



# Warthog Squadron

## Operations Squadron Wellness Officer

### Job Description

The Wellness Officer is responsible for the Physical Training Wellness Program. The Wellness Officer will report directly to the Operations Sq. Commander and to the Group Commander.



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1. The Wellness Officer is responsible to ensure 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 Officer is responsible for recruiting/selecting PTF Wellness representatives from each flight.
3. Responsible for overseeing cadet PT accomplishments during the initial, mid-point, and final PTF Assessment.
4. Responsible for coordinating with SASI/ASIs the planning of physical fitness activities for the week.
5. Maintains a Wellness Officer Binder where pertinent documentation is filed.
6. Responsible to coordinate with Mission Support personnel and ensure all Cadet Wellness Forms are filed for every cadet in the unit.
7. Assists SASI/ASIs 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 Officer 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 2<sup>nd</sup> Lieutenant

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 Officer 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.