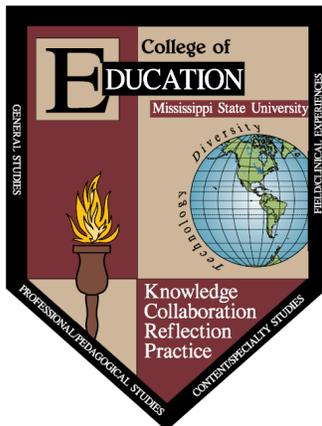


**MISSISSIPPI STATE UNIVERSITY  
COLLEGE OF EDUCATION**

**DEPARTMENT of KINESIOLOGY  
COURSE SYLLABUS**

<b>Course Prefix &amp; Number:</b>	PE 3111
<b>Course Title:</b>	Advanced Military Physical Fitness
<b>Credit Hours:</b>	One (1) semester hour
<b>Course Type:</b>	Laboratory
<b>Catalog Description:</b>	Develops the physical fitness required of an officer in the Army through emphasis of individual fitness programs and examination of the role of exercise/fitness. (May be taken up to four times for credit)

**College of Education Conceptual Framework:**



The faculty in the College of Education at Mississippi State University are committed to assuring the success of students and graduates by providing superior learning opportunities that are continually improved as society, schools, and technology change. The organizing theme for the conceptual framework for the College of Education at Mississippi State University is educational professionals - dedicated to continual improvement of all students' educational experiences. The beliefs that guide program development are as follows:

1. **KNOWLEDGE** - Educational professionals must have a deep understanding of the organizing concepts, processes, and attitudes that comprise their chosen disciplinary knowledge base, the pedagogical knowledge base, and the pedagogical content knowledge base. They must also know how to complement these knowledge bases with the appropriate use of technology.
2. **COLLABORATION** - Educational professionals must continually seek opportunities to work together, learn from one another, forge partnerships, and assume positions of responsibility.
3. **REFLECTION** - Educational professionals must be willing to assess their own strengths and weaknesses through reflection. They must also possess the skills, behaviors, and attitudes necessary to learn, change, and grow as life-long learners.
4. **PRACTICE** - Educational professionals must have a rich repertoire of research-based strategies for instruction, assessment, and the use of technologies. They must be able to

focus that array of skills on promoting authentic learning by all students or clients, while exhibiting an appreciation and commitment to the value and role of diversity.

**Course Description:**

One hour laboratory. Develops the physical fitness required of an officer in the Army through emphasis of individual fitness programs and examination of the role of exercise/fitness. (May be taken up to four times for credit).

**Course Objective:**

The course objective is to facilitate improved physical fitness through structured Army physical training and encourage each person to pursue a healthy lifestyle.

**Required Text/References:**

FM 7-22 Army Physical Readiness Training, FM 22-5 Drill and Ceremony, Cadet Command Regulation (CCR) 670-1, Army Regulation (AR) 600-9, and the MSU Army ROTC Website <http://www.armyrotc.msstate.edu>.

**Methods of Instruction:**

Lecture and Demonstration

**Student Activities/Course Content:**

Junior level cadets in Army ROTC will be required to lead physical fitness training as the PT instructor. PT instructors will conduct a pre-brief with the MS IV Senior PT Instructor no later than one week prior to the event. This is to ensure the quality of instruction, coordinate for resources, etc. Each class will begin with a brief explanation of the planned activities for the exercise period. The physical training session will then be conducted in three phases:

Phase One - Warm up (5-7 minutes) consists of stretching and calisthenics designed to warm up and stretch all muscle groups that will be exercised during the conditioning phase. This is a safety factor that will not be violated.

Phase Two - Conditioning (40-50 minutes) consists of cardio respiratory (CR) and/or muscular strength (MS) development. CR training will consist of some form of running with a group or at your own pace with emphasis placed on improving endurance. MS training will be sufficiently intense to produce temporary muscle failure in the muscle groups worked.

MS training places emphasis on improving upper body strength.

Phase Three - Cool down (5-10 minutes) consists of walking, drill & ceremony, and stretching to cool down the body and lower the heart rate after strenuous physical activity. This prevents pooling of the blood/ cramping after exercise.

### Class Attendance Grading Policy:

Student/Cadets are authorized three classroom absences without reason. After three absences, each additional absence will result in a loss of 1.92 (based on 39 scheduled PT sessions) points from the class attendance grade regardless of the reason for the absence (possible 75 points). Special circumstances are handled on a case-by-case basis (death in the family, extended illness, drill with National Guard Unit etc.). Regular attendance at training sessions is essential to achieving the full benefits of this course. There are 39 scheduled PT sessions for the Spring 2014 semester. Therefore, you will be evaluated on your ability to maintain attendance and participation throughout the semester based off the following formula:  $75 \text{ points} / 39 \text{ days} = 1.92 \text{ points per day}$ .

The battalion Cadet S-1 officer, is responsible for recording student attendance at all PT classes. The S-1 will position himself/ herself inside the front entrance of the Sanderson Gym or other central locations as required to record student attendance until 0600 hours. It is the student's responsibility to ensure their attendance is recorded by the Cadet S-1. Tardiness should be avoided; however, students who arrive late for PT may still receive attendance credit for that day at the discretion of the battalion S-1 officer.

