

MIL 301 : Advanced Army Fitness I

In this course students participate in and learn how to plan, conduct, and revise physical fitness programs, to include strength, cardiovascular, endurance, and flexibility training. This course also teaches the student how to develop the physical fitness ethos and lifestyle that are required of a military officer. Students are given performance reviews based on the current Army Physical Fitness Test (APFT) evaluation criteria. Course meets three times a week and is open only to ROTC Cadets.

Credits 1