



### The Physical Education Core Program consists of:

- Basic Instruction skills classes (Survival Swimming, Boxing/Fundamentals of Combatives, Military Movement, Combat Applications).
- Personal and unit fitness instruction.
- Lifetime physical activity skills and knowledge.
- Fitness assessment to determine individual status and progress.
- A compulsory competitive sports program for all cadets.

The Physical Education curriculum is integrated with the cadet summer training program and the competitive sports program to provide all cadets a physical-development experience unmatched in the United States.

During the first year of physical education, cadets must strive to achieve a baseline of movement skills, physical fitness, knowledge, and self-confidence necessary to meet the future physical requirements of the United States Military Academy and the Army. All cadets are required to pass the following core courses: PE117 Military Movement, PE115 Fundamentals of Combatives (women only), and PE116 Boxing (men only).

During the second year of physical education, cadets enhance physical readiness, self-confidence, and physical fitness. Enrollment in one lifetime physical activity course is mandatory for all cadets. The Lifetime Physical Activity program, PE212-251, is designed to develop a foundation of skills, knowledge, and personal attributes that will enable cadets to successfully participate in lifetime sports, provide motivation for continued improvement, and establish a pattern of physical activity for a lifetime. Cadets will also take PE215 Fundamentals of Fitness that provides the knowledge and experience to develop a personal fitness plan based on the Army doctrinal approach to physical readiness.

The third year of physical education affords cadets the opportunity to take PE360 Army Combat Applications and PE320-323 Survival Swimming. PE360 enhances cadets' personal fitness, warrior ethos, and leadership skills by providing a comprehensive set of basic combatives skills suited for a combat scenario. Cadets will learn to respond appropriately to aggression by utilizing proper body mechanics, skills, aggressiveness, and fear management. PE320-323 Survival Swimming is designed to develop aquatic proficiency with emphasis on the military applications of swimming and survival skills, to include breath control, buoyancy positions, stroke assessment, and swimming endurance.

During the fourth year of physical education, cadets take PE450 Army Fitness Development which prepares future company grade officers

for their role as fitness leaders by equipping them with the knowledge to plan, implement, and assess unit physical training in a variety of conditions and by giving them opportunities to apply this knowledge.

In addition to the instructional coursework, every cadet must participate in a competitive sport (company squad, club squad, or corps squad) during each academic term. Additionally, Second Class cadets must pass the Indoor Obstacle Course Test.

Baseline requirements are established for all cadets. The objective is for all cadets to share the same physical development experience in a cadet-centered environment. All cadets are required to complete and pass core instructional courses and physical fitness assessments, and also participate in competitive sports during each academic term.

### Required Core Courses

#### PE109 Fundamentals of Aquatics

*Prerequisite—Selected cadets only.*

Fundamentals of Aquatics is an introductory swimming exploration program designed to prepare non-swimmers for success in PE110 Survival Swimming/Elementary. The program is arranged sequentially to help cadets acquire in-water experiences, and gradually refine the basic motor skills needed to be comfortable, safe, and effective while engaged in and around the aquatic environment.

*.5 Credit Hour*

#### PE115 Fundamentals of Combatives (Women)

This is an entry-level course in which women are introduced to an integrated set of basic self-defense skills and the strategies and tactics necessary to avoid, escape, or break a physical assault. Course content includes methods of falling, stances, movement, striking, kicking, and blocking skills. Women are evaluated on the application of these skills to structured self-defense scenarios. This course enables a woman to protect herself in the role of Soldier in time of conflict and as an individual in today's society.

