University of Arkansas - Fort Smith
5210 Grand Avenue
P. O. Box 3649
Fort Smith, AR 72913
479-788-7000

General Syllabus

MILS 1031 Basic Physical Conditioning II

Credit Hours: 1 Lecture Hours: 0 Activity Hours: 3

Effective Catalog: 2019 - 2020

I. Course Information

A. Catalog Description

Army Physical Readiness Training (PRT) Program to develop stamina, flexibility, coordination, speed, and upper body strength and to enhance lifestyle.

II. Student Learning Outcomes

A. Subject Matter

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

1. Demonstrate proper technique for more advanced military exercises.
2. Understand and implement healthy eating habits.
3. Pass the Army Physical Fitness Test with 70 points in each event.

B. University Learning Outcomes

This course will enhance student abilities in the following areas:

Analytical Skills
Critical Thinking
Students will evaluate their physical performance and create a plan of improvement.

Communication Skills
Students will use interpersonal communication skills to work through various peer group exercises.

III. Major Course Topics

A. Physical Fitness
B. Weight Control Strategies
C. Healthy Eating Habits