



# AIR FORCE ROTC DETACHMENT 290

*University of Kentucky*

*Lexington, KY*

Thank you for your interest in the United States Air Force Reserve Officer Training Corps (ROTC) at the University of Kentucky! This information packet will provide basic information about our requirements and what ROTC can offer you. Please contact us if you have any questions, we can be reached at (859) 257-7115 or at AFROTC@uky.edu.

Air Force ROTC is a college program offered at more than 1100 campuses across the country that prepares young men and women to commission and become officers (and leaders!) in the Air Force. You will grow as an individual both mentally and physically while developing lifelong friendships. It is an opportunity to acquire strong leadership skills that will benefit you as an Air Force officer and in corporate America. These are the same skills that will make you a better student and get the most from your college experience. ROTC may also be an opportunity to pay for school through scholarships. Also, unlike many college students, upon completing the program and receiving your commission, you will have a guaranteed job and career awaiting you after graduation at one of the top high-tech organizations in the world - the United States Air Force.



Our program typically starts in the first year of college and continues through to graduation. Another option is to join our three-year program, which is offered for those who have already completed one year of their undergraduate degree. In order to participate in Air Force ROTC, you must be enrolled as a full time student at a four-year university or selected cross-town school that offers the Air Force ROTC program. Currently, the University of Kentucky's AFROTC Detachment 290 has cross-town agreements with the following institutions:

- Eastern Kentucky University
- Transylvania University
- Georgetown College
- Asbury University
- Centre College
- Kentucky State University
- Bluegrass Community and Technical College
- Midway University

Although this provides a quick summary of the program, please take the time to explore the AFROTC website at <https://www.afrotc.com/about> for the most complete and up-to-date information.

## **Admission Requirements**

- Attend a college that offers AFROTC (full-time student status)
- Enroll in AFROTC electives
- Must maintain at least 2.0 GPA (2.5 if on scholarship)
- Be in good physical shape
- Have high moral character

## What financial incentives are available with AFROTC?

College is expensive, and AFROTC provides a number of ways to make it considerably less expensive for cadets who participate in the program. **You *do not* need to be on scholarship to participate in and complete AFROTC.**

### **High School Scholarship Program (HSSP)**

If you are a high school student graduating in 2022, you are eligible to apply for the High School Scholarship Program (HSSP) via [www.afrotc.com](http://www.afrotc.com) from 1 July 2021 - 13 January 2022. You must have your application submitted online before midnight 13 January 2022. Once you have applied, you must download, complete and upload required forms to the AFROTC website.

The most up-to-date information on the requirements for a high school scholarship can be found on the AFROTC website [here](#). Please check this website for the most accurate information pertaining to your scholarship application. At the time of preparing this information summary, the requirements for HSSP are:

- US Citizen
- Minimum 3.0 Cumulative GPA
- Minimum 26 ACT score (composite) OR 1240 SAT score
- Must attempt a physical fitness test (1.5 mile timed run, one minute timed pushups and one minute timed sit-ups...may be administered by high school coach or faculty member)
- In-person interview at local AFROTC detachment
- Must be at least 17 years old
- Must not have any full time college experience

If you meet these requirements, you are eligible to apply for the HSSP scholarship. The types of scholarships available are:

- **Type 1:** Pays full college tuition (to any school in the country with AFROTC program), most degree fees and \$900 per year for books. Approximately 5-10% of our four-year scholarship winners will be offered a Type 1 scholarship (mostly in technical fields). Technical fields that are related to careers in the Air Force that have a scientific basis such as engineering, chemistry and meteorology, and that the Air Force considers a need for its officers.
- **Type 2:** Pays college tuition and most degree fees up to \$18,000 (any school in the country with AFROTC program) and \$900 per year for books. Approximately 15% of our four-year scholarship winners will be offered a Type 2 scholarship. If a student attends an institution where the tuition exceeds \$18,000 per year, then he/she pays the difference. All three-year scholarships are Type 2.
- **Type 7:** Pays college tuition/fees for any ***in-state public*** school (with AFROTC) and \$900 per year for books. Most HSSP scholarship recipients receive a Type 7 scholarship. If a student receives a Type 7 offer but wishes to attend a college/university where they do not qualify for the in-state rate, the student may convert the four-year Type 7 scholarship to a three-year Type 2 scholarship. *You cannot activate a Type 7 scholarship at a non-qualifying school and pay the difference.*
- **Stipends:** Upon activation, all scholarship cadets receive a non-taxable monthly allowance (stipend) during the academic year. Currently, the monthly stipend is \$300 for freshmen, \$350 for sophomores, \$450 for juniors and \$500 for seniors.