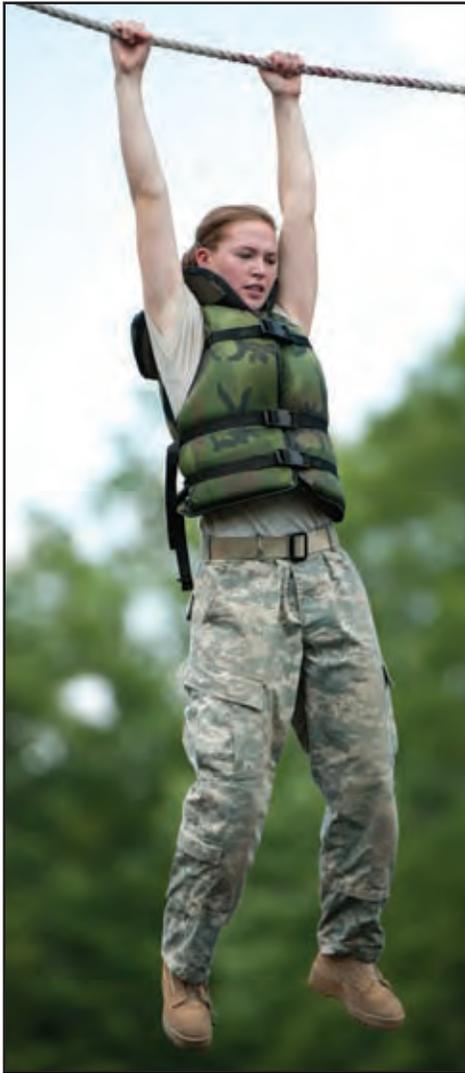
*.5 Credit Hour*

#### PE116 Combatives II: Boxing (Men)

This is a course in which the offensive and defensive skills of amateur boxing are taught. Course content includes stances, movement, basic punches (i.e. jab, cross, hook, and uppercut), defenses, strategies, and tactics. Instruction on refereeing, judging, and serving as a corner second are presented. Boxers are evaluated or assessed and provided feedback on the ability to box. The course exposes participants to the coping strategies necessary to deal with a physical threat.

*.5 Credit Hour*





### **PE117 Military Movement**

Military Movement exposes cadets to a variety of basic movement skills. The course serves as a basis for many other athletic and military activities that cadets will encounter during their time at USMA as well as in their Army careers. Focus is placed on applied movement tasks for all cadets. This course takes a basic movement theme approach, meaning cadets are required to learn a variety of relevant skills from within the general themes of rolling, hanging, climbing, crawling, jumping, vaulting, landing, mounting, supporting, and swinging. Movement environments are designed around specific events such as tumbling, vaulting, vertical ropes, horizontal ropes, indoor obstacle course, horizontal bars, elephant vault, ankles to the bar, pull-ups, and trampoline.

*.5 Credit Hour*

### **PE212-251 Lifetime Sports**

The Lifetime Sports Program is designed to develop a foundation of skills, knowledge, and personal attributes, which will enable cadets to successfully participate in lifetime sports, provide motivation for continued improvement, and establish a pattern of physical activity for a lifetime. Enrollment in one lifetime sport is mandatory for all Third Class cadets.

*.5 Credit Hour*

### **PE215 Fundamentals of Fitness**

This course provides cadets with the knowledge and experience to develop a personal fitness plan based on the Army doctrinal approach to physical readiness. Cadets will participate in a variety of active learning experiences designed to develop, monitor, maintain, and assess physical fitness for their future Army careers and lifetime of physical activity.

*1.5 Credit Hours*

### **PE320-323 Survival Swimming**

The Survival Swimming course is designed to develop aquatic proficiency. The program of instruction is divided into two areas: basic swimming and combat/survival swimming. Emphasis in all levels is on the military applications of swimming and survival skills, including the elements of breath control, buoyancy positions, stroke assessment, and swimming endurance. Grading is primarily based on criterion-referenced scales in basic and survival swimming skills.

*.5 Credit Hour*

### **PE360 Army Combat Applications**

Army Combat Applications exposes cadets to a comprehensive set of unarmed combat skills, and the strategies and tactics needed to neutralize a physical attack. Responses to striking, kicking, joint locking, choking, throwing, and ground grappling attacks are taught with an emphasis on submission holds applied on the ground as finishing techniques. The course is designed to increase cadets' confidence in their ability to defend themselves from all forms of striking and grappling attacks and to foster the development of a combat-survival mindset. Cadets are evaluated on their demonstration of required skills and their performances in simulated combat/self defense scenarios.

*.5 Credit Hour*

### **PE450 Army Fitness Development**

This course prepares future company grade officers for their role as fitness leaders by equipping them with the knowledge to plan, implement, and assess unit physical training in a variety of conditions and by giving them opportunities to apply this knowledge.

*1.5 Credit Hours*

## **The Kinesiology Major**

Kinesiology is the study of the physiological, psychological, and mechanical aspects of human movement. The Kinesiology major is a scientifically based, interdisciplinary field of study that includes content in exercise physiology, biomechanics, sports medicine, sports nutrition, exercise psychology, exercise epidemiology, etc. Areas of inquiry range in scope from the study of the molecular response of cells to the response and adaptation of the whole body. The Kinesiology major covers a wide spectrum of performance issues involving muscular and cardiovascular physiology, energy balance, exercise adherence,

and neuromuscular control overload, capacity, and energy. The Kinesiology major is applicable to a myriad of Army missions.

