%; APFT (4) = 40%**.

MS-3 & MS-4 PED-1000 Guidelines: (Silver and Gold)

- All cadets will attend Physical training three to five days of the week, which is indicated on the PED schedule attached.
- All cadets are required to take all four APFT's outlined throughout the semester.
- All cadets will wear the appropriate uniform that has been prescribed to them.
- All cadets will adhere to a neat and presentable appearance at all times, as outlined in AR 670-1.
- Note that all training will come from FM 21-20 Physical Fitness Training Manual.
- Note...**all APFT failures will attend Tues and Thurs PT sessions**...no questions asked.
- Grading criteria is as follows: **Attendance = 60%; APFT (4) = 40%**.

AUGUST KSS-1000 Schedule

Date	Day	MS LEVEL	Event	Instructor	Location
WEEK-1					
24 AUG	Monday	All	Intro PED	MSG Boxrucker	Pond Pavilion
25 AUG	Tuesday	All	Intro PED	MSG Boxrucker	Pond Pavilion
26 AUG	Wednesday	All	Intro PED	MSG Boxrucker	Pond Pavilion
27 AUG	Thursday	All	Intro PED	MSG Boxrucker	Pond Pavilion
28 AUG	Friday	All	Intro PED...Sports	MSG Boxrucker	Pond Pavilion

SEPTEMBER KSS-1000 Schedule

Date	Day	MS LEVEL	Event	Instructor	Location
WEEK-2					
31 AUG	Monday	All	No Classes	MSG Boxrucker	Pond Pavilion
01 SEP	Tuesday	As directed	2 mile run	MSG Boxrucker	Pond Pavilion
02 SEP	Wednesday	All	APFT demonstration	MSG Boxrucker	Pond Pavilion
03 SEP	Thursday	NA	NO PT-CWST prep	MSG Boxrucker	Pond Pavilion
04 SEP	Friday	As directed	Practice APFT	MSG Boxrucker	Pond Pavilion
WEEK-3					
07 SEP	Monday	All	Last-man-up-run	MSG Boxrucker	Pond Pavilion
08 SEP	Tuesday	As directed	PU/SU improvement	MSG Boxrucker	Pond Pavilion
09 SEP	Wednesday	All	3 mile release run	MSG Boxrucker	Pond Pavilion
10 SEP	Thursday	As directed	PU/SU improvement	MSG Boxrucker	Pond Pavilion
11 SEP	Friday	As directed	3 mile AGR	MSG Boxrucker	Pond Pavilion
WEEK-4					
14 SEP	Monday	All	CR Circuit	MSG Boxrucker	Pond Pavilion
15 SEP	Tuesday	As directed	PU/SU improvement	MSG Boxrucker	Pond Pavilion
16 SEP	Wednesday	All	3 mile release run	MSG Boxrucker	Pond Pavilion
17 SEP	Thursday	As directed	PU/SU improvement	MSG Boxrucker	Pond Pavilion
18 SEP	Friday	N/A	NO PT-FTX Prep		
WEEK-5					
21 SEP	Monday	All	Stretching	MSG Boxrucker	Pond Pavilion
22 SEP	Tuesday	As directed	MS IV/RC-APFT	MSG Boxrucker	Pond Pavilion
23 SEP	Wednesday	All	MS I-III APFT	MSG Boxrucker	Pond Pavilion
24 SEP	Thursday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
25 SEP	Friday	As directed	Foot March	MSG Boxrucker	Pond Pavilion

OCTOBER KSS-1000 Schedule

Date	Day	MS LEVEL	Event	Instructor	Location
WEEK-6					
28 SEP	Monday	All	3 mile AGR	MSG Boxrucker	Pond Pavilion
29 SEP	Tuesday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
30 SEP	Wednesday	All	Bleachers/Stairs	MSG Boxrucker	Pond Pavilion
01 OCT	Thursday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
02 OCT	Friday	As directed	PU/SU improvement	MSG Boxrucker	Pond Pavilion
WEEK-7					
05 OCT	Monday	All	CR Circuit	MSG Boxrucker	Pond Pavilion
06 OCT	Tuesday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
07 OCT	Wednesday	All	4 mile release run	MSG Boxrucker	Pond Pavilion
08 OCT	Thursday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
09 OCT	Friday	As directed	NO PT- FTX Prep	MSG Boxrucker	Pond Pavilion
WEEK-8					
12 OCT	Monday	All	Hills	MSG Boxrucker	Pond Pavilion
13 OCT	Tuesday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
14 OCT	Wednesday	All	Last-man-up-run	MSG Boxrucker	Pond Pavilion
15 OCT	Thursday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
16 OCT	Friday	As directed	PU/SU improvement	MSG Boxrucker	Pond Pavilion
WEEK-9					
19 OCT	Monday	All	Stretching	MSG Boxrucker	Pond Pavilion
20 OCT	Tuesday	As directed	MS IV/RC-APFT	MSG Boxrucker	Pond Pavilion
21 OCT	Wednesday	All	MS I-III APFT	MSG Boxrucker	Pond Pavilion
22 OCT	Thursday	As directed	Foot March	MSG Boxrucker	Pond Pavilion
23 OCT	Friday	N/A	NO PT-Range Prep	MSG Boxrucker	Pond Pavilion
WEEK-10					
26 OCT	Monday	All	4 mile AGR	MSG Boxrucker	Pond Pavilion
27 OCT	Tuesday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
28 OCT	Wednesday	All	Bleachers/Stairs	MSG Boxrucker	Pond Pavilion
29 OCT	Thursday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
30 OCT	Friday	All	BN RUN	MSG Boxrucker	Pond Pavilion

