

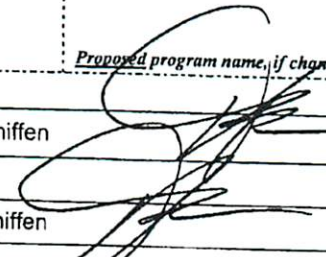

10-23

LSC Use Only No:	LSC Action-Date:	UWUCC USE Only No.	UWUCC Action-Date:	Senate Action Date:
		29-96	App-10/26/10	App-12/7/10

**Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee**

Contact Person Harold H. Whiffen	Email Address hwhiffen@iup.edu
Proposing Department/Unit Department of Military Science	Phone 724-357-2700

Check all appropriate lines and complete information as requested. Use a separate cover sheet for each course proposal and for each program proposal.

<b>1. Course Proposals (check all that apply)</b> <input checked="" type="checkbox"/> New Course <input type="checkbox"/> Course Prefix Change <input type="checkbox"/> Course Deletion <input type="checkbox"/> Course Revision <input type="checkbox"/> Course Number and/or Title Change <input type="checkbox"/> Catalog Description Change	
MLSC191/192/201/202/391/392/491/492 Army ROTC Physical Fitness Development	
<i>Current Course prefix, number and full title</i>	
<b>2. Additional Course Designations: check if appropriate</b> <input type="checkbox"/> This course is also proposed as a Liberal Studies Course. <input type="checkbox"/> Other: (e.g., Women's Studies, Pan-African) <input type="checkbox"/> This course is also proposed as an Honors College Course.	
<b>3. Program Proposals</b> <input type="checkbox"/> New Degree Program <input type="checkbox"/> Catalog Description Change <input type="checkbox"/> Program Revision <input type="checkbox"/> New Minor Program <input type="checkbox"/> Program Title Change <input type="checkbox"/> Other <input type="checkbox"/> New Track	
<i>Current program name</i>	
<i>Proposed program name, if changing</i>	
<b>4. Approvals</b>	
Department Curriculum Committee Chair(s)	Harold H. Whiffen  11/MAR/10
Department Chair(s)	Harold H. Whiffen 11/MAR/10
College Curriculum Committee Chair	
College Dean	 3/23/10
Director of Liberal Studies *	
Director of Honors College *	
Provost *	
<b>Additional signatures as appropriate:</b> (include title)	
UWUCC Co-Chairs	Gail Sedquist 10/26/10

\* where applicable

Received      Received  
 OCT 8 2010      MAR 30 2010  
 Liberal Studies      Liberal Studies

Department of Military Science New Course Proposal  
MLSC 191/192/291/292/391/392/491/492  
Army ROTC Physical Fitness Development

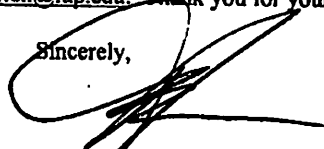
In a continuing effort to improve the Department of Military Science, I conducted an internal review of our coursework and leader development program. During the analysis, the most common shortcoming in our academic offerings was the relatively low credit hours awarded for each course when compared with student requirements. During a survey of 70 military science students, over half of them echoed this observation without prompting. This proposal provides students with credit hours commensurate for their workload by creating formal courses that capture their mandatory physical fitness development program. The courses would be taken each semester for one credit hour and would only be available to students enrolled in the traditional military science courses.

Currently, our students take two credit hour 100 and 200 level courses that require one 50 minute class period and one 120 minute lab per week. The three credit hour 300 and 400 level courses meet for 150 minutes of classroom time and 120 minutes for lab per week. In addition to these courses, our students who have the intent to complete the entire Army ROTC and become Army Officers are required to participate in physical fitness development three times per week from 6:00 AM to 7:00 AM. This formal instruction already exists, but students are not rewarded for this additional weekly commitment. Furthermore, students who are unable to participate in this instruction due to medical or other reasons are forced to be exempted, yet they receive the exact same credit for the course as a committed student. Our department explored the option of increasing each course by one credit hour to compensate for this commitment. This option requires every student who takes the ROTC curriculum, even as an elective, to participate in the physical fitness training program since evaluation of that performance would be incorporated into the overall grading system for each military science course. But, this increased credit hour option prevents a student who is medically unable to participate in physical fitness training from taking the course as an elective. In accordance with Army and IUP policy, students with almost any disqualifying condition for military service should not be restricted from taking any course as an elective, so we had to explore another course of action.

