

C1 Training Course Summary Sheet

Unit	Lesson	Lesson Information	Type	Time	✓
1	Enroute Theory	IFR Releases, Point-Outs, APREQs, etc.	G	1.0	
2	Enroute Airspace Familiarization	Review ZKC airspace, LOAs, SOPs, RVSM, etc.	G	1.0	
3	Live Network Introduction	Live network practice and sequencing	L	1.5	
4	Flight Plans, Non-Radar, Charts	Flight plans, equipment codes, non-radar, charts	G	1.0	
5	Military Operations	MOAs, restricted airspace, MARSAs, IR/AR, blocks	G	1.0	
6	Weather Theory	PIREPs, AIRMETs, SIGMETs, Reroutes	G	1.0	
7	Instrument Approach Theory	MVA, approach type, satellite fields, phraseology	G	1.0	
8	Progress Check	Live network session to check student competency	L	1.5	
9	Live Network Progress Check	Evaluate student's progress on center	L	1.5	
10	Pre-OTS	Pre-OTS Live Session	L	1.5	
11	ZKC C1 Exam	ZKC C1 Written Exam	W	0.5	
12	VATUSA C1 Exam	VATUSA C1 Written Exam	W	0.5	
13	C1 OTS	C1 OTS on live network	O	2.0	
				15.0	

Notes

Lessons may be combined. Written exams must be completed before next lesson unless approved by an instructor. Key: G=Ground Lesson, S=Sweatbox Lesson, W=Written Exam, L=Live Network Lesson, O=OTS Exam. The time depicted is the minimum time you need to spend on each lesson; you will more than likely need more time than depicted.