PHYSICAL FITNESS ASSESSMENT
- MUST have a sports physical (AFROTC Form 28) submitted NLT the first day of class
- PFA consists of:
  - Abdominal Circumference (Waist) Measurement
  - 1-minute push-ups
  - 1-minute sit-ups
  - 1.5-mile run

ATHLETIC ATTIRE
- The following is required before your Physical Training Uniform (PTU) is issued:
  - Orientation paperwork completed
  - T-Shirt (must be solid grey, light grey, blue or black)
  - Tennis shoes (no limitations on color/style)
  - White or black athletic socks
  - Cold weather athletic apparel
  - Athletic undergarments:
    - compression shorts (solid black or blue)
    - sports bras
    - undershirts (must be white, light grey or black)

BUSINESS CASUAL ATTIRE
- Cadets will be required to wear business casual attire outlined below to Leadership Lab and ROTC classes until your military uniform is issued:
  - Khaki slacks, any brand, in a tan or light brown color
  - Short-sleeve polo-style shirt
  - Black or brown leather dress shoes; no canvas or sports shoes; no open-toe/heel shoes
  - Black or navy blue socks
  - Black or brown belt (to match shoes), with the shirt tucked into trousers

MILITARY GROOMING STANDARDS
- All Grooming standards are in accordance with [Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel](http://www.af.mil/Air-Force-Fitness-Program/). Highlights listed below:
  - Gentlemen:
    - Head Hair: Must be tapered appearance on both sides and the back of the head, both with and without headgear
    - Facial hair clean shaven every morning
    - Hair will not touch ears and will be tapered not to exceed ¼” at start of taper
    - No piercings to include tongue while in uniform
  - Ladies
    - Head hair: All hair pulled up and back into a bun, a loose ponytail is acceptable in fitness attire
    - Conservative make-up and nail polish colors
    - Only one earring per ear: diamond; pearl; or gold/silver spherical shape studs
    - With the exception of earrings, no piercings to include tongue while in uniform