

## **Msl 125: Leadership Fitness I**

### **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. 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 125

### **Subject Areas**

- [Army JROTC/ROTC](#)

### **Related Areas**

- [Army ROTC, Military Science and Operations, Other](#)

