

University of Arkansas - Fort Smith
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General Syllabus

MILS 10231 Basic Physical Conditioning I

Credit Hours: 1

Lecture Hours: 0

Activity Hours: 3

Effective Catalog: 2019-2020

I. Course Information

A. Catalog Description

Practical application of the principles of the Army Physical Readiness Training (PRT) Program.

II. Student Learning Outcomes

A. Subject Matter

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

1. Demonstrate proper technique for various military exercises.
2. Understand and implement proper preparation for and recovery from physical training.
3. Pass the Army Physical Fitness Test with 60 points in each event.

B. University Learning Outcomes

This course will enhance student abilities in the following area:

Analytical Skills

Critical Thinking

Students will use critical thinking skills to evaluate their physical performance and create a plan of improvement.

III. Major Course Topics

- A. Phases of PRT
- B. Principles of PRT
- C. Posture and Body Mechanics
- D. Preparation and Recovery