



15 July 2015

AFROTC Cadet Candidate,

Congratulations on your decision to join the Air Force Reserve Officer Training Corps (AFROTC) program at the University of Alaska Anchorage. You are about to embark on a new and challenging opportunity as you earn your undergraduate degree and prepare for a rewarding career as a second lieutenant in the world's greatest Air Force!

Each semester, AFROTC Detachment 001 offers a New Student Orientation Program (NSOP) for all new cadets. NSOP will include a program overview, a presentation of scholarship opportunities, initial in-processing actions and a height/weight check.

For the Fall 2015 semester, NSOP will be held on Friday, August 21st from 9:00am to 1:00pm in UAA's Aviation Center located at 2811 Merrill Field Drive in Anchorage. You will need to bring the **originals** of both a birth/naturalization certificate and a social security card. You will need to complete a Pre-Participatory Sports Physical (attachment 3) with your primary physician or the UAA school nurse to ensure you are physically able to participate in our program. **Please call or email uaa_rotc@uaa.alaska.edu with your RSVP no later than August 14, 2015.**

Again, congratulations on your decision to pursue a career in the United States Air Force. Most of your questions will be answered during NSOP, but please feel free to contact us at 907-786-7266. I look forward to meeting you this semester!

A handwritten signature in black ink that reads 'MRB'.

MATTHEW R. BEER, Lt Col, USAF
Commander, AFROTC Detachment 001
Professor of Aerospace Studies

Attachments:

1. NSOP Agenda
2. List of documents to bring to NSOP
3. Pre-Participatory Sports Physical



U.S. AIR FORCE

(Tentative)

New Student Orientation Friday, 21 August 2015



- 0900 Registration (Entryway)**
- 0930 Welcome & Introductions (Auditorium)**
- 0940 AFROTC Program Overview (Auditorium)**
- 1015 Break**
- 1030 Student Inprocessing (Rm Auditorium)**
- 1200 Close Orientation**
- 1215 Lunch/Reception**

Bring the following documents with you to NSOP:

Proof of Citizenship (as applicable)

Original State certified birth certificate with raised seal

Original Naturalization Certificate

Adoption Papers

Social Security Card (original)

Driver's License/State Identification

Selective Service card (males only)

Official ACT/SAT scores

Previous College transcripts (if applicable)

JROTC Certificate of Completion

Civil Air Patrol Awards (if applicable)

Eagle Scout/Gold Palm card (if applicable)

Documentation of involvement with military authorities or law enforcement
(traffic citations, court dispositions, records of arrest or confinement etc.)

Pre-participatory Sports Physical

AIR FORCE ROTC PRE-PARTICIPATORY SPORTS PHYSICAL

1. CADET/APPLICANT NAME	2. AFROTC DETACHMENT Det 001
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MEDICAL AUTHORITY: Measure height and weight of cadet/applicant. Compare results to AF standards listed on reverse, check block 7 and certify as requested below.

AFROTC CADRE: If cadet/applicant exceeds AF weight standards, conduct a Body Fat Measurement IAW DoDI 1308.3.

3. CADET/APPLICANT MEASUREMENTS	HEIGHT	WEIGHT
4. AIR FORCE WEIGHT STANDARDS (found on reverse)	MINIMUM	MAXIMUM
5. BODY FAT MEASUREMENT	6. BODY FAT STANDARDS: FEMALE - 28% MALE - 20%	
7. CHECK APPLICABLE BOX	<input type="checkbox"/> IS WITHIN AIR FORCE WEIGHT STANDARDS <input type="checkbox"/> EXCEEDS AIR FORCE WEIGHT STANDARDS <input type="checkbox"/> IS BELOW AIR FORCE WEIGHT STANDARDS	

8 MEDICAL AUTHORITY: PLEASE REVIEW THE ABOVE INFORMATION. CONDUCT COUNSELING BELOW IN APPLICABLE AREAS, AND SIGN.

I, (print name) _____, HAVE EXAMINED THIS CADET/APPLICANT AND REVIEWED HIS/HER MEDICAL HISTORY. THE FOLLOWING ARE THE RESULTS:

9 (IF CADET/APPLICANT IS BELOW AIR FORCE WEIGHT STANDARDS)
 I CERTIFY THIS CADET/APPLICANT'S LEAN BODY MASS POSES NO HEALTH RISK; NO SIGNS OF EATING DISORDERS EXIST. I HAVE DISCUSSED THE IMPORTANCE OF NUTRITION AND WEIGHT MANAGEMENT. _____ (Medical Authority Initials)

10. (IF CADET/APPLICANT EXCEEDS AIR FORCE WEIGHT STANDARDS)
 I HAVE DISCUSSED APPROPRIATE AND SAFE WEIGHT LOSS WITH THE CADET/APPLICANT. _____ (Medical Authority Initials)

11. (FOR ALL CADETS/APPLICANTS)
 I **DID / DID NOT** (please circle) FIND MEDICAL CONDITION(S) OR PHYSICAL IMPAIRMENT(S) THAT WOULD PRECLUDE THIS CADET/APPLICANT FROM PARTICIPATING IN A RIGOROUS PHYSICAL TRAINING PROGRAM. IF A MEDICAL CONDITION/PHYSICAL IMPAIRMENT EXISTS THAT MAY PRECLUDE THE INDIVIDUAL FROM PARTICIPATING, PLEASE EXPLAIN:

EXAMINATION DATE	PHYSICIAN OR MEDICAL AUTHORITY SIGNATURE

AFROTC CADRE: A DISQUALIFIED DODMERB OR MEPS PHYSICAL SUPERSEDES THIS FORM. A CADET MAY NOT PARTICPATE IN THE AFROTC PHYSICAL TRAINING PROGRAM IF THEY HAVE A DISQUALIFIED DODMERB OR MEPS PHYSICAL.

DATE	AFROTC CADRE SIGNATURE

ACCESSION HEIGHT AND WEIGHT STANDARDS & BODY FAT MEASUREMENT (BFM) STANDARDS
 (Per AFRSI 36-2001, *Recruiting Procedures for the Air Force*)

HEIGHT (INCHES)	POUNDS	
	MINIMUM (BMI = 19 kg/m)	MAXIMUM (BMI = 27.5 kg/m)
58	91	131
59	94	135
60	97	141
61	100	145
62	104	150
63	107	155
64	110	160
65	114	165
66	117	170
67	121	175
68	125	180
69	128	186
70	132	191
71	136	197
72	140	202
73	144	208
74	148	214
75	152	220
76	156	225
77	160	231
78	164	237
79	168	244
80	173	250

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