

PELLISSIPPI STATE TECHNICAL COMMUNITY COLLEGE  
MASTER SYLLABUS

**ARMY CONDITIONING PROGRAM  
MSCI 1300**

**Class Hours: 0.0**

**Credit Hours: 1.0**

**Laboratory Hours: 3.0**

**Date Revised: Fall 00**

**Catalog Course Description:**

Challenging instruction that concentrates on students' individual weaknesses and directly applies exercises designed to increase flexibility, muscular strength, and cardio-respiratory endurance. Student also develops the ability to design and lead a fitness program. May be repeated for up to 6 hours.

**Entry Level Standards:**

Student must consult with Captain William Edwards prior to enrollment (974-5371).

**Prerequisites:**

Permission from ROTC program at the University of Tennessee, Knoxville

**Textbook(s) and Other Course Materials:**

All materials are provided by the Military Science Department at introduction briefings.

**I. Week/Unit/Topic Basis:**

The class will normally meet from 0600 hrs. to 0700 hrs., Monday, Wednesday, and Friday at the Stokely Athletics Center. The Physical Training Schedule is provided for specific workouts and runs. Uniform Code: Uniform will be IAW the Physical Training (PT) Standard Operating Procedures (SOP).

**II. Course Objectives\*:**

- A. Apply exercises designed to increase flexibility. II.2, II.3, III.2
- B. Apply exercises designed to increase muscular strength. II.2, II.3, III.2
- C. Apply exercises designed to increase cardio respiratory endurance. II.2, II.3, III.2
- D. Develop the ability to design and lead a fitness program. II.2, II.3, III.2

\*Roman numerals after course objectives reference goals of the university parallel program.

**III. Instructional Processes\*:**

Students will:

- 1. Develop a vocabulary that allows them to communicate more effectively with military personnel. *Communication Outcome, Transitional Strategy*
- 2. Participate in lecture and field activities which develop teamwork, problem solving and information analysis. *Information Literacy Outcome, Problem Solving and Decision Making Outcome, Active Learning Strategy*
- 3. Listen to lectures, read text and handouts on topics regarding military history, safety,

equipment, and terminology. *Communication Outcome, Problem Solving and Decision Making Outcome, Information Literacy Outcome, Personal Development Outcome*

4. Practice the elements of work ethic such as punctuality, professionalism, dependability, cooperation and contribution. *Personal Development Outcome*

\*Strategies and outcomes listed after instructional processes reference Pellissippi State's goals for strengthening general education knowledge and skills, connecting coursework to experiences beyond the classroom, and encouraging students to take active and responsible roles in the educational process.

#### **IV. Expectations for Student Performance\*:**

Upon successful completion of this course, the student should be able to:

1. Regularly attend morning physical fitness sessions. A,B,C,D
2. Introduce a physical training session IAQ FM 21-2- (Contracted Cadets only). A,B,C,D
3. Explain a physical training session IAQ FM 21-2- (Contracted Cadets only). A,B,C,D
4. Lead a physical training session IAQ FM 21-2- (Contracted Cadets only). A,B,C,D
5. Take monthly Army Physical Fitness test (APFT). A,B,C,D

\*Letters after performance expectations reference the course objectives listed above.

#### **V. Evaluation and Policies:**

##### A. Evaluation Methods:

BONUS: Students who achieve 290 or better on the APFT's will not be required to attend Friday PF sessions. The cadet must continue to maintain 290 or better on each test to remain eligible for this bonus.

##### B. Grading Scale:

Participation	10 points
APFT 9 monthly x 3	25 points per test
<u>Diagnostic APFT</u>	<u>15 points</u>
Total	100 points

##### C. Policies:

Class attendance is mandatory. Each unexcused absence results in a 1-point deduction from your final grade after your second unexcused absence. SFC Mansfield must be contacted before the start of the PT session. If an emergency arises and you cannot be at PT for any legitimate reason, i.e. medical. If you cannot contact SFC Mansfield, you must contact the department at (865) 974-5371/4701. The department has two 24-hour answering machines.

Students who receive a medical profile after the start of the first day of class will be awarded an incomplete until they can make it up.

Missed Practical Exercise: Anyone who missed/fails to take the monthly APFT will receive a score or more than 20 points for the APFT, unless prior arrangements are made with the PT Advisor.