

MIL 202 : Intermediate Army Fitness Training

In this course, students participate in and learn how to conduct an Army physical fitness program. This program teaches the principles of fitness of frequency, intensity, time, and type of exercise through participation and practical exercise. This course begins with assisting the students in adopting a healthy physical fitness ethos and lifestyle required of an Army officer. Students are given performance reviews based on the current Army Physical Fitness Test (APFT) evaluation criteria.

Credits 1