Appendix B

VMI PROGRAM REQUIREMENTS

Rat Year General Activities

Straining (at a rigid position, arms at sides, chin in)

Walking the Ratline (a prescribed route in barracks while straining)

Climbing stairs at a quick pace to the 4th Stoop

Running (1-9 miles over hilly terrain)

Marching

Rifle Manual

Calisthenics (upper and lower body)

Push-ups

Periods of prolonged standing/walking/marching

Cadre Week Crucible Event (extended period of physical exertion with intense upper and lower body workouts)

Periods of high stress from adversarial system (receiving instruction and learning from cadre and upperclassmen in a direct, intense manner) and accomplishing required activities in the time allotted

Limited free time with busy daily and weekly schedules of academic, military, athletic, and fitness activities

Limited ability to go off Post during the week

Early morning wake-ups and long daily schedule

Cannot use beds until after 11:15 PM

Rat Challenge Activities (Tuesday and Thursdays, Sep-Nov)

Running (2-7 miles)

Calisthenics (including push-ups, sit ups)

Log Physical Training (lifting logs; upper body)

Obstacle Courses

Timed Obstacle Course (running, climbing; upper and lower body)

Rope Climbing (upper body)

Multiple High Rope Stations (balance, upper body)

Multiple Obstacle Stations (upper body)

Team Wall Climbing (upper body)

Pull-up and Monkey Bar Stations (upper body)

Rappelling (upper and lower body)

Climbing (170 foot cliff and House Mountain; upper and lower body)

Pugil Stick Training (upper body with physical impacts)

Stretcher Carry and Sandbag Relays (upper and lower body)

Rat Disciplinary Committee and Rat Training Activities

Sweat Parties (high impact calisthenics for 15 minute periods)

Road Marches (3-20 miles with rifles and rucksacks)

Rat Line Culmination Activities (periods of high intensity workouts with upper and lower body workouts)

Physical Education Requirements

Mandatory boxing class

Mandatory swimming class

Mandatory wrestling class

Other P.E. course elective requirements

Physical Fitness Requirements (All cadets; minimum of twice per semester)

VMI Fitness Test (pull ups, sit-ups, 1 ½ mile run)

Service ROTC Fitness Tests (vary by service; 1 ½ -- 3 mile runs; sit-ups; push-ups, and pull-ups included)

Physical Training Time (PTT) (Mondays and Fridays) and every third Saturday morning (calisthenics, sit-ups, pull-ups, push-ups, running $1\frac{1}{2}$ -- 7 miles)

Remedial Physical Training during free time for VFT and weight/body fat failures

Weight and Body Fat Requirements (see website)

Other Cadet Activities and Environment

Attending mandatory class and/or other formations daily

Weekly parades and parade practices

Field Training Exercises (48-96 hours at off Post locations; involves sleeping in tents, marching with full packs and weapons; military training exercises)

Weapons firing and maintenance

Rifles and bayonets stored in rooms

Mandatory events attendance (athletic, distinguished speakers, and other VMI events)

Non-air conditioned barracks and no refrigerators in rooms

3-5 cadets per barracks room

Academic Requirements

135 credit hours required for degree completion

Mandatory 4 years of ROTC and leadership courses

Mandatory 4 years of Physical Education courses

Minimum 12 credit hours required per semester; normal course load is 15-18 hours