### **KN355 Functional Anatomy**

This course is designed to provide cadets with a detailed study of basic human anatomy and causal relationships between skeletal muscles and structures and the science of human movement.

*3 Credit Hours*

### **KN360 Biometrics of Human Movement**

This course is designed to provide cadets with a basic understanding of the biomechanical analysis of movement. Cadets will study human motion through the examination of forces acting on the body and the effects produced by these forces. Applications in exercise, sport, rehabilitation, and occupational settings will be explored.

*3 Credit Hours*

### **KN365 Nutrition for Performance**

This course is designed to provide a broad foundation and understanding of the metabolic aspects of human performance. A variety of topics will be discussed to assist the cadets' understanding of the systematic nature of exercise metabolism. Additional several peer-reviewed journals will be utilized to expose students to applied research and assist with the understanding of exercise metabolism.

*3 Credit Hours*

### **KN455 Psychology of Exercise**

This course is designed to introduce cadets to the psychology of physical activity and exercise. It starts by providing definitional clarity of terms and concepts associated with exercise, as well as a review of the generally accepted guidelines for physical activity, the components of health-related fitness, and the principles of exercise.

*3 Credit Hours*

### **KN460 Exercise Physiology**

This course is designed to provide a broad foundation and understanding of the physiological aspects of human performance. Specific laboratory assessments will be utilized to assist in the understanding. Peer-reviewed journal reviews will be utilized to expose students to applied physiological research and assist with the understanding of human performance physiology. The capstone project will include a comprehensive physiological self-profile utilizing both field and laboratory assessments.

*3.5 Credit Hours*

### **KN465 Motor Control and Learning**

This course will present the principles underlying the control and learning of motor skills. Central, neural, and sensory mechanisms that facilitate or inhibit the production, control, acquisition, retention, and transfer of motor skills will be discussed. Emphasis is given to a sound theoretical base from which to design and implement optimal



# DEPARTMENT OF PHYSICAL EDUCATION



elsewhere in the USMA curriculum. Course content will be based on the special expertise of the Visiting Professor, Rotating Ph.D., or a senior DPE faculty member.

*3 Credit Hours*

### **KN494 Research Methods and Data Analysis (Honors)**

This course is designed to survey the basic types of analytical, descriptive, and experimental research methods often found in exercise science research to help cadets understand the systematic nature of problem solving. Cadets will also learn to analyze, interpret, and apply exercise science data. Cadets

will survey a variety of statistical procedures: descriptive, inferential, and correlational. Emphasis will be given to analyzing and interpreting data from a research perspective.

*3 Credit Hours*

### **KN495 Honors Thesis**

This course provides Kinesiology majors with an opportunity to enhance their skills in clinical research and analysis. Under the supervision of a thesis advisor, cadets will implement the research proposal developed in KN494. Cadets will meet regularly as a group with their seminar advisors to discuss issues in design, methodology, and data analysis. At the end of the semester cadets will present their findings and defend their theses before a committee of faculty and fellow students.

*3 Credit Hours*

### **Competitive Sports Company Squad**

“Upon the fields of friendly strife are sown the seeds that upon other fields, on other days, will bear the fruits of victory.” Those famous words, spoken by General Douglas MacArthur, set the tone for the company athletics program administered by the Department of Physical Education. Every Monday through Thursday the “fields of friendly strife” are flooded with company athletes. Each cadet competes in company athletics twice weekly. Company athletics provide every cadet a chance to build character, leadership, esprit de corps, and fitness as well as relax, reduce stress, and have fun. Fall, winter, and spring offerings include sports such as basketball, biathlon, grappling, handball, flickerball, football (tackle/flag), rugby, soccer, wrestling, volleyball, swimming, and ultimate Frisbee.

### **Competitive Club Squad**

Competitive club squads complement the company athletics and intercollegiate athletic programs.

Cadets who desire to compete at a higher level than the company athletic program are offered the opportunity to compete on one of the 23 different competitive clubs. These competitive teams, which are sponsored by the Department of Physical Education and funded by the Directorate of Cadet Activities, compete against other club, college, and university teams on a seasonal basis.

Many of these teams are among the best in the country. The men's and women's team handball, sport parachute, fencing, and orienteering teams won national championships in 2007. The boxing, men's rugby, women's rugby, and judo teams consistently rank in the top four in the country. Athletes annually earn national recognition in sports such as judo, sport parachute, martial arts, powerlifting, boxing, equestrian, fencing, sailing, crew, volleyball, mountaineering, marathon, women's lacrosse, water polo, triathlon, freestyle wrestling, skiing (Nordic and Alpine), and cycling. Many teams, such as the boxing and team handball teams, qualify athletes to compete on United States teams in international competitions, including the Olympics.