The second option creates a one credit hour course to be taken by fully enrolled students in ROTC. Students with an inability to participate in physical fitness training or simply students who are not sure they have a desire to serve in the Army can still take the traditional courses without incurring a requirement to conduct physical fitness training. Using the 100 level course as an example, the fully enrolled student would receive 2 credit hours for the academic and lab portion of the course and 1 credit hour for the physical fitness development course. The elective student would merely receive the 2 credit hours but have no requirement to participate in physical fitness development. This proposal gives the department the most flexibility to ensure equity in grading among students while rewarding the students who are required to conduct additional academic instruction with appropriate credit for their efforts.

The attachments explain the course in detail through the syllabus of record and the course analysis questionnaire. If you have any questions about this proposal or if you would like me to formally present this to the committee, please do not hesitate to contact me at 357-2700 or [hwhiffen@iup.edu](mailto:hwhiffen@iup.edu). Thank you for your consideration.

Sincerely,



Harold H. Whiffen  
Lieutenant Colonel, US Army  
Chairperson, Department of Military Science

## **NEW SYLLABUS OF RECORD**

### **I. Catalog Description**

#### **MLSC**

Army ROTC Physical Fitness Development I - VIII

MLSC 191, 192, 291, 292, 391, 392, 491, 492

**Prerequisites:** MLSC students only

0 class hours

3 lab hours

1 credit

Physical readiness is acquired through the challenge of a precise, progressive and integrated physical training program. A well-conceived plan of military physical readiness training must be an integral part of every unit training program. This reference adheres to prescribed doctrine for the execution of the Army Physical Readiness Training (PRT) system. This course teaches the principles of individual and group physical fitness through the planning and execution of fitness training for all participating students. Primarily hands-on, performance oriented training. Students are challenged with scheduling and executing PRT programs that ensure their future Soldiers and units are prepared to successfully perform their wartime mission. This curriculum will instill effective leadership that is essential to the success of future military leaders.

### **II. Course Outcomes:**

- Provides Students with the doctrine of Army Physical Readiness Training.
- Reflects upon lessons learned in battles past and present, time-tested theories and principles and emerging trends in physical culture.
- Ensures the continuity of our nation's strength and security.
- Prepares Cadets physically for full spectrum operations.
- Understanding of training requirements and objectives.
- Receives instructions, required resources and reasons why physical fitness is a directed mandatory training requirement as specified in AR 350-1, Army Training and Leader Development.
- Allows Cadets to adapt PRT to unit missions and individual capabilities.
- Guides Cadets in the progressive conditioning of Soldier strength, endurance and mobility.
- Completes a variety of PRT activities that enhance military skills needed for effective combat and duty performance

### **III. Course Outline**

A. Review TC 3-22.20

1. Leadership responsibilities

Week 1

2. Command functions
3. Training Schedules and Approach
4. Warrior Tasks and Battle Drills
5. Physical Requirements for Performance

- |  |               |
|--|---------------|
| <b>B. Principles of Training</b>   | <b>Week 2</b> |
| <ol style="list-style-type: none"><li>1. Train and as you fight</li><li>2. Train to Standard</li><li>3. Train to Sustain</li><li>4. Conduct Multiechelon and Concurrent Training</li><li>5. Train to Develop Agile Leaders and Organizations</li></ol> |               |
| <b>C. Performance-Oriented Training</b>  | <b>Week 3</b> |
| <ol style="list-style-type: none"><li>1. Physical Requirements</li><li>2. Maneuverability</li><li>3. Adaptation</li><li>4. Survivability</li><li>5. Battle Drills</li></ol>  |               |
| <b>D. Warrior Tasks and Drills</b>   | <b>Week 4</b> |
| <ol style="list-style-type: none"><li>1. Muscular Strength</li><li>2. Muscular Endurance</li><li>3. Anaerobic Endurance</li><li>4. Aerobic Endurance</li></ol>   |               |
| <b>E. Mobility</b>   | <b>Week 5</b> |
| <ol style="list-style-type: none"><li>1. Agility</li><li>2. Balance</li><li>3. Coordination</li><li>4. Flexibility</li><li>5. Posture</li><li>6. Stability, Speed and Power</li></ol>  |               |
| <b>F. Physical Readiness Activities</b>  | <b>Week 6</b> |
| <ol style="list-style-type: none"><li>1. Conditioning Drills I, and II</li><li>2. Guerilla Drills</li><li>3. Strength Training Circuits</li><li>4. Cardiovascular Improvement Runs</li><li>5. Obstacle Course</li></ol>                                |               |
| <b>G. Phases of Training</b>   | <b>Week 7</b> |
| <ol style="list-style-type: none"><li>1. Initial Phase</li><li>2. Toughening Phase</li><li>3. Sustaining Phase</li><li>4. Reconditioning Phase</li></ol>   |               |
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H. Principles of Physical Readiness Training	Week 8
1. Precision	
2. Progression	
3. Integration	
I. Leadership	Week 9
1. Traits of a Leader	
2. Competence	
3. Appearance	
J. Human Behavior	Week 10
1. Enthusiasm	
2. Cooperation	
3. Motivation	
K. Scheduling and Responsibility	Week 11
1. Special Programs	
2. Corrective Training	
3. Supervision	
4. Preparation	
L. Strategy	Week 12
1. Active	
2. Mission Essential Task List	
3. Operations Tempo	
4. Readiness	
5. Publications	
M. Standards	Week 13
1. Weight Control	
2. Profile	
3. Individual Reasonability's	
4. Command Reasonability's	
5. Discipline, Safety, and Overuse	
N. Army Physical Fitness Test (APFT)	Week 14
1. Evaluation	
2. Medical Screening	
3. Test personnel duties	
4. Test site requirements	
5. Administration of events	

