



# Warthog Squadron

## Operations Squadron Wellness NCO

### Job Description

The Wellness NCO is responsible to assist the Wellness Officer with the Physical Training Wellness Program. The Wellness NCO will report directly to the Wellness Officer and the Operations Sq. Commander.



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1. The Wellness NCO is responsible to assist the Wellness NCO with ensuring all flights adhere to a physical training regime with the ultimate goal of improving their health and fitness abilities throughout the school year.
2. The Wellness NCO assists with recruiting/selecting PTF Wellness representatives from each flight.
3. Assists with overseeing cadet PT accomplishments during the initial, mid-point, and final PTF Assessment.
4. Helps coordinate with Wellness NCO and SASI/ASIs the planning of physical fitness activities for the week.
5. Helps Maintain a Wellness Officer Binder where pertinent documentation is filed.
6. Helps coordinate with Mission Support personnel and ensure all Cadet Wellness Forms are filed for every cadet in the unit.
7. Assists Wellness Officer with PFT Assessments.
8. Must possess a Cadet Access WINGS account in order to assist with PFT Assessments record keeping as well as coordinating with Mission Support personnel to ensure Wellness Forms are accounted for.

## Requirements



The Wellness NCO Position is normally assigned to a Junior Cadet (AS-2/AS-3), who displays leadership and communication skills necessary to manage all the tasks assigned to the position.

The minimum rank for this position is a Cadet Staff Sergeant

The minimum Aerospace Science (AS) level for this position is an AS-2

This position is highly recommended for cadets who possess the ability to look for opportunities to educate others in personal wellness and foster a healthy living style. Additionally, such cadet must be able to represent the AFJROTC program as a primary ambassador to the mission.

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9. After every assessment, Wellness NCO will ensure Cadet results are properly tracked and documented.
10. Must promote a healthy life style and make available any educational information that may be beneficial to the Cadet Corps.