



DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

27 Jan 2010

Practical Military Training (PMT) Operations Order 17 (Valid 31 Jan – 6 Feb)

1. Situation: Leadership Lab 17 will meet Tuesday, 2 Feb 10, from 1400-1600. POC work-time will be held one hour prior to Leadership Lab on Tuesday from 1300-1400 in Crowder Hall.
2. Mission: To help cadets understand the nature and functions of the Air Force and its heritage, as well as to cultivate the leadership and management skills required in Air Force Officers.
3. Administration and Logistics: Uniform of the Day:
 - a. All – POC - PTUs
GMC - PTUs
4. Inclement Weather: Uniform will remain the same. Use of a civilian coat is authorized if temperatures reach the red on the Wind Chill Index Chart. In the event of inclement weather during PT, all activities will be moved indoors. The standardized website that all cadets should check concerning Columbia weather is:
<http://agebb.missouri.edu/weather/realtime/mizzou.asp>
5. ORM Concerns:
 - a. Cadets should check the following website concerning Missouri road conditions during inclement weather:
<http://maps.modot.mo.gov/travelerinformation/TravelerInformation.aspx>
 - b. All cadets should eat lunch prior to attending Lead Lab.
 - c. Use caution while transiting to and from Columbia College.
 - d. Wait for further instructions on where to park your vehicles.
 - e. Carpooling is completely necessary!
6. LLAB Execution:
 - a. The following schedule of events will be used:

Class	Activity	Location	Time	LLAB Objective	Office of Primary Responsibility	Cadre
POC	POC Work Time	Cadet Office	1300-1400	28	C/Swartz	
ALL	CW/CC Comments	Columbia College	1400-1410	29	C/Swartz	Capt Anderson
All	Drill & Ceremonies	Columbia College	1410-1500	5,13	C/Wetzel	Capt Anderson
ALL	GLP	Columbia College	1500-1600	19	C/Johnson	Capt Anderson

7. Physical Fitness Training (PT): Tuesday: 1630-1730, Thursday: 0600-0700, Friday: 0600-0700.


a. The following PT schedule will be used for the week:

Day	Workout	Time	Location	Safety Observer
Tuesday 1630-1730	Stretch/Warm-Up	10 min.	Columbia College	Primary: Lt Col Doherty Alternate: Capt Anderson
	Push-ups Sit-Ups Side Crunch Body Builders Mt. Climbers Arm Circles	25 min.		
	Personal Run	20 min.		
	Stretch	5 min.		
	Stretch/Warm-Up	10 min.		
Thursday 0600-0700	Diamond Pushups Side Crunches Scissor Kicks Pushups 6 Inch Hold	25 min.	Stankowski/ SRC	Primary: Capt Provolt Alternate: Mr. Unger
	Personal Run	20 min.		
	Stretch	5 min.		
	Stretch/Warm-Up	10 min.		
	Stretch/Warm-Up	10 min.		
Friday 0600-0700	Squats Push-ups Sit-ups 6 inch hold Diamond Pushups	25 min.	Stankowski/ SRC	Primary: Maj Dennison Alternate: SSgt Kanoy
	Personal Run	20 min.		
	Stretch	5 min.		
	Stretch/Warm-Up	10 min.		
	Stretch/Warm-Up	10 min.		

8. Non-Practical Military Training:

NOTE: Please watch your email for changes daily.


AUTHORIZATION: AFROTCI 36-2017


ALICIA M. SWARTZ, C/Col, AFROTC
Commander, 440th Cadet Wing

1st Ind, COC, PMT Operations Order 5

TO: 440 AFROTC Cadet Wing/CC

Approved ~~Disapproved~~


ANTHONY W. ANDERSON, Capt, USAF
Commandant of Cadets, AFROTC DET 440