

## **MSL 225: Leadership Fitness III**

### **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. Roles and responsibilities of students would be progressive based on prior course attendance. 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 225

#### **Subject Areas**

- [Army JROTC/ROTC](#)

#### **Related Areas**

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

