Fall 9-1-2001

MS 315.01: Drill and Conditioning

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University of Montana - Missoula

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Course Description/Purpose: MS 315 is designed to familiarize the students with military physical fitness standards and training. Students enrolled in MS 315 receive instruction on cardiovascular and fitness and strength conditioning.

General Information: Students receive one academic credit for MS 315. The class meets from 6:30 a.m. to 7:30 on Monday, Wednesday and Friday on the second floor of Schreiber Gym. The primary method of instruction used is hands on physical strengthening and endurance training.

Instructor:
Master Sergeant Mark A. Caffey
Office Hours: M-F 8:00 A.M – 5:00 PM
Telephone: 243-4549
Office: 102 Schreiber Gym

Grading System: During the course of the semester, students will be administered an Army standard physical fitness test. The test consists of pushups, setups and a 2-mile run. Each event is evaluated against an age-based scale on a 100 point system. Your Last APFT will determine your grade for the semester. Three or more unexcused absence during the semester will drop you one letter grade.

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