



U.S. AIR FORCE

Domain: Physical

Domain: Physical - Fitness

Title: Unit Led PT

Time: 60 min

Purpose:

- Improve team work and group cohesion
- Improve leadership relationship with Airmen
- Improve communication
- Improve fitness level

Instruction:

Unit leaders to schedule and organize PT events within respected flights and/or sections. Activities must include a discussion of the rationale of fitness, benefits, proper form, and safety. In addition, session must be group oriented, and include warm-up and cool down. (See FSS activity list)