Msl 126: Leadership Fitness II

MILITARY SCIENCE & LEADERSHIP

Using a variety of functional fitness techniques and concepts, this course is designed to improve physical fitness, build self-confidence, and provide skills necessary to lead group fitness training. Roles and responsibilities of students would be progressive based on prior course attendance. The course requires the ability to run in formation, squat, jump, swim, conduct a pull-up, push-up, and sit-up to the prescribed standards and lift and/or carry up to 50 pounds for extended distances. Three contact hours per week.

1 Credit

Prerequisites

- Instructor Approval Required

Instruction Type(s)

- Laboratory: Laboratory for Msl 126

Subject Areas

- Army JROTC/ROTC
- Army ROTC, Military Science and Operations, Other

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.