In most club sports cadets are leaders and planners as well as participants. As such, they are afforded the unique opportunity to further develop leadership and organizational skills in preparation for officership.

Throughout the four-year experience, cadets are required to participate in competitive sports as either a corps squad, club squad, or company squad athlete. During the summer months cadets are challenged to provide physical training and leadership during their military training at Cadet Basic Training and Cadet Field Training. The summers also afford options for cadets to participate in Physical Individual Advanced Development opportunities. Upon completion of the four-year PE program, the physically educated cadet is prepared to become a leader of character committed to a healthy lifestyle.

learning and performance conditions. Motor control variables such as motor programs, brain systems, the spinal cord, musculoskeletal factors, and visual systems are explored. Motor learning/performance variables such as transfer, modeling, feedback, practice schedule, mental practice, memory, and attention will be discussed. The course employs lecture, labs, group activities, and research methods to understand motor learning principles.

*3 Credit Hours*

### **KN470 Fitness Assessment and Prescription**

This course was designed to develop cadets' understanding of the scientific principles of fitness assessment and exercise prescription. Following a comprehensive review of the literature, cadets will utilize a small group format to design and monitor a comprehensive exercise prescription. Specific laboratory assessments and equipment will be utilized to assist in the understanding and data collection. Peer-reviewed journals and training manuals will be utilized to expose cadets to the myriad of exercise prescription programs.

*3 Credit Hours*

### **KN480 Theory and Practice of Advanced Performance**

This integrative experience course was designed to provide cadets with advanced content knowledge in human adaptation to exercise and to serve as the USMA Integrative Experience. KN480 will address the overarching academic program goal: “to anticipate and respond effectively to the uncertainties of a changing technological, social, political, and economic world.”

*3 Credit Hours*

### **KN485 Topics: Exercise/Sport Science**

This course provides in-depth study of a special topic in exercise and sport sciences not offered

## **Competitive Club Squads**

Crew (M/W)	Cycling
Triathlon	Equestrian
Volleyball	Fencing
Lacrosse (W)	Boxing
Marathon	Martial Arts
Orienteering	Judo
Rugby (M/W)	Powerlifting
Skiing (Alpine)	Water Polo
Skiing (Nordic)	Sailing
Sport Parachute	Team Handball (M/W)
Mountaineering	Freestyle Wrestling



**T**he athletic program is an essential part of the total West Point Experience.

## **Mission**

The mission of the Office of the Director of Intercollegiate Athletics (ODIA) is to contribute to the achievement of the USMA physical program goals by providing cadets the opportunity to compete at their highest level of ability in an array of competitive intercollegiate athletic teams that emphasize winning championships, leadership development, and character growth.



## ODIA Goals

- Reinforce the cadet-athlete commitment to excellence in academic, military, and physical programs.
- Provide a broad array of competitive opportunities and field competitive teams at the highest level compatible with other USMA programs.
- Achieve excellence and develop leaders of character through spirited competition, fair play, thorough preparation, teamwork, dedication, and self-sacrifice.
- Support the concept of equity for all teams and cadet-athletes.
- Comply fully with the letter and spirit of NCAA legislation.
- Operate a financially sound athletic program.

## Every Cadet an Athlete

The athletic program is guided by the dictum, “Every cadet an athlete, every athlete challenged.” Every cadet at West Point competes in intercollegiate, club or intramural sports. In addition, each cadet participates in the physical education program. The value of athletic experience to the potential Army officer has long been recognized. General Douglas MacArthur, superintendent shortly after World War I, was largely responsible for establishing the first-rate athletic program of the U.S. Military Academy. MacArthur’s view was that “The training on the athletic field, which produces in a superlative degree the attributes of fortitude, self-control, resolution, courage, mental agility, and of course, physical development, is one completely fundamental to an efficient soldiery.” The success of West Point’s academic, athletic, and military training programs is well documented. The four-year graduation rate for all cadets (as well as cadet-athletes) remains stable at a very commendable 82 percent each year.

## Intercollegiate Athletics

General MacArthur’s feelings regarding the position athletics holds within the overall training of the cadet takes on special meaning with a look at some of the distinguished graduates who earned the coveted Army “A” while at West Point. Among them are former President and General of the Army Dwight D. Eisenhower, General of the Army Omar N. Bradley and General James A. Van Fleet.

