AFROTC

2012 Assessment Report

Expected Outcome: Physical Fitness

Student will participate in weekly physical training and pass the physical fitness assessment each semester.

Assessment Method(s):

Method: Physical Fitness Assessment

Air Force fitness assessment includes height and weight check, measurement of abdominal circumference, push-ups performed over a one-minute time period, sit-ups performed over a one-minute time-period, and a 1.5-mile timed run. Students must meet Air Force standards published in Air Force Instruction 36-2905, Fitness Program. Minimums in each event for males are 33 pushups, 42 sit-ups, an abdominal circumference measurement of 39 inches, and a run time of at least 13:36. Minimums for females are 18 pushups, 38 sit-ups, an abdominal circumference of 35.5 inches, and run time of 16:22 or faster. Furthermore, a total score of 75 points must be achieved, so attaining only the minimums in each category will not result in a passing score.

Findings:

In the Fall 2011 semester, 8% of students failed the Physical Fitness Assessment. In the Spring 2012 semester, 7% of students did not achieve a passing score. The cause of failure was overwhelmingly the 1.5 mile timed run. Very few cadets have difficulty achieving a passing score on the other components.

Use of Findings for Improvement: Physical Fitness Assessment scores are shared with the students, clearly showing areas where they can improve. Remedial physical training sessions can be used to improve specific areas when trends are observed. The cadets formed a running group to build conditioning and improve their run time, which produced demonstrably improved results in the 2012-2013 academic year, i.e. no failures in Spring 2013.

Method: Attendance Tracking

Students are required to attend at least 80% of bi-weekly physical training sessions each semester. We analyzed attendance records of 128 students on a weekly basis over the course of each semester to identify those who might be at risk of not achieving the minimum attendance requirement. We offer make-up sessions for much of our training for those who have recurring schedule conflicts, and those who miss an event attend the make-up training.

Findings: In both Fall 2011 and Spring 2012 semesters, all students attended 80% or more of mandatory physical training sessions. We found that missed events are typically due to oversleeping, not having a ride to campus, or other one-time unforeseen issues, and the number
of missed events per class is roughly proportional to the class size. In other words, there are a few in each class who have some difficulties, but overall everybody is able to meet the attendance requirement.

**Use of Findings for Improvement:** Students are counseled every time they have an unexcused absence and may be disenrolled if this continues. All students with unexcused absences were counseled by their upperclassmen peers or by AFROTC faculty. Because the standard was met, there is no need for corrective actions at this time.

**Expected Outcome:** Meet AFROTC requirements for academics  
AFROTC students will have 2.0 cumulative GPA

**Assessment Method(s):** GPA must be above 2.0 (Standard changed to 2.5 for 2012-2013 academic year)

**Findings:**

For the Fall 2011 semester, 10% of students did not meet the required GPA. For Spring 2012, 4.3% failed to achieve the minimum GPA standard.

**Use of Findings for Improvement:**

Students are counseled regularly that academics are their top priority. The cadets have a robust tutoring program that is widely used and supported by AFROTC faculty. One cause of the problem was that many new freshmen students were adjusting to college; hence the improvement in the spring semester.

**Expected Outcome:** Accomplish all required military training objectives as specified in HQ AFROTC publication T-508, which outlines all mandatory AFROTC training requirements for each year and broken down by class. Students will participate fully in Leadership Laboratory sessions, developing teamwork and communications skills through expeditionary leadership problems, military drill, briefings, and discussions about case studies and real-world problems.

**Assessment Method(s)**

We use a Leadership Laboratory objective tracker each semester to ensure all required military training objectives are met. Students are required to attend at least 80% of all Leadership Laboratory sessions, but we usually have near 100% attendance due to make-up sessions. Attendance is meticulously tracked, and students counseled if they have unexcused absences or are in danger of not achieving 80% attendance.

**Findings:** For the 2011-2012 academic year, 74 of 76 objectives were met in Leadership Laboratory. The remaining objectives were those targeted to the senior class and were covered during Aerospace Studies class as part of the course curriculum.

**Use of Findings for Improvement:** N/A