

Course Overview: AF JROTC 400

Content Area:

Course(s):

Time Period: **Year**

Length: **180**

Status: **Published**

Summary

Aerospace Science 400: Management of the Cadet Corps

The cadets should be in a leadership position, managing cadet corps programs by their fourth year in the AFJROTC program. Not every leadership position needs to be held by fourth year cadets and AS 400 is intended for 4th year cadets who hold corps management positions.

However, if necessary due to a low number of 4th year cadets, 3rd year cadets may be placed in corps management positions and enrolled in AS 400. AS 400 is not intended for cadets who do not hold corps management/leadership positions and instructors should ensure only those cadets holding corps management/leadership positions are enrolled in the course. This hands-on experience affords cadets the opportunity to put theories of previous leadership courses into practice. Planning, organizing, coordinating, directing, controlling, and decision-making will be done by cadets. They will put into practice their communication, decision-making, personal interaction, managerial, and organizational skills. Instructors should keep in mind that since there is no textbook for this course, the course syllabus will be structured so that cadets achieve course objectives by completing corps management activities.

The course objectives are:

1. Apply theories and techniques learned in previous leadership courses.
2. Analyze how to develop leadership and management competency through participation.
3. Analyze strengthened organizational skills through active incorporation.
4. Evaluate how to develop confidence in ability by exercising decision-making skills.
5. Evaluate Air Force standards, discipline, and conduct.

Aerospace Science: Management of the Cadet

Unit	Course	Recommended
400a	Management of the Corps	18
400b	Management of the Corps	18
400c	Management of the Corps	18
400d	Management of the Corps	18

Leadership Education 400: Fundamentals of Management

Leadership Education 400: Fundamentals of Management is a customized course designed for the fourth-year Junior Reserve Officers' Training Corps (JROTC) cadet. Its aim is to provide cadets with an introduction to basic management concepts and skills, especially as they relate to managing in a JROTC unit. Along the way cadets will learn some of the history of management studies and encounter elements of more-recent management research.

Each lesson includes a "Quick Write" reading and writing activity related to the lesson, a "Learn About" that tells cadets what they will learn from the lesson, and a list of vocabulary words. "Management Tips" and "Ethical Compass" boxes in the margins contain useful related information, while occasional "Tech Tips" point out how to use technology to your benefit as a manager. Each lesson closes with a "Checkpoints Lesson Review" that will allow cadets to review what they have learned. At the end of the "Checkpoints" is an "Applying Your Learning" section with a discussion question that will provide cadets with an opportunity to apply what they have learned. This provides another way to reinforce understanding of the lesson's content. The text includes eight chapters.

Course Outcomes:

1. Analyze management and its application to JROTC.
2. Analyze the elements of project management.
3. Evaluate the importance of formal planning within an organization.
4. Analyze decision-making within an organization.
5. Evaluate time management and change management within an organization.
6. Analyze concerns managers must consider in managing individuals and groups.
7. Analyze the factors that make work teams productive.
8. Evaluate the interpersonal skills of delegating, negotiating, and mentoring.

Leadership Education 400: Fundamentals of Management

Chapter	Content	Recommended Hours
Chapter 1	An Introduction to Management	5
Chapter 2	Project Management	5
Chapter 3	Planning: Laying the Foundation	5
Chapter 4	Decision Making: Choosing Wisely	5
Chapter 5	Organizing: Managing Time and Change	5
Chapter 6	Leading: Managing Individual and Group Behavior	5
Chapter 7	Understanding Work Teams	5
Chapter 8	Interpersonal Skills	5

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.

