



Welcome to AFROTC

Welcome to Air Force Reserve Officer Training Corps (AFROTC) at Detachment 610. We operate at two host schools: North Dakota State University in Fargo, ND (serving NDSU, MSUM and Concordia College) and the University of North Dakota in Grand Forks, ND (serving UND, Mayville St. and Univ Minn-Crookston). The staff is looking forward to working with you and we're glad to have you join the ranks of the world's finest Air and Space Force.



Please carefully read this entire document and ensure ALL requirements are met prior to arriving.

- Page 2 lists the items you need to do ASAP
- Page 3 lists those items you'll need to bring to New Student Orientation
- Page 4 lists recommended items
- Page 5 Fitness Standards
- Pages 6-7 are the sports physical paperwork

If you have any questions, please contact the administrative assistant at your respective university:

NDSU: Shelby Barta at shelby.milburn@ndsu.edu or call 701-231-8186

UND: Jessica Dunphy at Jessica.Dunphy@und.edu or 701-777-0437





Please Accomplish These Items Prior to your Arrival to AFROTC



Register for AFROTC Classes: There are three classes you'll need each semester. The classes are held at your host school (UND or NDSU). Work with Registration and Records on your campus to register for these classes (you register for them just like you'd register for any other class). If you are at one of our crosstown schools (UM-Crookston, Mayville St, MSUM, or Concordia), your Registration and Records section will help you register through the Metro College Alliance.

1. Academic Class: (Aerospace Studies)

- Fall Semester: AS111 (and AS211 if dual enrolled as a freshman and sophomore)
- Spring Semester: AS112 (and AS212 if dual enrolled as a freshman and sophomore)

2. Leadership Laboratory (LLAB):

- Fall and Spring Semester: AS210

3. Physical Training (PT):

- Fall and Spring Semester: AS110

Pre-Participatory Sports Physical: If you do not have a certified DoD physical (DODMERB/MEPS), the Pre-Participatory Sports Physical (last 2 pages of this packet) will need to be completed by a certified medical authority. The sports physical is valid for one year from the exam date.

Email Requirements: You will need access to your university email account in order to facilitate electronic delivery of our curriculum.

NDSU/Concordia/MSUM Students: Go to the website: <https://www.ndsu.edu/afrotc/enroll/> as soon as possible to find the "WINGS Application Guide" to create an AFROTC WINGS account and complete the information requested.

UND Students Only: Go to the website: <https://und.edu/student-life/airforce-rotc/enroll.html> as soon as possible to find the "WINGS Application Guide" to create an AFROTC WINGS account and complete the information requested.



Please Bring These Items On Your First Day:



- **ORIGINAL Birth Certificate:** We need to verify authenticity and will then return the original to you. Notarized photocopies WILL NOT be accepted.
- **ORIGINAL Social Security Card:** We need to verify authenticity and will then return the original to you. Notarized photocopies WILL NOT be accepted.
- **ORIGINAL Certificate of Naturalization or current, valid U.S. passport (if not born in the U.S.):** We need to verify authenticity and will then return the original to you. Notarized photocopies WILL NOT be accepted.
- **Selective Service Number (males only):** Please print out your information from www.sss.gov. or bring in your card.
- **ACT/SAT Scores:** Please bring a copy of your ACT or SAT exam results.
ACT scores: ACT.org SAT scores: collegeboard.org
- **Civil Involvements:** Bring documentation/information of all involvements with civil, military or school authorities that you've ever had (parking/speeding tickets, drug/alcohol offenses, etc.), regardless of the seeming insignificance or final disposition. Include as many details of the event as possible to include date, time, offense.
- **College transcript(s) and Advance Placement (AP) course certificate(s):** If you went to college elsewhere or took ANY AP courses in high school, please bring a copy of those transcripts as well as your high school transcript, or have them sent to:

<u>NDSU Students:</u> Air Force ROTC, Det 610 NDSU Dept 2460 PO Box 6050 Fargo, ND 58108-6050	<u>UND Students:</u> Air Force ROTC, Det 610 UND Armory, Centennial Dr. Stop 8360 Grand Forks, ND 58202-8360
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- **JROTC/CAP/Eagle Scout:** If you were involved in any of these programs, please bring documentation to verify highest level or years enrolled.
- **Pilot License or Certifications or Endorsements:** (Private, Sport, Solo, etc.).
- **Prior Military Service or Office Program Documentation:** If you were prior military, or enrolled in an officer training program, please bring any discharge paperwork (DD form 214 or DD form 785)
- **Laptop:** Bring a laptop with ability to connect to the university network.



Dress & Appearance Standards



- **Dress:** Bring a short-sleeve navy blue polo, tan khaki dress pants, black or brown dress shoes, black or brown belt, and black or brown socks. This will be your official uniform as a new cadet until you are issued the official Air Force uniform.
- **Recommended:** A solid black backpack for use while in uniform (small logos are authorized).
- **Women:** Hair will be conservative, clean, well-groomed, present a professional appearance. No minimum hair length, to a maximum bulk of 4-inches from scalp and allows proper wear of headgear. Additional information can be found in AFI-36-2903.
- **Men:** Hair will be conservative, clean, well-groomed, present a professional appearance. Present a tapered appearance on both sides and the back of the head. Hair will not exceed 2 ½ inches in bulk, regardless of length and 1/4-inch at natural termination point and will not touch the ears or protrude under the front band of headgear. Sideburns will be straight and even width (not flared) and will be above the ear opening. Sideburns will end in a clean-shaven horizontal line. Additional information can be found in AFI-36-2903.
- **All Cadets:** Hair color may be dyed but must still present a natural appearance (black, brown, blonde, no unnatural colors/No faddish hairstyles like Mohawks)
- Excessive or inappropriate tattoos may need to be covered or removed.
- **Full dress and appearance standards will be briefed during the first week of the semester.**



Fitness Standards



The USAF Physical Fitness Readiness Assessment (PFRA) is taken every fall and spring term while a cadet is enrolled in Air Force ROTC. Scholarship cadets and cadets in the POC, however, must pass the test each fall and spring term.

The components of the PFRA are Body Composition, Muscular Strength, Core Endurance, and Cardiorespiratory Fitness. Scoring information can be found the the link below. (Note: Cadets are only authorized to complete the 2-mile run, push-ups and sit-ups)

<https://www.afpc.af.mil/Portals/70/documents/FITNESS/PFRA%20Scoring%20Charts.pdf>

Body Composition: Assessed using Waist-to-Height Ratio (WHtR)

Muscular Strength: 1-minute push-ups

Core Endurance: 1-minute sit-ups

Cardiorespiratory Fitness: 2 mile run

All events must be completed. A minimum score of 75 out of 100 points, must be achieved plus the minimums of component must be met.

ACCESSION HEIGHT AND WEIGHT STANDARDS & BODY FAT MEASUREMENT (BFM) STANDARDS
(Per DoDI 1308.3, DoD Physical Fitness and Body Fat Programs Procedures)

HEIGHT (INCHES)	POUNDS	
	MINIMUM (BMI = 19 kg/m)	MAXIMUM (BMI = 25.0 kg/m)
58	91	119
59	94	124
60	97	128
61	100	132
62	104	136
63	107	141
64	110	145
65	114	150
66	117	155
67	121	159
68	125	164
69	128	169
70	132	174
71	136	179
72	140	184
73	144	189
74	148	194
75	152	200
76	156	205
77	160	210
78	164	216
79	168	221
80	173	227