NOVEMBER KSS-1000 Schedule

Date	Day	MS LEVEL	Event	Instructor	Location
WEEK-11					
02 NOV	Monday	All	Hills	MSG Boxrucker	Pond Pavilion
03 NOV	Tuesday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
04 NOV	Wednesday	All	CR Circuit	MSG Boxrucker	Pond Pavilion
05 NOV	Thursday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
06 NOV	Friday	As directed	PU/SU improvement	MSG Boxrucker	Pond Pavilion
WEEK-12					
09 NOV	Monday	All	4 mile release run	MSG Boxrucker	Pond Pavilion
10 NOV	Tuesday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
11 NOV	Wednesday	All	Last-man-up-run	MSG Boxrucker	Pond Pavilion
12 NOV	Thursday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
13 NOV	Friday	As directed	NO PT	MSG Boxrucker	Pond Pavilion
WEEK-13					
16 NOV	Monday	All	Stretching	MSG Boxrucker	Pond Pavilion
17 NOV	Tuesday	As directed	MS IV/RC-APFT	MSG Boxrucker	Pond Pavilion
18 NOV	Wednesday	All	Stretching	MSG Boxrucker	Pond Pavilion
19 NOV	Thursday	As directed	MS I-III APFT	MSG Boxrucker	Pond Pavilion
20 NOV	Friday	As directed	Foot March	MSG Boxrucker	Pond Pavilion
WEEK-14					
THANKSGIVING BREAK- NO PT					

DECEMBER KSS-1000 Schedule

Date	Day	MS LEVEL	Event	Instructor	Location
WEEK-15					
30 NOV	Monday	All	Bleachers/Stairs	MSG Boxrucker	Pond Pavilion
01 DEC	Tuesday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
02 DEC	Wednesday	All	4 mile AGR	MSG Boxrucker	Pond Pavilion
03 DEC	Thursday	As directed	Remedial	MSG Boxrucker	Pond Pavilion
04 DEC	Friday	All/MS III	BN RUN	MSG Boxrucker	Pond Pavilion
WEEK-16					
07 DEC	Monday	All	Stretching	MSG Boxrucker	Pond Pavilion
08 DEC	Tuesday	As directed	MS IV/RC-APFT	MSG Boxrucker	Pond Pavilion
09 DEC	Wednesday	All	Stretching	MSG Boxrucker	Pond Pavilion
10 DEC	Thursday	As directed	MS I-III APFT	MSG Boxrucker	Pond Pavilion
11 DEC	Friday	All	Foot March	MSG Boxrucker	Pond Pavilion
WEEK-17					
FINALS WEEK-NO PT					

Example attendance questions and answers:

Q: How often do I attend KSS 1000 if not enrolled in any ROTC classes?

A: You attend class twice weekly, Mon and Wed.

Q: If enrolled in another ROTC class, but not contracted, how often do I attend PED 1000?

A: If you scored 270 or better (90 points per event) on the last APFT, you only need attend one day per week, either Mon or Wed.

If you passed the last APFT, you attend twice weekly; Mon and Wed.

If you failed the last APFT, and are receiving any money from ROTC, you attend four times weekly; Mon thru Thur.

Q: How often do **contracted MS I and MS II's** attend PT?

A: If you scored 270 or better on the last APFT, you only need attend Fridays

If you passed the last APFT, you attend three times weekly; Mon, Wed, and Friday.

If you failed the last APFT you attend **all five days per week!**

Q: How often do **MS III and MS IV's** attend PT?

A: If you scored 270 or better on the last APFT, you only need attend Fridays

If you passed the last APFT, you attend three times weekly; Mon, Wed, and Fri.

If you failed the last APFT you attend **all five days per week!**

BLUF: (Bottom Line Up Front)

If you are not contracted, plan on attending all Monday and Wednesday sessions.

If you are contracted, plan on attending all Monday, Wednesday, and Friday sessions.

If you fail an APFT, add Tuesdays and Thursdays to the attendance requirement, until you decide to pass the APFT.

Exceptions and excusals are granted by MSG Boxrucker.

FYI: Attendance

The grade for KSS 1000 is attendance-driven. Each missed APFT will reduce your overall grade by 10% or one letter-grade. Executing the APFT is more important to your class grade than passing the APFT.

Additionally, weekly attendance comprises 60% of the total KSS 1000 grade. Therefore, if a student fails to meet the minimum attendance requirement (by week) for any three weeks, the grade for the course will drop by a letter grade.

Example;

A student misses two APFT's and fails to meet the minimum attendance requirements (by week) during any 3 weeks, that student will receive a 'D' in a class that should be an easy 'A'!!