**Additional Information regarding High School Scholarships:**

- AFROTC scholarships do not cover housing, parking, or meal plans.
- All high school scholarship recipients are authorized to have their travel expenses covered from their home to the Air Force ROTC detachment's college where the student enrolls.
- Three-year scholarship recipients will not begin to receive scholarship stipends or have their tuition and fees payments covered until the beginning of their sophomore year.

### In-College Scholarship Program (ICSP)

Those that were not awarded an HSSP scholarship, or cadets that join AFROTC as college freshman, may have up to two opportunities to compete for in-college scholarships. These opportunities come in the spring of their freshman/100-level term, and again in the fall as a sophomore/200-level cadet. We have one guaranteed Commander's Scholarship that can be awarded to a deserving cadet. Other nominated cadets will compete nationally for available scholarships. Scholarship availability will depend from term to term based on Headquarters AFROTC funding. Consideration for scholarships reviews the following: Commander's ranking in the cadet class, cumulative GPA, and physical fitness assessment scores. The types of ICSP scholarships available are:

- Type 1: uncapped tuition/fees
- Type 2: \$18,000/year tuition/fees

### Nursing

If you're interested in becoming a nurse, Air Force ROTC offers the Nursing Scholarship Program on a competitive basis to undergraduate sophomores and juniors. Applicants must be accepted to a nursing program at a college or university accredited by the National League for Nursing Accreditation Commission (NLNAC) or Commission on Collegiate Nursing Education (CCNE).

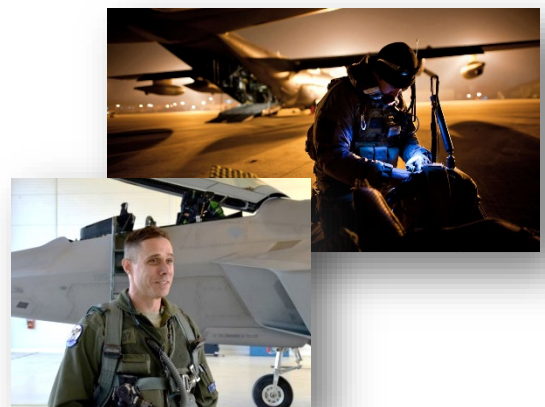
### Contract Stipends

Even if you never get a scholarship through AFROTC, Juniors and Seniors in our program are automatically given **\$5,400-\$6,000** per year just to participate in Air Force ROTC (through twelve monthly **\$450-\$500** tax-free payments for Juniors and Seniors, respectively). This can *dramatically* reduce the amount of student loans you need to take out to keep going in school.

- Note that the contract stipend is independent of the scholarship (i.e., students not on scholarship receive this stipend for their last two years of AFROTC), but if you have the scholarship then you already receive the stipend, so you do not receive both.

## That sounds great! What about after I'm done with school?

This is *crucial*, because so many students are just focused on college and do not really think about what will happen *after* college. If you are like most students, you do not have any concrete plans—and that is where things can get challenging after finishing college. Through Air Force ROTC, you are **guaranteed** a great job in an interesting career field upon completing our program, putting you well ahead of your peers who may very well be struggling to find traction in the workplace after school.





So while your peer group is working their way from the ground up at some company, doing an internship or pushing a mail cart, bored in corporate-land...

You can be loving life in an exciting Air Force officer career field like flying a \$330,000,000 F-22, working on cutting edge intelligence, or doing one of more than 35 other officer career fields in the greatest Air Force in the history of the world.

## What does an Air Force officer career look like, and what careers are available?

It varies a lot, but there are many available career fields to explore. With over 50 years of combined Air Force experience amongst them, our cadre will help you with career selection as you progress through our program. Check out [here](#) for a quick review of what Air Force officer career fields are available through AFROTC. If you are interested in being a pilot or flying, now is a great time to join the Air Force—we are staffing *lots* of pilot and other rated positions, so your odds of fulfilling your dream of flying are better now than ever. If you do not want to fly, there are *numerous* of non-rated (non-flying) jobs available, in everything from contracting and financial management to personnel/human resources to communications/cyberspace, logistics and intelligence. If you like the idea of having a lot of responsibility, being an Air Force officer is an awesome way to get there—you will be doing things and managing projects at age 24 and 25 that your friends in college would not even dream of!

All Air Force officer career fields will begin with a mid-level manager level of responsibility, then move up from there as you accrue education and professional experience in your particular career field. You will continuously be challenged to grow and improve, sharpening your skills with more and more responsibility as you go up in rank from Lieutenant to Captain to Major and beyond. Stay in for a full 20 or more years and retire with a pension, or leave after as few as four years with some amazing experiences under your belt that you will be able to carry forward into a civilian career of your choosing.

