

NOTE: *This syllabus is intended to provide you predictability and empower you as the student to prepare for upcoming instruction. Dates and training events are subject to change as land reservations and Army Requirements dictate. Your Cadre will inform you of and changes to the training calendar and class schedule as they arise. We ask that you remain flexible and be resilient.*

Instructor

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Course Description

MS119 offers students instruction led and developmental physical readiness training (PRT) in conjunction to the Reserve Officers' Training Corps (ROTC) program. Students will be exposed to a variety of physical education and training plans to include combat focused physical training that is demanded from Soldiers on a regular basis.

Course Design and Format

Students should read and understand the course syllabus, bring any questions to the attention of the cadre as soon as possible. It is your responsibility to deconflict transportation and work schedules in order to attend physical training with ROTC. Attendance and participation are crucial to the physical development of the student.

Course Map

Physical training occurs from 0600-0700 Monday through Thursday at ROTC Dorm 1 except on Days of no Scheduled activity (DONSA). All training Calendars are posted and available to students 30 days in advance. All deviations to location and times listed will make students notified 30 days in advance.

Requirements

Class Participation

Students are expected to participate actively in individual and group physical training. Physical training will further assist students' ability to perform at tactical labs, field training exercises, and meet contracting and commissioning requires set for the by the United States Army Cadet Command.

Ruck Marches

Students will be expected to complete a 12 mile ruck march with 35 lbs and rifle at a 20 minute mile pace at advance camp (typically 3rd year Cadets). A ruck workup will be included in this course to prepare students for advanced campy physical standards. Equipment will be provided by ROTC.

Army Combat Fitness Test

Two Army Combat Fitness Test (ACFT) will be included in this course. One practice and one test for record. Students will be expected to pass six physical training events with a score of 60 out of 100 points in each event to pass. Students will also be introduced to the Army Height and Weight and

Tape test standards that are required to obtain a contract with Army ROTC. These test standards replicate those students will be tested on at Advanced Camp.

Exams

This course does not include any written exams and is strictly physical.

Evaluation and Grading

Attendance	50%
Class Participation	50%

Solid performance in each area of evaluation is necessary to earn a grade of “B”. The following grading scale will be used based on 100 points possible:

90-100	A
80-89	B
70-79	C

NOTE: Every attempt will be made to assist students in meeting the course requirements.

Uniforms and Appearance

You are expected to wear ACUs/OCPs or AFPU (current Army combat and physical training uniform) to all classes and adhere to Army Regulation 670-1 with regard to uniforms and appearance. PRT standard are in accordance with Army FM 7-22, Holistic Health and Fitness.

Required Administrative Information

NOTE: The below subjects in **Red** numbered 1-10 are *directed by Higher HQ's as Mandatory Topics and Must Remain* in the syllabus. (Cadre will need to remove this specific 'NOTE' after developing and prior to providing your syllabus to Cadets).

1. Religious Accommodation

- The Army places a high value on the rights of its Soldiers to observe tenets of their respective religions, or to observe no religion at all
- The Army will approve requests for accommodation of religious practices unless accommodation will have an adverse impact on unit readiness, individual readiness, unit cohesion, morale, good order, discipline, safety, and/or health
- Requests for religious accommodation generally fall into five major areas:
 - Worship practices
 - Dietary practices
 - Medical practices
 - Wear and appearance of the uniform
 - Personal appearance and grooming practices
- For more information, please refer to AR 600-20, Army Command Policy, Chapter 5, paragraph 5-6 and Appendix P (Accommodating Religious Practices) for additional information

2. Inappropriate Relationships

NOTE: For the purpose of Cadet Command personnel in the below directive, 'recruiter' or 'trainer' refers to 'cadre,' 'prospect,' 'applicant,' 'recruit,' and 'trainee' refers to each Cadet.

Cadets must read the slide information (Course Overview Lesson) and be prepared to answer questions.