Former Army football stars Felix “Doc” Blanchard, the late Glenn Davis, and Pete Dawkins all earned the coveted Heisman Trophy, an award presented annually to the best college football player in the nation. Dawkins, who retired from the U.S. Army in 1983 with the rank of Brigadier General, was captain of the football squad, class president and First Captain of the Corps of Cadets, the highest leadership position for cadets at West Point. He was also a Rhodes Scholar and the youngest man ever named to the National Football Foundation Hall of Fame.



“There are a thousand reasons for failure, but not a single excuse.”

Mike Reid, Football Player



In recent years, the number of intercollegiate varsity sports has leveled off at 25, of which men may participate in 16 and women in 10 (with rifle qualifying as West Point's lone co-ed sport). More than one-quarter of the entire Corps of Cadets compete on the intercollegiate level.

In February 2000, ODIA's athletic program was presented with its NCAA certification, signifying that the program remains in substantial conformity with NCAA guidelines.

Eighteen of West Point's 25 sports teams compete in the Patriot League. The Patriot League was founded on the principles of maintaining teams of athletes whose academic ability and progress are representative of the entire student body, awarding athletic scholarships on the basis of need, and holding institutional presidents directly responsible for governance and policy.



West Point's football program competes as an independent. Football continues to generate most of the national interest for the intercollegiate athletic program at West Point. Historic Michie Stadium has long been recognized as one of the premier college football venues in the nation. In 1999, the editors of Sports Illustrated cited Michie Stadium as their third most-favorite sporting venue, behind Yankee Stadium and Augusta National Golf Course. Visitors from a four-state region of New York, New Jersey, Connecticut and Pennsylvania consistently flock to the banks of the Hudson on football Saturdays to be a part of the splendor of an Army Football game day. Sellout crowds are a custom at Michie Stadium, where football is only part of a day spent immersed in tradition and history. The Black Knights compete at the Division I-A level in football and play a national schedule that includes foes such as Texas A&M, Texas Christian University, and Notre Dame as well as the annual service academy battles with Air Force and Navy.

indoor track, wrestling, and swimming, women are active in basketball, swimming, indoor track, and rifle. Army's hockey team, which competed as a Division I independent before joining College Hockey America in 1999-2000, now competes in the Atlantic Hockey League. Wrestling maintains its longtime membership in the Eastern Intercollegiate Wrestling Association, the gymnastics squad competes in the Eastern College Athletic Conference and rifle is a member of the Great American Rifle Conference. All others compete in the Patriot League. During the spring, Army teams compete in baseball, lacrosse, tennis, golf, and outdoor track on the men's level, while West Point sponsors women's sports in softball, tennis, and outdoor track. All spring teams are members of the Patriot League.

Athletics remains an essential part of West Point's mission to develop leaders of character for our nation's future..

In the fall, Army also fields intercollegiate squads for men in soccer, cross country, and sprint football, while the women are active in cross country, volleyball, and soccer. With the exception of sprint football, which competes in the Eastern Sprint Football League, and varsity football, all other fall sports are members of the Patriot League.

The winter months are the busiest, athletically, with 10 squads competing on the intercollegiate level. While men participate in basketball, hockey, gymnastics, rifle,



**The following is a list of intercollegiate athletic teams fielded by the academy.**

**FALL**

Men	Women
Cross Country*	Cross Country*
Football	Volleyball*
Soccer*	Soccer*
Sprint Football	

**WINTER**

Men	Women
Basketball*	Basketball*
Gymnastics	Rifle
Hockey	Swimming*
Indoor Track*	Indoor Track*
Rifle	
Swimming*	
Wrestling	

**SPRING**

Men	Women
Baseball*	Outdoor Track*
Golf*	Softball
Lacrosse*	Tennis*
Outdoor Track*	
Tennis*	

\* Denotes membership in the Patriot League.



# ARMY FOOTBALL



“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will.”

Vincent T. Lombardi,  
Football Coach



**Y**es, cadets at West Point do have social lives! And, according to a recent Princeton Review, they're provided with the most robust co-curricular program in the nation. Simply put, the Directorate of Cadet Activities (DCA) provides the "fun" in a cadet's rigorous schedule. "All for the Corps!"

The mission of Cadet Activities is to significantly enhance the development of the United States Corps of Cadets militarily,



# CADET ACTIVITIES



## CHAPTER 8

physically, academically, moral-ethically, and socially by providing organized, comprehensive, and diverse programs and facilities that provide for entertainment and extracurricular, recreational, cultural and social activities.