## What career fields make sense for my major?

No matter what you are studying, the Air Force has career fields that will be able to take advantage of the skills you are getting in college. Moreover, our ROTC training program will give you the leadership skills and confidence you need to be a successful officer in whatever field you ultimately serve in. After college, you will attend technical training through the Air Force that will teach you the specific job skills you will need to know in your career field. In terms of possibilities though, here are *some* options based on different majors (*click the career field to learn more*):

### BUSINESS / FINANCE / HUMAN RESOURCES / LIBERAL ARTS / ACQUISITIONS

- **Acquisition** –Help spend the Air Force’s \$156B budget, working with vendors to purchase equipment we need
- **Contracting** –Negotiate with outside vendors and manage multi-million dollar contracts and agreements
- **Force Support** –Lead the human resources component of the Air Force (performance evaluations, career development), manage lodging, fitness centers, and dining facilities
- **Financial Management** –Use management accounting to help Air Force leaders spend operational funds effectively



## ANY DEGREE / LIBERAL ARTS / MANAGEMENT

- **Airfield Operations** –Provide direct management of runways and airfields, helping Air Force bases run efficiently
- **Missile Operations** –Manage and operate the United States' arsenal of nuclear missiles—an incredible responsibility



## LANGUAGE / INT'L STUDIES / LIBERAL ARTS

- **Intelligence Officers** –Collect data, analyze it, and disseminate it to decision-makers so that they can effectively complete their missions



## COMPUTER SCIENCE / INFORMATICS / COMMUNICATIONS

- **Cyberspace** –Manage the Air Force's massive IT network and provide communications support
- **Public Affairs** –Serve as media representatives to the public, manage official websites and other media



## PHYSICS / ASTRONOMY / TECHNICAL

- **Space Operations** –Oversee spy satellites, satellite rocket launches and control space systems
- **Scientist** –Conduct cutting-edge research in the fields of mathematics, chemistry and physics
- **Weather** –Forecast atmospheric & space conditions



## LOGISTICS / SUPPLY CHAIN MANAGEMENT

- **Aircraft Maintenance** –Lead the massive teams of technicians who maintain our fleet of aircraft
- **Munitions Maintenance** – Manage personnel who maintain conventional and nuclear weapons
- **Logistics Readiness** – Prepare people and cargo for deployments, the rapid mobilization of resources



## CRIMINAL JUSTICE

- **Security Forces** –Lead the personnel who guard our facilities, enforce the law for everyone on base
- **OSI** –The Office of Special Investigations conducts investigations within the Air Force



## ENGINEERING / STEM

- **Civil Engineering** –Manage the personnel who maintain facilities on a base, providing their unique expertise to complex problems that require technical solutions; includes architecture, civil, electrical, mechanical, general, and environmental
- **Developmental Engineering** –Research and development into a number of sub-fields, including aeronautical, astronomical, computer, electrical, general, mechanical and human factors



## MEDICAL / BIOLOGY / NURSING

- **Nurse** –Provide direct care to military patients and their families in Air Force medical centers
- **Physician** –Work in military hospitals alongside nurses to provide direct medical support



## ANY DEGREE / INTEREST IN FLYING

- **Pilot** – Fly the most sophisticated aircraft in the world, including fighters and cargo/transport planes
- **CSO** –Combat Systems Officers fly with the pilot, providing navigation and weapon systems operation
- **ABM** – Air Battle Managers guide other planes in the air to safely engage the appropriate enemy targets
- **RPA** – Remotely Piloted Aircraft pilots fly drones—capable of conducting surveillance and striking targets anywhere in the world



## How much money do officers make on active duty? What benefits are offered?

Air Force officer pay is *extremely* competitive, and odds are good that you will be way ahead of your peers who graduate in your year group. Second Lieutenants right out of college graduate are making the equivalent of \$50,000 per year or more, and after just four years as a Captain you will be making at least \$85,000 at the ripe old age of 26. Pay goes up from there, with inflation-adjusted raises every year, significant raises with each promotion and seniority raises every 2 years. [This](#) table of *monthly* pay rates only includes basic pay, which is the only portion of your pay that will be taxed—or check out the inset table to see how your monthly and annual tax-equivalent pay steadily increases as you continue to serve:

Age	Rank	Monthly Total Pay	Annual Total Pay
22-23	2 <sup>nd</sup> Lieutenant	\$4,450	\$53,400
24	1 <sup>st</sup> Lieutenant	\$5,600	\$67,200
26	Captain	\$7,350	\$88,200
30	Captain	\$7,950	\$95,400
34	Major	\$9,600	\$115,200

*This table provides an **estimate** of what you would earn as an Air Force officer, both per month and year. It includes basic pay, a monthly subsistence allowance and the lowest amount you could receive for housing.*

