We are proud to welcome the family and friends of the Class of 2023 to Plebe Parent Weekend. The demonstrations you will see today highlight some of the events from the Physical Program that cadets experience at USMA.

The Physical Program curriculum challenges cadets to achieve high standards of physical strength, agility, speed, and endurance to meet the demands encountered in military service. Cadets attain these results through participation in a comprehensive program of formal physical education, involvement in competitive sports, and fitness testing. Formal physical education includes instruction in Aquatics, Boxing, Combatives and Military Movement. In addition, cadets must successfully complete two cognitive courses, Fundamentals of Personal Fitness and Army Fitness Development, as well as participate in at least one Lifetime Physical Activity course. Evaluations are frequent, standards are high, and testing is physically demanding.

"Freedom is Not Free"-2023
DPE VISION

The Department of Physical Education creates a cadet-centered educational environment that provides a militarily-relevant and scientifically-based physical development program which instills a warrior ethos of physical and mental superiority.

DPE MISSION

The Department of Physical Education develops warrior leaders of character who are physically fit and mentally tough by engaging cadets in activities that promote and enhance physical excellence.

STATIC DISPLAYS

Static displays and information on the cognitive courses will take place continuously from 4:30—6:00 p.m. at the following locations:

Members of the Kinesiology Major will be offering physical testing on the first floor level.

Competitive Sports, Company Athletics & Brigade Opens

Cognitive & Lifetime Physical Activity Courses

Cadet Summer Training (DMI)

Rock Climbing

Competitive Sports Hallway, 1st Floor

Main Foyer, 1st Floor

Main Foyer, 2nd Floor

Class of '79 Climbing Wall, 3rd & 4th Floors
Spectators are invited to rotate to event sites to observe course demonstrations.

<table>
<thead>
<tr>
<th>Demonstration #1</th>
<th>Demonstration #2</th>
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<tbody>
<tr>
<td>Survival Swimming</td>
<td>4:35-4:55 p.m.</td>
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<tr>
<td>Military Movement</td>
<td>5:05-5:25 p.m.</td>
</tr>
<tr>
<td>Boxing</td>
<td>4:35-4:55 p.m.</td>
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</tbody>
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Locations:
- Survival Swimming: Basement Level (Combat Water Survival Swim Lab)
- Military Movement: 2\textsuperscript{nd} Floor Hayes Movement Lab
- Boxing: 2\textsuperscript{nd} Floor Gymnasium

Set the Standard...
Maintain the Standard
WHO WE ARE

The Department of Physical Education faculty is a wonderfully diverse blend of professional civilian and military educators whose expertise includes the following disciplines:

- Biomechanics
- Curriculum Development
- Exercise Physiology
- Exercise Psychology
- Individual Sports/Coaching
- Instructional Leadership
- Kinesiology
- Measurement & Evaluation
- Motor Learning & Control
- Nutrition
- Pedagogy
- Sports Medicine

PRESENTED BY THE CLASS OF 2023 and the DEPARTMENT OF PHYSICAL EDUCATION

COL Nicholas Gist, Master of the Sword
COL Colonel Julia Wilson, Deputy Director
MAJ Robert Squier, Executive Officer
Dr. Jeffrey Coelho, Director of Instruction
Mr. Tim Goetz, Course Director, Military Movement
Mr. John McVan, Course Director, Aquatics
Dr. Ray Barone, Course Director, Boxing
Mr. Matthew Larsen, Course Director, Combatives
Dr. Dan Jaffe, Course Director, Fundamentals of Personal Fitness
MAJ Michael Fortune, Course Director, Army Fitness Development
Dr. Jesse Germain, Director of the Kinesiology Major