Over 70 percent of cadets participate in one of 115 cadet clubs, but all cadets are impacted by Cadet Activities. Whether they attend a performance at Eisenhower Hall Theatre, read their award-winning yearbooks, dine at Grant Hall, buy Army-Navy T-shirts, or lift their glasses at a class weekend event, they are participating in Cadet Activities' extensive social program, which is funded through their business operations and the efforts of the West Point Association of Graduates. All profits return to the Corps of Cadets.

### Social Life

Though their schedules are demanding, cadets do find time to take advantage of the many social opportunities available to them. Cadets hold social functions in the ski lodge, the golf club, the quaint railroad depot, two lake cabins, the crew and sailing center, and even on West Point's boats on the majestic Hudson River.

Throughout the year, special weekends are held for each class, which include formal banquets, dances, and other activities to which guests are invited. Movies, plays, concerts, other live entertainment, and dances in Eisenhower Hall are common weekend activities. An annual spring fest – an outdoor festival with food, drink, games, and music – is also held.

DCA's restaurant facilities include Grant Hall, the 175-seat on-campus restaurant that serves breakfast, lunch, dinner, and snacks, and now also features a coffee/smoothie bar; the Firstie Club, the sports bar open nightly for senior cadets; the Jefferson Library Cafe, serving a wide variety of beverages and light fare; and a catering operation that provides the opportunity for cadets to hold official functions, company

tailgates, and parties. Cuisine is prepared under the direction of our Culinary Institute of America-graduate chef.

DCA also manages two retail stores where cadets can shop for everything from school supplies to computers to brand-name clothing at discounted prices. The West Point Bookstore, located in Thayer Hall, provides cadets with not only the latest bestsellers, regularly bringing in top authors for book signings, but also serves as a much-needed snack spot in between classes. For-sale items also include cards, supplies, and gifts. The Cadet Store, located in Central Area, offers cadets an inexpensive means to purchase the finest in jewelry and clothing, and all their uniform items and other necessities.

### The Arts

For more than 30 years, the stage of West Point's Eisenhower Hall Theatre – the second-largest theater on the East Coast – has hosted hundreds of top-name artists, major Broadway productions (Les Miserables, Miss Saigon, Rent, Aida, to name a few), and unique, large-scale, cultural entertainment (Stomp, Lord of the Dance, Boston Pops, and many more). Cadets are given the opportunity to



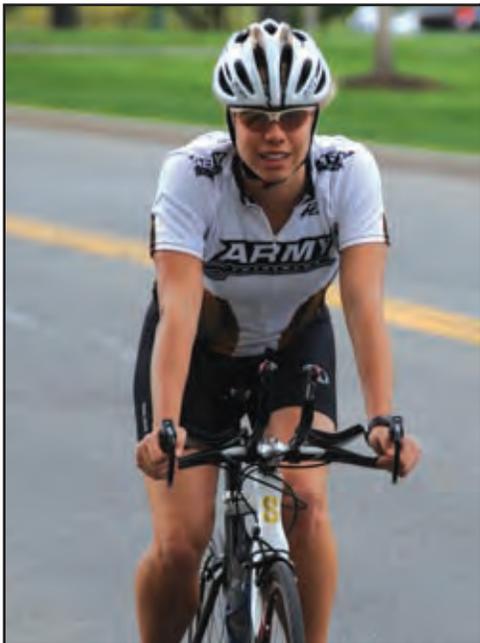
experience these world-class performances in our gorgeous hall, free of charge or at a discounted price. For more information about theater performances, please go to [www.ikehall.com](http://www.ikehall.com).

For cadets who prefer to be behind the stage, the Cadet Theatre Arts Guild provides an opportunity to demonstrate their talents. The group produces major productions each year at Eisenhower Hall Theatre, and the cadet crews also provide behind-the-scenes technical assistance required for the 20-plus visiting performers and attractions booked each year. For cadets interested in working in another capacity at the theater, the staff and ushers provide patron assistance at all performances.

The Class of 1929 Art Gallery in the Eisenhower Hall Theatre presents an ambitious series of visual art exhibitions. Typically, five or six exhibitions are featured during the academic season, giving cadets the utmost exposure to the visual arts.

### Cadet Extracurricular Clubs

Operating under the Directorate of Cadet Activities, more than 116 different extracurricular clubs provide a wide variety of activities designed to enhance the athletic, recreational, hobby, academic, and religious interests of the individual cadet as well as provide direct support to both the Corps of Cadets and West Point.