Culminating Activity (Esprit de Corps)

**IV. Evaluation Methods**

**APFT Score – (60 points):** the APFT consists of three events, totaling 300 points. APFT scores between 260 – 300 equal 60 points, APFT scores between 220 and 259 equal 55 points, APFT scores between 180 – 219 equal 50 points, APFT scores below 180 equal 40 points. Alternate events will receive the average score of the other regular events (i.e., 90 points on the pushup event, 100 points on the sit-up event, would equate to 95 points on the alternate stationary bicycle, swim, of walk events).

**Physical Fitness Program Development and Exercise Instruction (30 points)** Students will be evaluated on their Unit Physical Fitness Plan (near term and long range) as well as on their performance in leading physical fitness activities LAW TC 3-22.20 (Physical Readiness Training) and FM 3-21.5 (Drill and Ceremony).

**Class Participation (10 points)** Students must actively participate in the physical activities program. Students who are habitually late for formations, or who have multiple unexcused absences will receive a point reduction in participation.

#### **V. Grading Scale (100 points total)**

- A - 90% - 100% (90 – 100)
- B - 80% - 89% (80 – 89)
- C - 70% - 79% (70 – 79)
- D - 60% - 69% (60 – 69)
- F - below 60% (59 or below)

#### **VI. Attendance Policy**

The attendance policy for this course follows the undergraduate course catalog.  
<http://www.iup.edu/registrar/catalog/default.aspx> (p. 26)

#### **VII. Required Textbook(s), Supplemental Books and Readings**

Training Circular No. TC 3-22.20 (provided at no charge to the student)

#### **VIII. Special Resource Requirements**

Uses of Athletic Facilities

#### **IX. Bibliography**

- AR 40-501, Standards of Medical Fitness, 14 December 2007 (RAR 001, 10 September 2008).
  - AR 350-1, Army Training and Leader Development, 18 December 2009.
  - AR 600-9, The Army Weight Control Program, 27 November 2006.
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- AR 670-1, Wear and Appearance of Army Uniforms and Insignia, 3 February 2005.
  - FM 3-21.5, Drill and Ceremonies, 7 July 2003, w/Change 1, 12 April 2006.
  - FM 3-25.150, Combatives, 1 April 2009.
  - FM 3-21.5, Drill and Ceremonies, April 2006, w/Change 1, 7 July 2003.
  - FM 7-0, Training for Full Spectrum Operations, 12 December 2008.
  - FM 21-18, Foot Marches, 1 June 1990.
  - Army Engineer Drawings 28-13-95, Confidence Course Layout Plan, E-19.
  - Folio Number 1, "Training Facilities" Corps of Engineers Drawing Number 28-13-95, E-12.
  - RPI 237, Pocket Physical Training Guide, February 2009, US Government Printing Office: 2009 535-138.
  - Technical Guide Series 225-A-E, U.S. Army Pregnancy Postpartum Physical Training Program.
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## MLSC x91/x92 Course Analysis Questionnaire

### Section A: Details of the Course

A1 How does this course fit into the programs of the department? For which students is the course designed? (majors, students in other majors, liberal studies). Explain why this content cannot be incorporated into an existing course.

