



DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

11 March 2010

Practical Military Training (PMT) Operations Order 22B (Valid 14 Mar – 20 Mar)

1. Situation: There is no scheduled Leadership Lab on 16 March 2010; however MU POC will be having an extended POC work-time.
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 – SSB
GMC – SSB/PCA
4. Inclement Weather: Uniform will remain the same. 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>
 1. All UCM cadets should use extreme caution while traveling during Spring Break
 2. All MU cadets should use caution traveling to and from PT throughout the week
 - b. See PT ORM. All Cadets should hydrate throughout the day. All Cadets should bring water to PT. Cadets should not skip lunch on Tuesday.
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	1300-1500	28	C/Swartz	Capt Anderson

7. Physical Fitness Training (PT): Tuesday: 1530-1630, Thursday: 0600-0700, Friday: 0600-0700.

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

Day	Workout	Time	Location	Safety Observer
Tuesday 1530-1630	Stretch/Warm Up	10 min.	Stankowski Field or SRC	Primary: Capt Anderson Alternate: Lt Col Doherty
	Push-Ups Bicycles Sit-Ups Lunges Military Push-Ups Mason Twists	25 min.		
	Personal Run	20 min.		
	Personal Stretch	5 min.		
	Stretch/Warm Up	10 min.		
Thursday 0600-0700	Stretch/Warm Up	10 min.	Stankowski Field or SRC	Primary: Mr. Unger Alternate: Capt Provolt
	Push-Ups Body Builders Squats Sit-Ups Military Push-Ups Mountain Climbers	25 min.		
	Personal Run	20 min.		
	Personal Stretch	5 min.		
	Stretch/Warm Up	10 min.		
Friday 0600-0700	Stretch/Warm Up	10 min.	Stankowski Field or SRC	Primary: Maj Dennison Alternate: SSgt Kanoy
	Body Builders Mountain Climbers Wall Sit Squats Military Push-Ups Push-Ups Sit-Ups	25 min.		
	Personal Run	20 min.		
	Personal Stretch	5 min.		
	Stretch/Warm Up	10 min.		

8. Non-Practical Military Training: TGIF Sports- Friday, 1500 at Stankowski Field or SRC.
AAS Envelope Stuffing will take place in Crowder Hall at 1630 on Tuesday.
AS 300 and 400 classes will take place at 1700 on Tuesday.

NOTE: Please watch your email for changes daily.

AUTHORIZATION: AFROTCI 36-2017



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1st Ind, COC, PMT Operations Order 22B

TO: 440 AFROTC Cadet Wing/CC

Approved Disapproved



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