

MS 180 : ARMY PHYSICAL FITNESS

Transcript title

Army Physical Fitness

Credits

1

Grading mode

Standard letter grades

Total contact hours

30

Lab hours

30

Course Description

The course familiarizes the students with the Army Physical Fitness Program and FM 21-20 through an individually-regimented physical fitness training program. Students will receive guidance on proper nutrition and fitness to excel in a physically demanding environment as well as being given the opportunity to plan and implement their own total fitness program. Class is open to any student in any course of study.

Course learning outcomes

1. Demonstrate ability to lead and conduct the Army's Physical Readiness Training (PRT).
2. Maximize physical fitness performance in accordance with Army standards.
3. Identify weaknesses and develop workout plans to increase physical fitness.
4. Demonstrates ability to work as a member of a team.