

# AFJROTC CURRICULUM

## FOUR-YEAR PROGRAM

The AFJROTC program is a 3- or 4-year program for high school students. The fourth year is available in schools that have ninth through twelfth grade. Each year is divided into three categories: Aerospace Science (AS), Leadership Education (LE) and Wellness.

### AEROSPACE SCIENCE

#### AS-100: A Journey Into Aviation History

- **Unit One:** Imagining Flight
- **Unit Two:** Exploring Flight
- **Unit Three:** Developing Flight
- **Unit Four:** Extending Flight

#### AS-210: The Science of Flight

- **Unit One:** The Aerospace Environment
- **Unit Two:** Human Requirements of Flight
- **Unit Three:** Principles of Aircraft Flight
- **Unit Four:** Principles of Navigation

#### AS-220: Cultural Studies: An Introduction to Global Awareness

- **Chapter One:** The Middle East
- **Chapter Two:** Asia
- **Chapter Three:** Africa
- **Chapter Four:** Russia
- **Chapter Five:** Latin America
- **Chapter Six:** Europe

#### \*AS-300: The Exploration of Space (2005 Edition)

- **Unit One:** Introduction to Space Exploration
- **Unit Two:** Orbits and Trajectories
- **Unit Three:** Spacecraft and Launch Vehicles
- **Unit Four:** Mission Operations & Mgmt.

#### \*AS-310: Introduction to Astronomy

- **Chapter One:** History of Astronomy
- **Chapter Two:** The Earth
- **Chapter Three:** The Moon
- **Chapter Four:** Survey of the Solar System
- **Chapter Five:** The Terrestrial Planets
- **Chapter Six:** The Outer Planets

#### AS-300: Exploring Space: The High Frontier (Replacing the 2005 edition of AS 300)

- **Unit One:** The Space Environment
- **Unit Two:** Exploring Space
- **Unit Three:** Manned and Unmanned Spaceflight
- **Unit Four:** Space Technology

#### AS-400: Management of the Cadet Corps

#### AS-410: Survival

- **Unit One:** The Elements of Surviving
- **Unit Two:** Personal Protection
- **Unit Three:** Necessities to Maintain Life
- **Unit Four:** Orientation and Traveling

#### \*AS-430: Policy and Organization

- **Chapter One:** National Security
- **Chapter Two:** Military History Perspective
- **Chapter Three:** Defense Structure of the US
- **Chapter Four:** United States Air Force
- **Chapter Five:** Air Force Issues

#### \*AS-440: Aerospace Science: Laboratory Manual

- **Section I:** AS: The Science of Flight
- **Section II:** AS: The Exploration of Space

#### AS-500: Aviation Honors Ground School

\*NOTE: These courses are authorized to be taught, but are no longer supported by Holm Center/CR. Effective Fall of 2012, these courses will no longer be authorized.

# LEADERSHIP EDUCATION

## LE 100: Citizenship, Character, and Air Force Tradition

- Unit One: Heritage, Organization, & Traditions
- Unit Two: Individual Self-Control
- Unit Three: Wellness and Fitness
- Unit Four: Citizenship in the United States

## LE 200: Communication, Awareness, and Leadership

- Unit One: Learning, Communication, and Personal Development
- Unit Two: Building Personal Awareness
- Unit Three: Understanding Groups and Teams
- Unit Four: Preparing for Leadership

## LE 300: Life Skills and Career Opportunities

- Unit One: Mapping Your Future
- Unit Two: Charting Your Financial Course
- Unit Three: Aiming Toward a College Degree
- Unit Four: Pursuing a Career

## LE 400: Principles of Management

- Unit One: Introduction to Management
- Unit Two: Planning
- Unit Three: Organizing
- Unit Four: Leading

## LE 500: Drill and Ceremonies

- Chapter One: Intro. to Drill and Ceremonies
- Chapter Two: Commands and the Command Voice
- Chapter Three: Individual Instruction
- Chapter Four: Drill of the Flight
- Chapter Five: Drill of the Squadron
- Chapter Six: Group and Wing Formations
- Chapter Seven: Ceremonies

# WELLNESS

## Wellness Program:

The 19 exercises are:

- V-Sit Reach
- Bent-Knee Push-ups
- Feet Elevated Push-ups
- Hindu Push-ups
- Plank
- Left Arm and Right Arm Planks
- Sit-Ups
- Extended Side Push-ups
- Flutter Kicks
- Push-ups
- Lunges
- Arm Extended Lunges
- Reverse Extended Lunges
- Mountain Climbers
- Hindu Squats
- Body Builders
- Squat Leaps
- Side Lateral Jumps
- One-Mile Run

**NOTE: Descriptions for these exercises are located in CIMS.**

The Presidential Fitness Channel Website is:

<http://www.health.gov/paguidelines.www.presidentschallenge.org>

## 40%/40%/20% CURRICULUM MODEL

The model curriculum consists of 180 contact hours. Each academic credit must consist of Aerospace Science (AS), Leadership Education (LE) and Wellness components, except in the case of core or state mandated course credit classes. In schools where core or specific state required credit is awarded in an Aerospace Science discipline, 60% of any academic year can be Aerospace Science material with 40% Leadership Education, or 60% can be Leadership Education material and 40% Aerospace Science if the Leadership Education component justifies the credit. Units who do not teach core or state required course credit classes or for such units who teach some classes that do not warrant core or state mandated credit, classes must contain 40% AS, 40% LE and 20% Wellness. The below describes recommended contact time for science core or state required credit classes.

<b>Academic Studies</b>		<b>Leadership Studies</b>	
<u><i>Aerospace Science</i></u>	<u><i>Hours</i></u>	<u><i>Leadership Education</i></u>	<u><i>Hours</i></u>
<b>A Journey Into Aviation History</b>	72	<b>Citizenship, Character, and Air Force Tradition</b>	36
<b>The Science of Flight</b>	72		
<b>Cultural Studies: An Introduction to Global Awareness</b>	72	<b>Communication, Awareness, And Leadership</b>	36
<b>Exploring Space: The High Frontier</b>	72	<b>Life Skills and Career Opportunities</b>	36
<b>Management of the Cadet Corps</b>	72	<b>Principles of Management</b>	36
<b>Aviation Honors Ground School</b>	72	<b>Drill and Ceremonies</b>	36
<b>Survival</b>	72	<b>Wellness</b>	36

## 60%/40% CURRICULUM MODEL

The AFJROTC curriculum must consist of a *minimum* of 120 contact hours. The same combination of Aerospace Science, Leadership Education and Wellness percentages described above must be presented in the curriculum. Recommended course hours for core or state required credit classes are:

<b>Academic Studies</b>		<b>Leadership Studies</b>	
<u><i>Aerospace Science</i></u>	<u><i>Hrs</i></u>	<u><i>Leadership Education</i></u>	<u><i>Hrs</i></u>
A Journey Into Aviation History	108	Citizenship, Character, and Air Force Tradition	36
The Science of Flight	108		
Cultural Studies: An Introduction to Global Awareness	108	Communication, Awareness, And Leadership	36
Exploring Space: The High Frontier	108	Life Skills and Career Opportunities	36
Management of the Cadet Corps	108	Principles of Management	36
Aviation Honors Ground School	108	Drill and Ceremonies	36
Survival	108		