- Besides monthly pay, you will also receive a **monthly housing stipend** that is tax-free (Basic Allowance for Housing, or “BAH”). This housing stipend varies by location (i.e., high-expense areas like New York and California have a higher monthly payout), but in general you can expect at least **\$1,000** extra per month to cover your housing and utilities, tax-free.
- You will also get a monthly tax-free stipend of **\$280** to cover food (Basic Allowance for Subsistence).
- There are additional bonuses and various payments based on other specific circumstances such as duty location and career field, but the above adds up to a sizeable paycheck—especially right out of college.
- You will also receive **free health care** while on active duty, as well as your direct dependents. There is *no copay or deductible*—you just go to the doctor and everything is taken care of. The value of this is tremendous...in the private sector, this type of health plan does not exist, with most employer-sponsored plans costing anywhere from \$3,000 - \$6,000 per year (or more!) for you and your family. They will also have doctor visit copays, deductibles and limits on coverage...but you will not have to worry about that in the Air Force.
- If you are interested in being a pilot, you should know that the Air Force is hiring a *lot* of pilots, so the odds of being an Air Force pilot are not as slim as you might think. Additionally, pilots may earn **huge** bonuses based on their service commitment—up to **\$420,000** in bonuses (yes, you read that right) for fighter pilots. That can pay off a *lot* of student loans rather quickly.
- Active duty Air Force officers receive **30 days of paid leave per year**. That is *in addition to* federal holidays (there are 11). Finding a civilian job where you can make this kind of money with this good of a work/life balance is, to put it lightly, extraordinarily difficult.
- You will have access to an unbelievable **retirement plan**...a matching 401k (up to 5%) *plus* a pension and retention bonuses. Work in an awesome career in the Air Force for 20 years and retire at the age of 42, then receive your annual pension of around **\$40,000** (or more) and start a second career... or leave earlier if you want and take your 401k balance with you to your new job.
- Air Force officers also get amazing **education benefits**. Want to go to graduate school? The Air Force’s tuition assistance program will cover 100% of your tuition and fees, up to **\$4,500** per year, for degrees up to and including Doctoral degrees. You will also eventually be eligible for the Post-9/11 GI Bill, which can really help supplement the cost of going back to school while on or after active duty...with benefits that even transfer to your kids, if you so choose. You can also explore options available through the [Air Force Institute of Technology](#).



*You can get a master’s degree for free (while receiving a salary!) through the Air Force via the Air Force Institute of Technology*

## What is it like living on or near an Air Force base?

One area where the Air Force truly distinguishes itself is in the quality of life on Air Force installations, which are located all over the world. There are bases across the United States, from Travis Air Force Base (AFB) outside of San Francisco to MacDill AFB in Tampa, Florida. There are some incredible travel and work opportunities available to Air Force officers after graduation. See the map below for examples of major Air Force installations within the US:



Around the world, there are Air Force bases everywhere from Aviano (Italy) to Ramstein (Germany), Kadena (Japan), Andersen (Guam) and plenty more—so if you have ever wanted to travel and live overseas, there are plenty of amazing opportunities in the Air Force to do just that. At the beginning of your senior year in ROTC, you identify (up to) the top six career fields you want to serve in, then the top locations you want to move to. From there, the Air Force will do the best it can to assign you based on where you would like to go, subject to the limitations of the needs of the Air Force (i.e., not everyone gets to go to Hawaii for their first duty assignment). From there, you will probably move every three or four years to a new base.



*One of our cadre members was recently stationed on Okinawa, Japan. This incredible view was just outside her front door! (Photo by 18th Force Support Squadron, Kadena Air Base, Japan)*



In terms of lifestyle, the Air Force spends a lot of money making its bases nice places to live and work, and more than any other branch, our bases have phenomenal resources to help you get the most out of your service— wherever you may be. Air Force [bases](#) are like small cities attached to an airport...they often have everything from their own schools and [housing](#) to [fire](#) and [police departments](#), [malls](#), convenience stores and more. From recreational facilities like [gyms](#), [bowling centers](#), [golf courses](#) and [swimming pools](#) to [recreation centers](#) and [hospitals](#), you can pretty much find anything you might need on base. If you doing fun things outside, you will love [MWR](#). Air Force bases even have [child care facilities](#) and [education centers](#).



*Dover AFB (Delaware) just got an \$11,000,000 fitness center upgrade. Fitness facilities at Air Force bases are free of charge to service members and their families.*

Being in the Air Force gives you the opportunity to take advantage of some amazing benefits on base, including the [base club](#), [commissary](#) (grocery store), [ticket center](#) and even clubs like [horseback riding](#), [kayaking](#) and [intramural sports](#). Air Force bases are just nice places to be...they are well-kept and maintained, with nice facilities and events that are often free of charge. There is virtually no crime, plenty of facilities for families and terrific opportunities to travel off-base to explore the local area...wherever in the world that may be for you. More than any other branch of the military, the Air Force highly values a good work-life balance, allowing you the opportunity to develop and grow in your career field while still maintaining a happy life at home.