- Per AR 600-32 and IAW Department of Defense Instructions (DoDI) 1304.33 (Protecting Against Inappropriate Relations During Recruiting and Entry Level Training)
- The Army and all Army personnel (including any Army military, civilian, or contractor personnel) will treat each prospect, applicant, recruit, and trainee with dignity and respect as they pursue their aspiration of serving in the military. Army policy prohibits inappropriate relations between recruiters and prospects, applicants, and/or recruits, and between trainers providing entry-level training and trainees. At a minimum, and as required, the prospect, applicant, recruit, trainee, recruiter, or trainer will complete the following administrative actions (Commanders may add requirements to this list).
 - 1) Trainers providing entry-level training will sign a DD Form 2982 that acknowledges their understanding of the prohibitions listed in paragraph 5d and their responsibilities regarding the policies to avoid the inappropriate behaviors and relations outlined in this directive. The DD Form 2982 will be recertified annually. The form will be locally filed and kept for 1 year after the trainer has left the unit.
 - 2) At the onset of the first training session, trainers will brief trainees on the policies in this directive and provide information that trainees can use to contact someone in leadership if they wish to report any issue related to a trainer's inappropriate conduct.
 - 3) Trainees will sign a DD Form 2983 to acknowledge their understanding and responsibilities as outlined in this directive no later than the first day of entry-level training. The DD Form 2983 will be locally filed and kept until 6 months after the trainee has left the unit.

Note: See AR 600-32, Chapter 3 for requirements.

3. Online Conduct

- As members of the Army Team, our individual actions, and interactions, on and off duty, online and offline, reflect upon the Army and our values. Every Soldier and Army Civilian is responsible to uphold the Army standards and values, applying all aspects into our lives. This includes our online conduct when communicating with any form of electronic media
- Any type of online misconduct such as: harassment; bullying; hazing; stalking; discrimination; or retaliation that undermines the dignity and respect of another individual, is not consistent with Army Values, and will NOT be condoned and will be subject to criminal, disciplinary, and/or administrative action
- It is every individual's (Soldier, Army Civilian, contractor, and Family member) duty to understand the laws and regulations pertaining to Online Conduct. It is every leader's responsibility to enforce those laws and regulations pertaining to Online Conduct

- For more information, please refer to AR 600-20, Army Command Policy, paras. 1-4, 4-19; Chapter 7; and AR 600-100 for additional information

4. Special Needs

The American with Disabilities Act of 1990 requires universities to provide a reasonable accommodation to any individual who advises us of a disability. If you have a limitation that requires an accommodation or an academic adjustment, please arrange a meeting with the office student accessibility services.

5. Sexual Discrimination

Title IX of the Education Amendments Act of 1972 is a federal law that states: No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.

6. Discriminatory Harassment

Harassment is behavior that is unwelcome or offensive to a reasonable person, whether oral, written, or physical, that creates an intimidating, hostile, or offensive environment. Harassment can occur through electronic communications, including social media, other forms of communication, and in person. Harassment may include offensive jokes, epithets, ridicule or mockery, insults, or put-downs, displays of offensive objects or imagery, stereotyping, intimidating acts, veiled threats of violence, threatening or provoking remarks, racial or other slurs, derogatory remarks about a person's accent, or displays of racially offensive symbols. Activities or actions undertaken for a proper military or governmental purpose, such as combat survival training, are not considered harassment. Discriminatory Harassment is a form of harassment that is unwelcome conduct based on race, color, religion, sex (including gender identity), national origin, or sexual orientation.

The Army will provide equal opportunity and fair treatment for military personnel and Family members without regard to race, color, national origin, religion, sex (including gender identity), or sexual orientation which are known as the Bases of Discrimination.

The Army will also provide an environment free of unlawful discrimination and offensive behavior. The EO Policy applies both on and off post, during duty and non-duty hours, working, living, recreational environments (both on and off-post housing), and utilizing electronic media.

For updated information, please refer to AR 600-20, Army Command Policy.

7. Diversity and Inclusion

Initiate a Dialogue and Keep it Up. Nationwide protests following the death of George Floyd renewed the urgency for open conversations on tough topics like race, and at TRADOC we are committed to having the dialogue. I recognize each Soldier, Civilian, and Family Member may perceive and react to the current unrest and other societal situations differently. The TRADOC Leadership Team is here to support the entire TRADOC Family. Open dialogue is critical to helping all of us understand and support each other. At every level and in every position, I expect you to talk to your teammates, work harder to listen and gain a better understanding of different points of view, and seek a better perspective that allows us to see the world through their eyes.

Assess our Policies and Programs. The Army and TRADOC must continue to be a national leader in providing equitable and inclusive opportunities and find ways to eliminate any subcultures that threaten our Army Values. We will conduct a thorough review of our internal policies and programs for potential

unintended effects or biases. We will also look for better ways to use existing feedback mechanisms such as the Command Climate Survey, Staff Assistance Visits, Special Emphasis Programs, and Focus Groups to better understand perceptions of the workforce regarding race, color, national origin, religion, sex, age, disability, or genetic information. Most importantly, we will take action on the findings and remain committed to creating more opportunity for our entire workforce.

