



THE AIR UNIVERSITY



Force Support Professional Development School Physical Fitness Requirement



Student Guidelines



FSPDS Physical Training (PT) Student Requirement



Effective 1 September 2025: All military students attending in-residence classes at the Force Support Professional Development school will participate in physical training (PT). Civilian students are encouraged to participate in PT to promote health and wellness but are not required. Course Directors will try to integrate PT into your academic schedule; however, if time is not allotted, students should plan for fitness before or after class.

Non-Compliance: Students who fail to abide by the fitness policy may be removed from the course (AUI 36-2602, 6.7.3.2).

Expectation:

- Minimum requirement is one hour per day of PT.
- Military students will wear official PT gear if exercising on base. Civilian gear is authorized off base.
- Formation not required; group fitness encouraged; individual fitness authorized.
- PT will be conducted once per day; before or after class.
- Civilian student PT is encouraged but optional.
- Students lodged off base – consult with Fitness Monitor for safety considerations.

