

COCONINO COMMUNITY COLLEGE
COURSE OUTLINE

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Status: Permanent
Effective Term: Fall 2017

June 8, 2000
October 4, 2011
Summer 2012
January 10, 2017

A. Identification:

1. Subject Area: Military Science (MSC)
2. Course Number: 150
3. Course Title: Army Physical Fitness I
4. Credit Hours: 1
5. Course Description: Improves the physical fitness of students and develops a physical fitness program tailored to the student's needs and abilities. The focus of the course is to develop personal knowledge of the components of a good fitness program, improve individual fitness levels through scheduled training, and gain an understanding of the U.S. Army physical fitness training (PT) and testing doctrine. The course is designed to train students to meet Army physical fitness standards. Includes training in troop leading procedures in preparation for the Advanced Army ROTC Program and commissioning as an officer in the United States Army, Arizona National Guard, or United States Army Reserves. Three lab.

B. Course Goals: To train students to meet Army physical fitness standards so they will be physically prepared for the Advanced Army ROTC Program and commissioning as an officer in the United States Army, Arizona National Guard, or United States Army Reserves.

C. Course Outcomes:

Upon successful completion of this course, student will:

1. establish a personal fitness program;
2. conduct physical fitness training;
3. improve strength, endurance, flexibility, speed and coordination;
4. and lead others in physical fitness training.

D. Assessment: NAU conducts assessment for all MS (NAU) and MSC curriculum.

E. Course Content will include:

1. personal fitness program;
2. personal fitness base;
3. physical fitness training through ability group or group activity;
4. and army physical fitness tests.