Continue to Increase Diversity of our Total Force. The Army must make acquiring, developing, employing, retaining, and understanding the needs of its diverse force the centerpiece of its competitive advantage or risk losing the war for talent to other entities. Accessions is a major component of our mission. We are ALL on the front lines of ensuring our Army is representative of the country we serve.

Change the Way We Train. Every leader must strive to be more socially aware, compassionate, relate to subordinates and peers, identify discrimination, and prejudice, and resolve issues at the lowest level.

For updated information, please refer to AR 600-20, Army Command Policy.

8. Sexual Harassment/Assault

Across the Total Army, we continue to focus on eradicating sexual harassment and sexual assault from our ranks. We must do everything within our power to rid the Army of these crimes. This is a readiness issue that affects our ability to accomplish our mission. Over the past several years, we have placed a high priority on our prevention efforts, and although we are on the right trajectory, we still have significant room to improve. In all components, sexual assault reporting is increasing, which is an indication that our Soldiers trust their leaders to address the situation in a professional manner. We all have a responsibility to look out for one another - there can be no bystanders. Stay alert when the warning signs become present, and if you see something, ACT! Leaders and Soldiers have an ethical obligation to intervene to stop sexual harassment and sexual assault from happening. Those who do not, violate the Nation's trust and the trust of their peers.

All Soldiers and Civilians have a responsibility to help resolve acts of sexual harassment. Examples of how to accomplish this follows:

- Direct approach. Confront the harasser and tell them that the behavior is not appreciated, not welcomed and that it must stop. Stay focused on the behavior and its impact. Use common courtesy. Write down thoughts before approaching the individual involved.
- Indirect approach. Send a letter to the harasser stating the facts, personal feelings about the inappropriate behavior and expected resolution.
- Third party. Request assistance from another person. Ask someone else to talk to the harasser, to accompany the victim, or to intervene on behalf of the victim to resolve the conflict.
- Chain of command. Report the behavior to immediate supervisor or others in chain of command and ask for assistance in resolving the situation.
- Filing a formal complaint. Details for filing an informal or formal complaint are included in appendix C of Army Regulation 600-20 (Army Command Policy) and follow the same procedures as for an Equal Opportunity complaint.

For updated information, please refer to AR 600-20, Army Command Policy.

9. Prohibited Activities

Military personnel must not actively advocate supremacist, extremist, or criminal gang doctrine, ideology, or causes.

Military personnel must reject active participation in criminal gangs pursuant to section 544 of Public Law 110-181 and in other organizations that advocate supremacist, extremist, or criminal gang doctrine, ideology, or causes.

Prohibited activities include groups or causes that advance, encourage, or advocate illegal discrimination based on race, creed, color, sex, religion, ethnicity, or national origin or those that advance, encourage, or advocate the use of force, violence, or criminal activity or otherwise advance efforts to deprive individuals of their civil rights.

For updated information, please refer to AR 600-20, Army Command Policy.

10. Suicide Prevention

ACE

Ask: Ask a direct question such as, “Are you thinking about committing suicide?”

Care: Demonstrate care and concern by listening actively and offering help. Stay present with the person so they are not left alone

Escort: Escort the person to talk with an RA, a professor, or another professional

Office Hours and Appointments

Office Hours are **[insert times available]** I will meet with any student(s) during office hours to discuss assignments, issues, or concerns. I will also try to adjust my schedule (to meet with you) beyond office hours, if necessary.

NOTE: Available upon request and after PT	MS 119 (AM)	MS 119 (PM)	ADDITIONAL APPOINTMENT HOURS
	INSTRUCTOR OFFICE HOURS	INSTRUCTOR OFFICE HOURS	
WEEK DAY	From – To	From – To	Special Instructions:
MONDAY	0900 – 1130	1300 – 1600	Must coordinate time(s) after 1600
TUESDAY	0700 – 8000	1300 – 1600	Must coordinate time(s) after 1600
WEDNESDAY	1000 – 1130	1300 – 1600	Must coordinate time(s) after 1600
THURSDAY	0700 – 8000	1300 – 1600	Must coordinate time(s) after 1600
FRIDAY	Tactical Lab	1300 – 1600	Must coordinate time(s) after 1600