

PELLISSIPPI STATE COMMUNITY COLLEGE  
MASTER SYLLABUS

**ARMY CONDITIONING PROGRAM  
MSCI 1300**

**Class Hours: 0.0**

**Credit Hours: 1.0**

**Laboratory Hours: 3.0**

**Revised: Fall 2015**

**Catalog Course Description:**

This course provides challenging instruction that concentrates on students' individual weaknesses and directly applies exercises designed to increase flexibility, muscular strength, and cardiorespiratory endurance. Student also develops the ability to design and lead a fitness program. May be repeated, maximum 6 credits.

**Entry Level Standards:**

Student must consult with Army ROTC at UTK prior to enrollment (974-5371).

**Prerequisites:**

None

**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 0630 hrs. to 0730 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 Goals\*:**

- 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 goals reference TBRs general education goals.

**III. Expected Student Learning Outcomes\*:**

The student will 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

\* Capital letters after Expected Student Learning Outcomes reference the course goals listed above.

#### **IV. Evaluation:**

##### A. Evaluation Methods:

Course standards for evaluation:

- Regularly attend physical fitness sessions.
- Participate in the physical fitness session or sport activity.
- MSIII Cadets lead a pt session in accordance with FM 21-20.
- Take 3 scheduled Army Physical Fitness Tests (APFT).
- Complete, document, and turn in Rocky Top Challenge.

##### B. Grading Scale:

Grade dependent on

- Attendance
- Complete 3 APFTs
- Rocky Top Challenge completion

#### **V. Policies:**

##### A. Attendance Policy:

There are no makeup days for unexcused absences. If you are unable to attend class you must clear your absence with your MS instructor. If you are sick a doctor's note is required or the absence will be considered unexcused. If you feel you are unable to participate in PT because of illness or injury, come to class for accountability and you may be excused by a member of the ROTC Cadre. You must then provide a doctor's not NLT the next scheduled PT session or the absence will be considered unexcused. Cadet leadership is not authorized to excuse students from class.

##### B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one's own work.
- Taking an exam for another student.

- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

Please see the Mississippi State Policies and Procedures Manual, Policy 04:02:00 Academic/Classroom Conduct and Disciplinary Sanctions for the complete policy.

C. Accommodations for disabilities:

Students that need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Disability Services (DS) in order to receive accommodations in this course. Disability Services may be contacted by sending email to [disabilityservices@pstcc.edu](mailto:disabilityservices@pstcc.edu), or by visiting Alexander 130. More information is available at <http://www.pstcc.edu/sswd/>.