Above is a picture of Randolph AFB in Texas—you can see here how the base is like a small city attached to an airport, with very nice, well-kept facilities and consistent architecture. The upper-right picture is an Air Force Base Exchange (BX), which is very much like a mall with a food court and other shopping areas attached. The picture on the bottom-right is actual base housing at Mountain Home AFB in Idaho. Air Force service members live in homes just like this one for free, or they can opt to live off-base and receive a tax-free Basic Allowance for Housing (BAH) payment to cover living expenses.

## Why should I attend the University of Kentucky?

According to *Business Insider*, [Lexington, KY was recently ranked as the 29<sup>th</sup> best place to live in the United States](#), [Livability.com's 36<sup>th</sup> on their top 100 places to live](#), and for a good reason. Here you have access to the amazing resources of a large college, a vibrant city culture, the small-town feel all on a [beautiful, historic campus](#). If you want to feel like you are going to school someplace special, the University of Kentucky has got you covered! Academically, UK is home to a long list of [nationally-ranked programs](#) to set you up for success.

UK boasts new, [state-of-the-art dorms and dining halls](#), a [recently renovated fitness center](#), and a [brand new student center full of amenities](#). From heavily-discounted cultural opportunities available at the [Blue Box Office](#), the [Music and Fine Arts Center](#), drama and [theater](#) and lots more—you can't possibly be bored here at UK. Moreover, [UK has over 500 student organizations](#) that you can participate in...exploring opportunities with everything from fencing and ballroom dancing to mountain biking, astronomy, board games, bowling and billiards, robotics, running, Greek life, and plenty more.



*The University of Kentucky provides that small town feel on a large campus, with many new facilities designed to enhance your student experience.*

And yes, you absolutely can do any of these things and Air Force ROTC at the same time. We've had varsity athlete cadets, fraternity and sorority members, club presidents, recreational sport athletes and everything in-between participate in their respective activities while also doing Air Force ROTC. AFROTC does take a lot of time and we ask our cadets to prioritize our events first, but we also want our cadets to be well-rounded individuals who pursue other hobbies outside of Air Force ROTC. You do not go to college to major in AFROTC—you go to college to get your education, find your identity, cultivate new skills and meet amazing new people. With ROTC, we'll train you to be a leader of character—the rest is up to you.



## What else is so great about AFROTC while I'm in school?

For starters, you will be working with a world-class group of cadets who are on a trajectory for success. Our students have an average GPA of 3.26, are self-starters and care about each other. With approximately 120 cadets in our detachment, we encourage a family-like atmosphere, and we take great care of each other. You can do fun volunteer projects, enjoy unit morale activities like escape rooms, campus events, represent AFROTC at UK athletics events, and participate in Arnold Air Society, our honorary fraternity, if you wish. Most importantly, the cadre here is interested in your personal and professional development. We work very hard setting up environments where our cadets can grow and succeed, fail and learn to do better next time.

You will receive real-world, practical experience managing projects, arranging meetings, setting deadlines, coordinating with other cadets, and conducting training operations in our program. These skills are invaluable and will help set you apart from other students whether you complete Air Force ROTC and join the Air Force, or just try us out for a semester or two.



*Our cadets participate in community service projects, campus programs and athletic events, food drives, animal shelter events, and many other opportunities around the Lexington, KY area!*

## What do I learn about in AFROTC? What is class like?

Our program is primarily designed to introduce you to what the military is like and give you an opportunity to “try before you buy.” Unlike with an enlisted recruiter (who wants you to sign up to go to Basic Training and be enlisted, which is a completely different career path than being an officer through Air Force ROTC), you can take AFROTC classes and see if the military is a good fit for you before committing to active duty and signing a contract. Topics in our freshman class include subjects like Air Force dress and appearance standards, military customs and courtesies, team building, Air Force benefits, principles of war, Air Force operations, Air Force core values, evolution of air power, human relations and more.

Subsequent years build on those subjects to include theory and applications of leadership, principles of management, understanding the US Constitution, advanced topics on followership and project management, counseling session practicums, critical thinking skills, Joint operations and much more.





*Leadership Lab activities range from marching to expeditionary leadership problems, military customs and courtesies, Field Training preparation, inspections, warrior knowledge tests and lots more.*

Class sizes vary, with no more than 25 cadets per class session. Our program emphasizes a lot of the following skill areas / competencies:

- **Leadership skills**—including strategic and tactical leadership, critical thinking under stress
- **Management skills**—including project management, standards enforcement, accountability, effective decision making
- **Performance and execution skills**—attention to detail, planning, personal responsibility
- **Communication skills**—public speaking (especially impromptu speaking) and professional writing
- **Human relations**—including valuing diversity, motivation and character-building

If you want to be challenged to improve yourself in these areas, then you have come to the right place. The core values in the Air Force are ***“Integrity First, Service Before Self, and Excellence In All We Do.”*** Our cadets strive hard to cultivate those core values 24/7. If you want to be part of an organization that lives and breathes those values, you will want to check out the Air Force.