*Physical fitness training is a required component of Army ROTC for students who wish to complete the program and become Army Officers. This course is not required for those students who are merely taking Army ROTC as an elective. This course content already exists in that students are required to participate in physical fitness training. However, students are currently not awarded academic credit for their participation. In order to reward credit for students who dedicate 3 hours weekly from 6:00 AM to 7:00 AM to physical fitness training, we saw two courses of action. One option was to attempt to increase the credit hours for each course to account for additional time required. A second option was to propose new one credit hour courses that could be taken in conjunction with the ROTC courses. The first option was not a sound choice because it allowed the student who simply was taking the course as an elective to receive the same credit hours as the fully committed student who is required to dedicate the three additional hours per week. The addition of courses allowed the Department to maintain an offering for students who wanted to try ROTC without the full demands while retaining the ability to award appropriate academic credit to those who have fully committed to the program.*

A2 Does this course require changes in the content of existing courses or requirements for a program? If catalog descriptions of other courses or department programs must be changed as a result of the adoption of this course, please submit as separate proposals all other changes in courses and/or program requirements.

*Since the instruction already exists and this course will not impact other departments' programs, no course content change is required.*

A3 Has this course ever been offered at IUP on a trial basis (e.g. as a special topic) If so, explain the details of the offering (semester/year and number of students).

*No, not in any different form than the instruction is currently presented.*

A4 Is this course to be a dual-level course? If so, please note that the graduate approval occurs after the undergraduate.

*No.*

A5 If this course may be taken for variable credit, what criteria will be used to relate the credits to the learning experience of each student? Who will make this determination and by what procedures?



NA.

A6 Do other higher education institutions currently offer this course? If so, please list examples (institution, course title).

*As previously mentioned, all Army ROTC programs conduct physical fitness training. Depending on the school and its inclusion of ROTC, courses like this may exist formally, as we are requesting, or informally as the instruction is currently given. From personal experience, the University of Mississippi offers a very similar course with the same course content.*

A7 Is the content, or are the skills, of the proposed course recommended or required by a professional society, accrediting authority, law or other external agency? If so, please provide documentation.

*No, but physical fitness excellence is required to serve as an Army Officer.*

#### **Section B: Interdisciplinary Implications**

B1 Will this course be taught by instructors from more than one department or team taught within the department? If so, explain the teaching plan, its rationale, and how the team will adhere to the syllabus of record.

*No.*

B2 What is the relationship between the content of this course and the content of courses offered by other departments? Summarize your discussions (with other departments) concerning the proposed changes and indicate how any conflicts have been resolved. Please attach relevant memoranda from these departments that clarify their attitudes toward the proposed change(s).

*Because of the unique requirements of Army ROTC, the required course content is not currently offered and cannot be taught by another department.*

B3 Will this course be cross-listed with other departments? If so, please summarize the department representatives' discussions concerning the course and indicate how consistency will be maintained across departments.

*No.*

B4 Will seats in this course be made available to students in the School of Continuing Education?

*No.*

### **Section C: Implementation**

**C1** Are faculty resources adequate? If you are not requesting or have not been authorized to hire additional faculty, demonstrate how this course will fit into the schedule(s) of current faculty. What will be taught less frequently or in fewer sections to make this possible? Please specify how preparation and equated workload will be assigned for this course.

*No additional faculty resources are required. All faculty are currently required to attend this physical fitness training, so the courses will have no impact on their existing schedules.*

**C2** What other resources will be needed to teach this course and how adequate are the current resources? If not adequate, what plans exist for achieving adequacy? Reply in terms of the following:

*No additional resources or funding is required.*

**C3** Are any of the resources for this course funded by a grant? If so, what provisions have been made to continue support for this course once the grant has expired? (Attach letters of support from Dean, Provost, etc.)

*No.*

**C4** How frequently do you expect this course to be offered? Is this course particularly designed for or restricted to certain seasonal semesters?

*MLSC x91 course will be offered in the fall, and MLSC x92 course will be offered in the spring. Students will take the x91 course that corresponds to their core Military Science class. For example, students taking MLSC 101 will take MLSC 191.*

**C5** How many sections of this course do you anticipate offering in any single semester?

*4 sections will be offered each semester. For the fall, one section of MLSC 191/291/391/491 will be offered. For the spring, one section of MLSC 192/292/392/492 will be offered.*

**C6** How many students do you plan to accommodate in a section of this course? What is the justification for this planned number of students?

*The total number of students in all four courses will average 100 per semester. These students will be dispersed relatively evenly over each section. The number of students is based upon Army ROTC enrollment. Current enrollment supports all sections meeting simultaneously in the same location.*

**C7** Does any professional society recommend enrollment limits or parameters for a course of this nature? If they do, please quote from the appropriate documents.

*No.*

**C8** If this course is a distance education course, see the Implementation of Distance Education Agreement and the Undergraduate Distance Education Review Form in Appendix D and respond to the questions listed.

*NA.*

**Section D: Miscellaneous**

*No additional info is required.*