



DEPARTMENT OF THE AIR FORCE
AIR UNIVERSITY (AETC)

23 Apr 2010

Practical Military Training (PMT) Operations Order 27 (Valid 25 Apr – 1 May)

1. Situation: Leadership Lab 27 will meet Tuesday, 27 Apr 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—LSB's
GMC—LSB's/PCA
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>
 1. All cadets should bring a water bottle and be hydrating throughout the day.
 2. All cadets should use caution when driving to LLab
 - b. See PT ORM. All Cadets should hydrate throughout the day. All Cadets should bring water to PT.
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	Crowder	1300-1400	28	C/Swartz	Capt Anderson
ALL	Awards Ceremony	Nursing S255	1400-1450	27	C/Flach	All
ALL	Commander's Call	Nursing S255	1450-1520	32	C/Swartz	All
ALL	CW/CC Comments	Nursing S255	1520-1530	29	C/Swartz	Capt Anderson
ALL	Squadron Time/Final Evals	Nursing S255	1530-1545	21	C/Jones	Capt Anderson
ALL	Change of Command	Nursing S255	1545-1600	2,4,9,23	C/Swartz	Lt Col Doherty 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.	Stankowski/SRC	Primary: Capt Anderson Alternate: Lt Col Doherty
	Mt. Climbers Mason Twists Body Builders Push-ups Flutter Kicks Side Straddle Hops Sit-ups	25 min.		
	Personal Run	20 min.		
	Personal Stretch	10 min.		
	Stretch/Warm-Up	10 min.		
Thursday 0600-0700	Mason Twists Lunges Body Builders Squats Push-ups Sit-ups Scissor Kicks	25 min.	Stankowski/SRC	Primary: Capt Provolt Alternate: Lt Col Doherty
	Personal Run	20 min		
	Stretch	5 min.		
	Stretch/Warm-Up	10 min.		
	Push-ups Mason Twists Diamonds Crunches Body Builders Scissors Lunges	25 min.		
Friday 0600-0700	Personal Run	20 min.	Stankowski/SRC	Primary: Maj Dennison Alternate: SSgt Kanoy
	Stretch	5 min.		
	Stretch/Warm-Up	10 min.		

8. Non-Practical Military Training:

a. TGIF Sports Friday 1500

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 27

TO: 440 AFROTC Cadet Wing/CC

Approved Disapproved


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