## What does my time commitment look like during the week?

Minimum weekly commitment is five to six hours. Our program consists of several different areas:

- **Weekly academic classes**, which for freshmen (AFS 111/113) and sophomores (AFS 211/213) are 50-minute (one credit hour) classes on Wednesday or Thursday. Junior (AFS311/313) and Senior (AFS 411/413) classes are held Tuesdays, and are two and a half hours (three credit hours) long.
- **Leadership Laboratory**, Thursdays is where we cover hands-on training to give cadets of all levels an opportunity to learn valuable leadership skills and apply what they’ve learned in class. Activities include impromptu speeches, group leadership problems, drill and marching, guest speakers, training activities, and other fun activities like sports or holiday parties. Leadership Lab is Thursday afternoons from 4:00-6:00pm.
- **Physical Training (PT)**, We have two sessions a week on Monday and Wednesday morning from 6:00 – 7:00am (Nutter Field House or Memorial Coliseum). All cadets are required to attend both weekly PT sessions. These sessions typically include activities like pushup/sit-up pyramids, various runs, and other calisthenics. The idea is to get you ready for the physical fitness assessment, which includes a 1.5 mile run, pushups and sit-ups performed over a minute, and an abdominal circumference measurement. We also do some weight training and other activities.
- You will also probably have *some* involvement in **Cadet Wing** activities at our Detachment, depending on where you are assigned within our cadet organization. Our Junior and Senior cadets run training operations and hold leadership positions to make that happen, while other cadets are assigned to them to help carry out our mission. This provides valuable learning opportunities for everyone, and gives everyone a chance to experience different elements of working in and running an organization before going on to active duty.
- Finally, there are often *voluntary* opportunities to participate in other activities within Air Force ROTC, including the Hero’s Day flag ceremony with UK football, marching in the Veteran’s Day parade, volunteering with the community (Habitat for Humanity, local food kitchens) or participating in other fun activities if you have time available in your schedule.

## What are the physical fitness requirements in Air Force ROTC?

In order to be an Air Force ROTC cadet, you must meet certain physical fitness and Body Mass Index (BMI) standards. The BMI standard is based on your height and weight, which is illustrated in the table below:

Maximum Allowable Weights for BMI of 25 ( <i>regardless of age</i> )																				
Height (inches)	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77
Weight (lbs)	119	124	128	132	136	141	145	150	155	159	164	169	174	179	184	189	194	200	205	210

If your weight is above the maximum, you will have your body fat measured by a waist and neck circumference calculation (for athletes or those who have more muscle mass, they will tend to weigh more than the BMI table allows while still having a low enough body fat to qualify for Air Force ROTC). For males, the maximum body fat percentage is 18% and the maximum body fat percentage for females is 25%. You must either pass the BMI calculation from the table above *or* the body fat percentage calculation in order to go to Field Training, contract, or commission into the Air Force through ROTC. Note that you *can* join our program if you exceed these standards, but you should work to get within standards in order to fully participate and complete the program (we can help you with this).

In addition to meeting BMI and/or body fat requirements, cadets must also perform physical fitness assessments in Air Force ROTC.

Our physical fitness assessment (PFA) is administered each semester. We may offer a “mock” PFA early in the fall semester to give cadets a sense of where they stand and an official test during semester. Minimum and maximum PFA requirements are as follows:

- **For males**, a 1.5 mile run time of 15:50 or less (9:12 or less is max score), at least 30 pushups with good form in one minute (67 is max score) and 39 crunches in one minute (58 is max score).
- **For females**, a 1.5 mile run time of 18:56 or less (10:23 or less is max score), at least 15 pushups with good form in one minute (47 is max score) and 35 crunches in one minute (54 is max score).



*Physical fitness is an important part of Air Force ROTC. Det 290 cadets workout together twice weekly, and we encourage additional individual fitness sessions.*

If you do not think that you can pass our PFA right now that does not mean you cannot join AFROTC. Our PT sessions will help, but you will definitely need to work hard over the course of the semester to continue to improve in whatever areas you need to in order to pass. That will probably require some additional gym time lifting weights, running practice on your own, and better nutrition...or perhaps all three. You need to be ready to work hard on these areas, and be realistic with yourself about being able to meet our physical training requirements.

You must show *consistent* progress and be ready to pass the PFA no later than your second semester in the program. For some cadets it comes easy and for others it takes longer, but they all have to try hard at every PT session.

