

MILS2122 - Military Physical Conditioning II-B

[MILS 2122](#) Military Physical Conditioning II-B (1 semester credit hour) This course implements the Army's holistic and fitness models by improving student's physical and mental well-being by utilizing Army Physical Readiness Training (PRT). Continuation of [MILS 2121](#) with emphasis on leadership of a small group or squad during physical training, supervising each individual's correct performance of stretching and calisthenics, as well as following assigned student's progression and taking responsibility for mentoring subordinates. An essential objective for each student is to achieve a minimum score in the Army fitness test for record. Prerequisites: [MILS 1111](#) and [MILS 1112](#) and [MILS 2121](#). (0-1) S