**United States Military Academy West Point**

**Physical Program Functions**

**Fourth Class**
- Fundamentals of Personal Fitness
- Boxing

**Third Class**
- Military Movement (includes IOCT)
- Survival Swimming
- Kinesiology Academic Major (14-16 Cadets per USMA Class)

**Second Class**
- Army Fitness Development
- Combat Applications

**First Class**
- Lifetime Physical Activity

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**Program Learning Outcome 4**

"Pursuit of Excellence"

4a. Plan, prepare, execute, assess, and improve

4b. Live honorably and develop effective teams

4c. Demonstrate resiliency and courage

Leaders of character who are physically fit and mentally tough

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**Fitness Testing**
- Indoor Obstacle Course Test (IOCT)
- Army Combat Fitness Test (ACFT)

**Competitive Sports**
- "Every Cadet An Athlete"
  - Company Athletics
  - Competitive Club Athletics
  - Corps Squad Athletics

**Cadet Summer Training**
- PRT & Physical Education
- Obstacle Courses
- PRT Leadership
- Foot Marches and Combatives
- Individual Advanced Development (IAD) – Enrichment Opportunities

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*Other than PE109, all courses are taught across half of a semester*