## What is the course curriculum for Air Force ROTC?

In general, our program is 4 years long. This is what your plan would look like if you started this Fall:

Start Fall '22	
Fall 2022	AFS 111 ( <i>Heritage and Values of the USAF 1</i> , 50 mins, 1 credit hour + 1 hr for lab)
Spring 2023	AFS 113 ( <i>Heritage and Values of the USAF 2</i> , 50 mins, 1 credit hour + 1 hr for lab)
Summer 2023	
Fall 2023	AFS 211 ( <i>Team and Leadership Fundamentals 1</i> , 50 mins, 2 credit hours + 1 hr for lab)
Spring 2024	AFS 213 ( <i>Team and Leadership Fundamentals 2</i> , 50 mins, 2 credit hours + 1 hr for lab)
Summer 2024	<b>*Field Training @ Maxwell AFB, AL - 2 weeks*</b>
Fall 2024	AFS 311 ( <i>Leading People &amp; Effective Communication 1</i> , 135 mins, 3 hours + 1 hr for lab)
Spring 2025	AFS 313 ( <i>Leading People &amp; Effective Communication 2</i> , 135 mins, 3 hours +1 hr for lab)
Summer 2025	
Fall 2025	AFS 411 ( <i>National Security Affairs 1</i> , 135 mins, 3 credit hours + 1 hr for lab)
Spring 2026	AFS 413 ( <i>National Security Affairs 2</i> , 135 mins, 3 credit hours + 1 hr for lab)
Summer 2026	<b>*Active Duty as Air Force 2<sup>nd</sup> Lieutenant*</b>

You should know that once you begin our program, you will receive priority registration at the University of Kentucky, and will be able to register for upcoming classes several weeks before other students...therefore allowing you to set up your academic schedule *however* you like. No more waitlisted classes, missing out on courses you want to take, or being forced to take class sessions when you do not want.

If you have already completed one year of college, you can apply for an accelerated 3-year version of our program. This doubles up on the first two years of Air Force ROTC courses (AFS 111/211 in fall, AFS 113/213 in spring) in order to stay on track with your plan to graduate in 4 years. If you choose to pursue the accelerated program, you should know the following:

- In order to qualify for this program, you must complete and pass our physical fitness assessment, complete a reasonable academic plan that shows you won't be unduly overloaded with courses (i.e., each semester should be at 16 hours or fewer), and complete an interview with the cadre to finalize eligibility.
- The accelerated program is difficult, many students who try it find managing time and learning everything they need to know to be prepared for Field Training a serious challenge.
- Previous exposure to military training (through JROTC, prior service, etc) is very helpful, and taking summer courses can help significantly with your course load. There are no summer sessions for AFROTC itself.
- You must obtain an approved medical clearance through the Department of Defense Medical Examination Review Board (DoDMERB) prior to February in order to compete for a slot for Field Training.
- **Still interested in the 3-year program?** Great—just register for AFS 111 and AFS 211, then we will email you information about the program, expectations, and get you set up to meet our officer cadre.



If you have completed more than one year of college and still wish to complete the program, we recommend you consider extending your graduation date (or take graduate classes) to fit our 4-year program into your academic plans. We have plenty of students who do just that, because Air Force ROTC does take a significant amount of time (see previous question), and we generally encourage our cadets to try and keep their semester credit hours below 16 when possible. You must be a full-time (12 credit hours) student while in our program, but for your final semester it is only necessary to take the single AFS 413 class.

## What is Field Training?

Cadets typically attend Field Training at the midway point of their AFROTC career, usually after completing their sophomore year in college. As a General Military Course (GMC) cadet (freshman/sophomore), your primary function in our program is to learn about the Air Force and prepare for Field Training. Field Training is held at Maxwell Air Force Base (AFB) in Alabama over a two-week period in the summer. The Air Force will pay your travel expenses to get there and back, as well as supply you with uniforms and other items you will need to successfully complete training.



*At Detachment 290, we will teach you everything you need to know to be successful at Field Training—from how to salute and wear the uniform to marching, room inspections, reporting procedures and much more.*

While there, you will experience a full-time military training environment that will test your abilities and assess your potential as a leader in the Air Force. After completing Field Training, you become a Professional Officer Corps (POC) cadet, receive a tax-free monthly stipend, and your focus transitions to developing leadership competencies and preparing for active duty. Field Training is a challenging environment, but our detachment works very hard to get each cadet prepared to attend and be successful there.

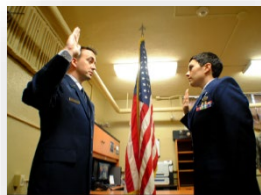
## Am I committed to the Air Force if I sign up?

