Kentucky CTE

JROTC: U.S. Air Force Wellness 580101 (2026–2027)

Participate in an individualized fitness program based on national standards by age and gender. 1	1 Participate in an individualized fitness program based on national standards by age and gender. 1
Identify areas of improvement and implement steps provided by instructor guidance for improvement. 2	2 Identify areas of improvement and implement steps provided by instructor guidance for improvement. 2
Incorporate a physical fitness and wellness program to reach fitness goals. 3	3 Incorporate a physical fitness and wellness program to reach fitness goals. 3
Adopt active, healthy lifestyles beyond program requirements and into their adult lives. 4	4 Adopt active, healthy lifestyles beyond program requirements and into their adult lives. 4
Initiate independent and responsible personal behavior in physical activity settings. 5	5 Initiate independent and responsible personal behavior in physical activity settings. 5
Accept the responsibility for taking a leadership role and willingly follow appropriate guidance to accomplish group goals. 6	6 Accept the responsibility for taking a leadership role and willingly follow appropriate guidance to accomplish group goals. 6

Skip to main content

Analyze factors that influence personal physical activity patterns throughout life. 7	**7** **Analyze factors that influence personal physical activity patterns throughout life.** 7

Standard