“The real price of everything, what everything really costs to the man who wants to acquire it, is the toil and trouble of acquiring it.”

Adam Smith



### Athletic Teams

The Directorate of Cadet Activities supports 26 competitive sport teams, many of which have enjoyed regional and national honors. All offer cadets opportunities to experience competition in diverse areas.

The Hudson River provides training ground for the **Sailing** and **Crew** teams. Cadets explore the open roads of the Hudson Valley on the **Cycling**, **Marathon**, and **Triathlon** teams. The **Sport Parachute** team takes in the picturesque view from above. The area's natural terrain is also utilized by the **Orienteering**, **Mountaineering**, and **Skeet and Trap** teams. Winter snows are always a plus for the **Alpine** and **Nordic Ski** teams.

State-of-the-art facilities on post host several other teams, including **Boxing**, **Fencing**, **Judo**, **Women's Lacrosse**, **Martial Arts**, the **Combat Applications Program**, **Pistol**, **Powerlifting**, **Men's and Women's Rugby**, **Men's and Women's Team Handball**, **Men's Volleyball**, **Water Polo**, **Inline Hockey**, **Paintball**, and **Racquetball**. Horse stables in nearby Highland Falls provide training grounds for the **Equestrian** Team.

### Hobby Groups

Cadets are afforded the opportunity to enhance their recreational interests through participation in one or more of the hobby groups available through extracurricular activities.

The **Flying Club** provides cadets an opportunity to train for a Federal Aviation Administration license or maintain previously acquired flying skills. Several other clubs, such as the **Fishing** and **Inline Hockey** clubs, focus on adventure and skill development. The **Chess Club**, **Close-Combat Team**, **Mountain Bike Club**, **Ski Club**, and **Whitewater Canoe Club** broaden the cadet experience.

Of equal interest are activities of other hobby groups such as the **Scuba Diving Club**. This club traditionally has enjoyed excellent diving off the coast of Florida during spring break.

### Support Groups

Various support groups provide service to both the Corps of Cadets and West Point.

The **Cadet Glee Club** is one of the most well-known collegiate singing groups in



# CADET ACTIVITIES



the nation. Their concert schedule often includes appearances throughout the United States and on national television. Many of their performances are on YouTube, including their live performance alongside Trace Adkins at the Academy of Country Music Awards in Las Vegas.

The **Rabble Rousers**, **Rally Committee**, **Mule Riders**, and **Cadet Band** form the nucleus of spirit support activity for the Corps of Cadets. These activities work together as a team in support of the many Army athletic competitions.

Operating the cadet radio station is only one aspect of **WKDT**. In addition to regular broadcasts, members of **WKDT** provide DJs for many of the cadet hops and radio coverage for many Army athletic events. Other musical organizations include the cadet **Pipes and Drums**, the cadet **Rock Band** organization, and the **Gospel Choir**.

Cadet publications include the award-winning “**Howitzer**” yearbook, “**Mortar**” magazine, “**The Circle in the Spiral**” literary journal, the “**Bugle Notes**” freshman handbook, the **West Point Calendar** and the **West Point Planner**. All offer cadets the opportunity to develop and extend writing, photographic, and graphic talents.

Many cadets step out of the West Point community to help in veterans’ hospitals, juvenile correctional institutions, and

young people’s organizations. The **Cadet Scoutmasters’ Council** works with local Boy Scout units and annually hosts a camporee, which draws more than 3,000 scouts from all over the Eastern Seaboard.

## Academic Clubs

Cadets assimilate the literature and customs of foreign nations through language and cultural clubs. Participants in the **Arabic**, **Asian-Pacific**, **Chinese**, **French**, **German**, **Hebrew**, **Korean-American**, **Portuguese**, **Russian**, and **Spanish** language clubs engage in activities designed to provide a better understanding of the culture behind the spoken and written words. Taking trips, organizing cultural festivals, and hosting guest lecturers further this goal.

Cadet math and science clubs sponsor innovative projects, discussion groups, and field trips. Groups active in this category include the **American Chemical Society**, **Operations Research Society of America**, **Astronomy Club**, **Mathematics Forum**, and **Society of Physics Cadets**.

Cadets majoring in Engineering have the opportunity to go beyond the classroom to further their skills and education through participation in conferences, trips to research institutions, and membership in professional organizations. Engineering clubs include the **American Society of Engineering**

**Management**, **American Society of Civil Engineers**, **Institute of Electrical and Electronics Engineers**, **Mechanical Engineering Club**, **National Society of Black Engineers**, and the **Society of Women Engineers**.