Definitely not! We have plenty of students try us out for a semester then drop out of the program for a variety of reasons, and we're absolutely happy to have you join us if you just want to see what Air Force life might be like. You are not committed to joining the Air Force until you contract with us, which typically takes place after Field Training. However, we do contract cadets who receive and accept a scholarship, so this could be earlier if you earn a scholarship through our program. Either way, you will have plenty of opportunities to decide if our program or the Air Force isn't right for you. You have nothing to lose by joining us and giving it a shot!

Cadets who complete the program and enter active duty are committed to Air Force service for four years (ten years if they are selected as a pilot), after which you can leave the Air Force with a great deal of leadership experience under your belt. Alternatively, you could continue service in the Air Force and enjoy an awesome career working around the world doing incredible things with some amazing professionals!



*Join our program, meet amazing people, challenge yourself and be the best version of you that you can become...*



*Love it? Great! Compete for scholarships, contract and receive monthly tax-free stipends*



*Work in a terrific career for the Air Force until 26...you will make at least \$250,000 in those four years, get incredible leadership experience, travel and establish yourself. At that point, you can leave, or continue serving and even retire at only 42 years old with a full pension!*

*Do not like it? No problem! Drop anytime and go on to finish school, taking valuable skills learned in ROTC with you forever*



## Okay, I'm convinced. What kind of person are you looking for?

There are a *lot* of things to love about Air Force ROTC and life as an active duty officer, but that doesn't mean that this program is easy or for everyone. In fact, Air Force ROTC is a tough program and we expect a great deal from our cadets. We are looking to build officers and leaders of *character*, so you should be someone who is grounded in a strong sense of personal ethics with a keen desire to improve yourself and a strong work ethic.

You should feel comfortable conforming to standards and regulations and enforcing them with others. You should have a strong sense of accountability, be comfortable with making decisions under pressure, be able to motivate and work well with a diverse team, and be confident and assertive. We spend a lot of time doing public speaking, so the thought of getting in front of a group shouldn't completely terrify you. We want independent thinkers who can collaborate with others, accept responsibility when they're wrong, speak up when they think they're right, and always yearn to do better.

You do not have to be perfect at everything—no one is—but our program works best when students come to us with some competency in these areas to build from. More than anything, we are looking for leaders. Air Force officers begin their careers outranking over 80% of the Air Force (over 260,000 Air Force members that you outrank immediately after college). As a result, a lot is expected of officers from day one, and you should be prepared to one day shoulder that level of responsibility. There is no blending into the crowd or hiding in this program or in the active duty Air Force.



*Regular warrior knowledge quizzes will test your ability to memorize and recall information quickly.*

Academics is crucial to our program, so you should also strive to be a good student. Our average cadet GPA is 3.26, and our program requires a *minimum* of a 2.0 GPA just to participate (2.5 GPA for Scholarship cadets). In general, we highly encourage cadets to carry CGPAs of *at least* 2.75, so if you do not think you will be able to continue your degree program and meet that criteria, you may want to reconsider. You should be at least somewhat physically fit, and ready to continue developing your fitness throughout the entire duration of our program and pass the PFA each semester.

You will be required to meet our [Air Force dress and appearance standards](#), to include haircuts and shaving for gentlemen and limitations on hairstyles and cosmetics for ladies.

Finally, it's okay to be motivated to join us for the financial benefits, but you should also have some sense of wanting to serve a cause greater than yourself. Ours is the profession of arms, and we take that charge very seriously. Our graduates may go on to fly \$115M jets, supervise hundreds of people, control nuclear weapons or manage multimillion-dollar budgets. The responsibilities are intense, and we work hard throughout this entire program to give our cadets the tools they need to be successful. We are ultimately a service organization that fulfills the national security objectives of the United States, and as a profession we serve the needs of society at large. If [this](#) video really resonates with you, then that's a very good sign that this program is right for you.



## Alright, I'm sold! Where do I sign up, and what can I expect next?

If you are ready to make what will probably be one of the best decisions in your life, all you need to do to get started is register for AFS 111 for the upcoming Fall semester. Once you have registered, you will hear back before the semester begins with further instructions on how to enroll as a cadet. Prior to classes starting in August, we will host an event called New Student Orientation (NSO) which will give you an opportunity to meet your new classmates, your fellow cadets, detachment cadre, and ask any questions. Parents and other family are welcome to attend as well.

In the meantime, check us out on [Instagram](#) and [Facebook](#)! Give us a follow and look at previous content to see pictures and videos of what the cadets are doing here at Detachment 290. We post new content all the time to announce various significant events, document physical training and leadership laboratory, highlight cadets and officer career fields, and lots more.

We want to set you up for success, and we'll do our very best to get you there.



## We look forward to you joining our team and kick starting your future!

