

# Course Overview: AF JROTC 100

Content Area:

Course(s):

Time Period:

**Year**

Length:

**180**

Status:

**Published**

## Summary

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### **Aerospace Science 100: Milestones in Aviation History 2<sup>nd</sup> Ed.**

This is the recommended first AS course for all new cadets. It is an aviation history course focusing on the development of flight throughout the centuries. It starts with ancient civilizations and flight, then progresses through time to future developments in aerospace, with an introduction into cyber technologies. The intent of this textbook is to bring alive the significant discoveries in flight a reality. This book tells the story of why we are so proud of our Air Force heritage — laying the foundation for future Air Force JROTC aerospace science courses. Throughout the course 21<sup>st</sup>-century learning is adopted with readings, video clips, hands-on learner centered activities, and chapter project-based learning opportunities.

**The Course Outcomes are:**

1. Describe historical facts and impacts of the early attempts of heavier-than-air flight.
2. Analyze the impact World War I aviation had on commercial aviation.
3. Examine the role aerial bombing had on the outcome of World War II.
4. Investigate the impact commercial jet aviation has had on US travel.
5. Analyze the lessons learned from global use of US airpower.
6. Evaluate developing technology that will affect the US Air Force of the future.

#### *Aerospace Science: Milestones in Aviation History 2<sup>nd</sup> Ed.*

Chapter	Content	Recommended Hours
Chapter 1	Exploring Flight	12
Chapter 2	Developing Flight	12
Chapter 3	The Evolution of the Early Air Force	12
Chapter 4	Commercial and General Aviation Take Off	12
Chapter 5	The US Air Force is Born	12
Chapter 6	The Modern Air Force	12

## **Leadership Education 100: Traditions, Wellness, and Foundations of Citizenship**

**This textbook is currently under revision.**

LE 100 is a component of JROTC leadership education. It is intended for students who are entering the AFJROTC program and beginning their high school studies. It introduces cadets to history, organization, mission, traditions, goals, and objectives of JROTC for all services. It also introduces key military customs and courtesies, describes how to project a positive attitude, and examines the principles of ethical and moral behavior. It provides strategies for effective notetaking and study skills for academic success. Lessons cover how to be emotionally, mentally, and physically healthy. Avoiding and preventing violence in today's society is also covered. Recognizing types of bullying and how to advocate for prevention of this type of behavior. It covers healthy living, physical fitness, and how to make safe, drug-free, and responsible decisions. This textbook also examines the negative effects of air and water pollution, and how to help keep the environment safe. Cadets will be introduced to civics and our national government, including a historical understanding of the American flag and other important national symbols. The final chapter covers how the US Constitution protects our rights and freedoms as American citizens.

### **Course Outcomes:**

1. Analyze the heritage, organization, and tradition of service programs.
2. Analyze the benefits of positive personal behavior.
3. Evaluate healthy living through physical activity and good nutrition.
4. Apply safe, drug-free decisions.
5. Analyze the importance of citizenship in the United States.

### ***Leadership Education 100: Traditions, Wellness, and Foundations of Citizenship***

<b>Chapter</b>	<b>Course</b>	<b>Recommended Hours</b>
Chapter 1	Introduction to JROTC Programs	8.0
Chapter 2	Personal Behavior	8.0
Chapter 3	Be Health Smart	8.0
Chapter 4	Making Safe, Drug-Free Decisions	8.0
Chapter 5	The Foundations of United States Citizenship	8.0

## **Drill and Ceremonies: Drill Curriculum (Cumulative)**

The Drill and Ceremonies manual is used to teach the Drill Curriculum (Cumulative) course by providing an in-depth introduction to drill and ceremonies. The course concentrates on the elements of military drill, and describes individual and group precision movements, procedures for saluting, drill, ceremonies, reviews, parades, and development of the command voice. Cadets are provided with detailed instruction on ceremonial performances and protocol for civilian and military events and have the opportunity to learn drill. Though each class will follow an established lesson plan, most of the work is to be hands-on. Instructors are provided DAF Pamphlet 34-1203 to teach the Drill and Ceremonies course and may download the latest version from Air Force e-pubs website (<https://www.e-publishing.af.mil/>). In addition, instructors may order the Army Field Manual 3-21.5 and the Interservice Cross-Index Drill Manual to supplement the teaching of Drill and Ceremonies.

### **The course objectives:**

After successfully completing *DAF Pamphlet 34-1203: Drill and Ceremonies*, the student will:

1. Know the importance of drill and ceremonies.
2. Know basic commands and characteristics of the command voice.
3. Apply and execute the concepts and principles of basic drill positions and movements.
4. Know when and how to salute.
5. Apply the principles and procedures of drill movements used with smaller units to the movement of a squadron.
6. Know the function of the group and the wing.
7. Know how groups and wings are formed.
8. Know the purpose and definition of ceremonies and parades.

## WELLNESS PROGRAM

Wellness is an official and integral part of the Air and Space Force Junior ROTC program. Wellness curriculum is instrumental in developing citizens of character dedicated to serving our nation and communities. The program is provided as a tool to help develop individualized fitness programs for your cadets. Cadets will be given the opportunity to put into practice the wellness concepts that are taught in Leadership Education 100. Instructors are encouraged to include team sports to keep the Wellness Program fun and motivating. Team sports also provide cadets with the opportunity to develop leadership skills and build esprit de corps. Instructors are also encouraged to utilize sites, such as the following, to help develop lesson plans and fitness activities:

The Wellness Program provides a list of 19 exercises with examples that may be utilized in a 36-week program modifiable to help provide variety and meet individual and district/state goals. Instructors should utilize fitness programs that best fit the requirements within their district/county/state. HQ AFJROTC offers suggested fitness programs that will assist instructors with developing a comprehensive fitness program. Cadet fitness improvement is rewarded by earning the Health and Wellness Ribbon.

**The course objective for the Wellness Program is to:**

Motivate JROTC cadets to adopt active, healthy lifestyles beyond program requirements and into their adult lives.

**The goals of the Wellness Program are to:**

1. Create an individualized fitness program based on national standards by age and gender.
2. Identify areas of improvement for each cadet and provide guidance for improvement.
3. Incorporate a physical fitness and wellness education program to reach fitness goals.

**Air Force JROTC Fitness Challenge**

Regular physical activity in adolescents promotes health and fitness. Compared to those who are inactive, physically active youth have higher levels of cardiorespiratory fitness and stronger muscles. Their bones are stronger, and they may have reduced symptoms of anxiety and depression. Youth who are regularly active also have a better chance of a healthy adulthood. They also typically have a lower Body Mass Index (BMI). Higher BMIs increase the risk for certain diseases such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers may develop. Adolescents don't usually develop chronic diseases; however, risk factors for these diseases can begin to develop early in life. Regular physical activity makes it less likely risk factors will develop and more likely that adolescents will remain healthy as adults.