Scores of cadets participate in intellectually stimulating programs of the **Debate Council and Forum**. The **Debate Team** participates each year in national intercollegiate policy debate competitions across the nation. The **West Point Forum** prepares cadets for cadet conferences, UN forums, and trips to the nation’s capital. The **Domestic Affairs Forum** hosts guest lecturers and conducts trips to discuss policy issues with lawmakers. The **Cadet Conference of U.S. Affairs** brings students from other universities and government officials to West Point to discuss major issues in American foreign policy with cadets.

The **Investment Club** provides an open forum for cadets to discuss financial issues, the stock market, and business management. Cadets are afforded the opportunity to speak with professionals in financial fields while on field trips. In addition, West Point hosts learned guest lecturers.

## Religious Clubs

Several West Point clubs revolve around religious activities. Cadets actively participate in church singing groups and choirs, work in Sunday Schools, hold retreats, and support other religious activities and events. Clubs include the **Baptist Student Union**, **Cadet Catholic Folk Group**, **Catholic Chapel Choir**, **Catholic Sunday School Teachers**, **United Catholic Fellowship**, **Chi Alpha Christian Fellowship**, **Church of Christ**, **Fellowship of Christian Athletes**, **Jewish Chapel Choir**, **Latter Day Saints**, **Navigators**, **Officers Christian Fellowship**, and the **Protestant Chapel Choir** and **Sunday School Teachers**.

For more information about cadet club and activities, please visit the Cadet Activities website at [www.allforthecorps.com](http://www.allforthecorps.com).



*Trace Adkins performs with the West Point Glee Club at West Point's Eisenhower Hall.*

Cadets at West Point enjoy the unparalleled opportunities offered by Cadet Activities, but they also benefit from the support of the Family and Morale, Welfare and Recreation Division, an organization that exists to maintain the quality of life for Soldiers and their families at every permanent US Army post in the world.





## FAMILY, MORALE, WELFARE & RECREATION (FMWR)



How many college campuses have ski slopes with downhill and cross-country skiing, tubing and snowboarding; 18-hole golf courses with driving ranges; equestrian facilities and trails; auto shops with lifts students can use for their cars; state-of-the-art bowling center; mountain lakes with swimming, boating, camping, and fishing? The United States Military Academy does! And all those facilities are maintained and operated by West Point FMWR.

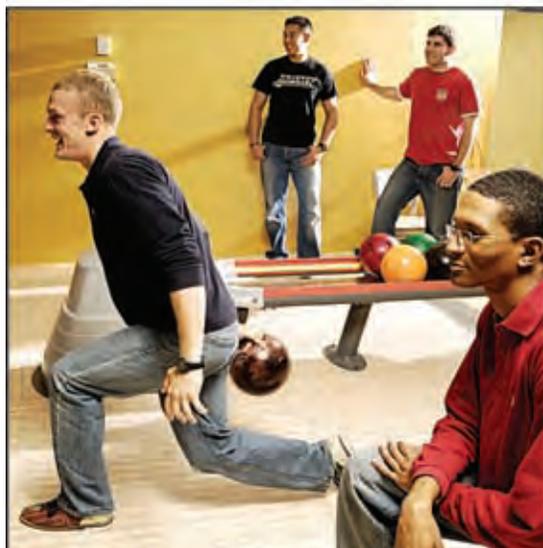
### And it's not just world-class facilities ...

In addition to the wonderful recreational

facilities FMWR maintains at West Point and worldwide – the “R” in “FMWR” – they also provide for the “F,” “M” and “W” of Soldiers and their Families. FMWR offers everything from child-care facilities to financial counseling to a community library – everything needed to provide a caring, community atmosphere. FMWR even sponsors “BOSS” – Better Opportunities for Single Soldiers – which has activities and facilities for Soldiers without spouses to enjoy. Visit West Point FMWR’s website – [www.westpointmwr.com](http://www.westpointmwr.com) – for more information.

### After graduation ...

No matter where duty takes a Soldier, there's always a caring community waiting, courtesy of FMWR. After graduation, when, as officers in the US Army, West Point graduates are charged with the well-being of their troops, US Army FMWR will be there for support. Visit their website – [www.armymwr.com](http://www.armymwr.com) – to see what they offer.





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Administrative titles at West Point may differ from those at most colleges, but the responsibilities that go along with the titles are similar.