

MS 22
Basic Military Physical Conditioning
Recreation Center Field
Monday, Wednesday, Friday 0630-0730

Instructor: LTC Travis Buehner
Telephone: 805-893-2769
Email: tbuehner@milsci.ucsb.edu
Office: 119, Bldg. 451
Office Hours: Fridays 0900-1100 or as scheduled

Course Description: Basic physical conditioning using the United States Army physical training program. Emphasis on cardiovascular system and upper body strength. Focus towards army reserve officer training corps (ROTC) cadets, although not limited to this group.

This course is worth 0.5 units and can be repeated for up to of 3.0 units (lower division).

Course Objectives: This course was developed to fulfill a requirement for ROTC Cadets to develop, lead, and implement a physical training program to sustain a high level of physical fitness at the individual through collective level (large group). High levels of physical fitness are correlated with increased job performance. Specifically, this course explores the systematic stress of each individual's metabolic system as it influences the individual's ability to perform physically at an optimum level. Competence in individual performance of all PRT activities instills confidence in the ability to perform. It also gives personnel the confidence that all individuals in a team have similar physical capabilities and the mental and physical discipline needed to adapt to changing situations.

Course learning objectives:

- 1) Introduce students to the physical readiness training (PRT) program used to maintain individual and organizational fitness levels within the U.S. Army through the initial conditioning to the toughening phase
- 2) Adhere to performance oriented training involving physical tasks (i.e., navigate from one point to another, evaluate a casualty)
- 3) Evaluate physical fitness using the Army Physical Fitness Test

Prerequisites: None.

Class Attendance and Courtesy: Attendance will be taken every class period. Attendance and participation (experiential learning) are the main methods to achieve the course learning objectives. The class will include, and use, military

customs and courtesies. Additionally, students will wear the military physical fitness uniform or a conservative civilian equivalent. When in doubt on attire, ask the instructor. All students will either enroll in ROTC or sign a UCSB Voluntary Activities Waiver.

Assigned Texts: Army FM 7-22, October 2012 (available from <http://www.armyprt.com>)

Evaluation Criteria / Assignments: Students will conduct two Army Physical Fitness tests (APFT x 2) and participate in physical readiness training. Active participation will be 80% of the grade (experiential learning) evaluated through attendance. 10% of the grade will be completion of the Army Physical Fitness test (demonstrating improvement [10% increase] between the first and second APFT or exceeding a 270 will equate to maximum points). 10% of the grade will be instructor points.

Grading: We will adhere to the UCSB grading policy. The cut off for an "A+" is 96.67 and higher. An "A-" covers the grade cut off, 90% to 92%. +/- follows for each level.

A	(excellent)	A+ = 4.0	A = 4.0	A- = 3.7
B	(good)	B+ = 3.3	B = 3.0	B- = 2.7
C	(adequate)	C+ = 2.3	C = 2.0	C- = 1.7
D	(barely passing)	D+ = 1.3	D = 1.0	D- = 0.7
F	(not passing)			
P	(passed)			
NP	(not passed)			

Course Schedule – Published separately in 2 week increments to align with weather forecasts

MS 22: M-W-F at 0630

Meet at the Recreation Center (Rec Cen)
Fields

