

## MsI 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**
- <u>Army JROTC/ROTC</u>

## **Related Areas**

• Army ROTC, Military Science and Operations, Other

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