### Physical Requirement:

A physical is required prior to participating in this class. For students who are already contracted with ROTC their MEPS physical will work as long as it is on file with the ROTC department. For non-contracted students they must complete a DA 3425-R Medical Short form. You can make an appointment with the Longest Student Health Center on MSU campus. Take the form with you and have the examining doctor fill it out. **Ensure the physician prints legibly the name of the facility and his or her name and contact number as well as signing.** Bring the form to the class instructor.

### Army Physical Fitness Test (APFT) Grading Policy:

The APFT includes three events for which you can score 100 points in each event for a total of 300 possible points. The three events are the push-ups, sit-ups, and the two-mile run. All students will conduct a diagnostic APFT with weigh-in at the beginning of the semester and a final APFT with weigh-in at the end of the semester in order to determine whether the student has improved his/her physical fitness capability. Students that are determined to be overweight In Accordance With (IAW) AR 600-9 will be measured by tape in order to determine the student's body fat percentage and record the student's progress throughout the course. Your final APFT will be based off your highest APFT score from the semester using the following formula:

$$\{(APFT \text{ Score} / 3) * .25\} = APFT \text{ Grade}$$

**Honor Code:**

**“As a Mississippi State University student I will conduct myself with honor and integrity at all times. I will not lie, cheat, or steal, nor will I accept the actions of those who do.”**

<http://www.honorcode.msstate.edu/>

Upon accepting admission to Mississippi State University, a student immediately assumes a commitment to uphold the Honor Code, to accept responsibility for learning, and to follow the philosophy and rules of the Honor Code. Students will be required to state their commitment on examinations, research papers, and other academic work.

Ignorance of the rules does not exclude any member of the MSU community from the requirements or the processes of the Honor Code.

For additional information please visit:

<http://www.msstate.edu/dept/audit/PDF/1207.pdf>

**Technology:**

Respect of the classroom environment, the instructor, and fellow students is expected in the course at all times.

**Diversity:**

Diversity will not be formally/specifically addressed in this course.

**Disability:**

Mississippi State University is committed to providing equal educational opportunities to all students and assisting students in making their college experiences successful and positive. Recognizing that at times generalized student services are inadequate for meeting the unique needs of students with disabilities, and to comply with federal and state laws, regulations, and guidelines, the university has established Student Support Services (325-3335) to provide supportive services for its students with disabilities. Please notify the instructor if you have a disability.

**Final Grades:**

Final grades for the PE 3111 class will be determined by the following grading scale.

<u>Grading Components</u>	<u>Points</u>	<u>Final Grade</u>	<u>Final Points</u>
APFT Grade	25	A	90-100

+ <u>Class Attendance Grade</u>	75	B	80-89
<u>Final Grade</u>	100	C	70-79
		D	60-69
		F	0-59

Uniform and Equipment:

The wear of the U.S. Army physical fitness uniform is required for contracted cadets, optional for enrolled cadets who are already members of the reserve forces, and not allowed for participating students in Military Science classes. Students NOT ENROLLED in Military Science classes and only taking the PE3111 class will wear shorts and t-shirts or sweats as appropriate for the season. During winter months bring gloves and head scarf or a similar item designed to protect your ears from the cold. All students must wear a reflective belt to the class for use during runs on city and university streets. The reflective belt can be drawn from the battalion supply technician. The Army physical fitness uniform will be issued during the beginning of the semester only by appointment with our supply technician Mr. Bell. When the uniform is worn, students will adhere to Army uniform and appearance standards in accordance with CCR 670-1. Any equipment drawn from ROTC will be inventoried and turned in after the last PT session of the semester by making an appointment with Mr. Bell; his number is 325-1656. It is your responsibility to safeguard and control military property issued to you for ROTC use. If you fail to do so, you will be required to pay for the lost/damaged equipment. Failure to comply will result in your university records being placed on administrative hold and you will not be able to register for classes next semester, graduate, or receive transcripts.

Military Customs, Courtesies, and Discipline:

Students are expected to display proper military customs and courtesies and maintain military discipline at all times. All students in the class will come to the position of attention when a commissioned officer enters the classroom or to the position of parade rest for a non-commissioned officer. Students will not come to the proper position when a higher ranking cadre member is already in the classroom area. Students will also come to the proper position when speaking to a commissioned or non-commissioned officer. Body-piercings, earrings, and all hats will be removed before arriving to PT.

Open Door Policy:

Cadets/Students may discuss concerns, ideas, complaints, etc. with any of the ROTC cadre or staff. Although appointments are recommended, cadets/students may approach ROTC staff at any time during normal business hours.

PT Schedule:

PT is normally held every Monday, Wednesday, and Friday at the Sanderson Center. Other locations are South Farm, North Farm (Rose Garden), Intramural Fields, or the football stadium. A schedule is made at least two weeks out for what events and what

locations we will meet at. Any changes to the PT schedule will be announced by email and/or at the final formation of a PT session. Class will not be conducted during school holidays. Here is a link to a Google Map that shows the most common locations where PT is conducted. <http://goo.gl/maps/nGz3u>