**BARTON COMMUNITY COLLEGE**

**COURSE SYLLABUS**

1. **GENERAL COURSE INFORMATION**

Course Number: MLTR 1765

Course Title: Physical Readiness Training Leader’s Course (PRTLC)

Credit Hours: 3

Prerequisite: None

Division/Discipline: Military Programs

Course Description: This course is designed to provide the student with information on the basic physiological functions specific to exercise science and the effects of physical exercise on the human body. The following components of effective physical fitness will be covered: Cardio respiratory (CR) endurance, muscular strength, muscular endurance, flexibility, and body composition.

# **CLASSROOM POLICY**

Students and faculty of Barton Community College constitute a special community engaged in the process of education. The College assumes that its students and faculty will demonstrate a code of personal honor that is based upon courtesy, integrity, common sense, and respect for others both within and outside the classroom.

The College reserves the right to suspend a student for conduct that is detrimental to the College's educational endeavors as outlined in the College catalog.

Plagiarism on any academic endeavors at Barton Community College will not be tolerated. Learn the rules of, and avoid instances of, intentional or unintentional plagiarism.

Anyone seeking an accommodation under provisions of the Americans with Disabilities Act should notify Student Support Services.

1. **COURSE AS VIEWED IN THE TOTAL CURRICULUM**

The primary function of this class will be to serve as a thorough introduction to exercise physiology. Knowledge of the effects of exercise is necessary for a proper understanding of human movement and how human performance can be maximized. The course will also help students develop an understanding of training theories and the components of fitness for soldiers and for daily living.

# **ASSESSMENT OF STUDENT LEARNING / COURSE OUTCOMES**

Barton Community College is committed to the assessment of student learning and to quality education. Assessment activities provide a means to develop an understanding of how students learn, what they know, and what they can do with their knowledge. Results from these various activities guide Barton, as a learning college, in finding ways to improve student learning.

## Course Outcomes

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

1. Evaluate and incorporate physical fitness principles in military unit physical fitness programs.
2. Assess flexibility and associated training techniques.
3. Understand the structure and function of the skeletal and muscular systems as they relate to movement.
4. Understand the risks associated with exercising in various climates and how to lower those risks.
5. Understand basic nutrition principles and determine nutritional values of foods.
6. Assess cardio respiratory fitness and associated training techniques.
7. Interpret and evaluate body composition measurements in accordance with Army Regulation 600-9 (The Army Weight Control Program).
8. Assess muscular strength, endurance fitness, and associated training techniques.

# **COURSE COMPETENCIES**

## Core Competencies

 Upon completion of the course, the student will able to:

1. Define physical fitness.
2. Identify the components of fitness and how they relate to fitness programs.
3. List the principles of exercise and how they relate to fitness programs.
4. Define the components, principles, phases and elements involved in the Army Physical Readiness Training regimen.
5. Identify the proper procedures for administering, grading and scoring the Army Physical Fitness Test (APFT) events and alternate cardio respiratory assessments.
6. Define flexibility and identify its importance as part of a fitness program.
7. Identify and perform various flexibility assessments and techniques.
8. List the names of all the major muscles and bones of the body and how they function.
9. Describe body movements during exercise and how they relate to the skeletal and muscular systems.
10. Discuss types of heat and cold injuries and their symptoms.
11. Evaluate fluid replacement needs during exercise and military operations.
12. Identify exercise considerations in high altitude.
13. Describe common injuries, their causes, treatment, and prevention methods.
14. Define posture and the effects gravity and exercise have on it.
15. Identify how to improve posture and its importance on soldier tasks.
16. Identify various nutrients by class, characteristics, and function and understand how the body metabolizes these nutrients.
17. Determine nutritional value of selected foods items by their labels.
18. Define cardio respiratory fitness.
19. Identify the various types of running programs.
20. Identify methods of analyzing body composition.
21. Define strength and muscular endurance.
22. List the seven principles of exercise.
23. Describe the major forms of cardiovascular disease.
24. Identify risk factors of cardiovascular disease.
25. Evaluate individual and unit physical fitness levels.
26. Define circuit training.
27. Design a unit battle-focused physical training program based on the unit’s mission.
28. Identify the importance of proper warm-up and cool-down procedures.

# **INSTRUCTOR'S EXPECTATIONS OF STUDENTS IN CLASS**

# **TEXTBOOKS AND OTHER REQUIRED MATERIALS**

1. **REFERENCES**

# **METHODS OF INSTRUCTION AND EVALUATION**

# **ATTENDANCE REQUIREMENTS**

# **COURSE OUTLINE**