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MS 315.01: Drill and Conditioning

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From: Caffey, Mark
Sent: Wednesday, October 30, 2002 10:00 AM
To: Diana (E-mail)
Subject: Military Science 315

Military Science 315 Drill and Conditioning

Course Description/Purpose: MS 315 is designed to familiarize the student with the fundamentals of Military physical conditioning. Students enrolled in MS 315 receive instruction on cardiovascular endurance, Muscular endurance and strength training. Additionally students will receive training on the execution of physical training formations and standard reporting producers.

General Information: Students receive one academic credit for MS 315. The class meets from 0630 a.m. to 0730 a.m. on Monday, Wednesday and Friday on the second floor of Schreiber Gym. The primary method of instruction during MS 315 is hands on physical training. Participation in MS 315 is mandatory for contracted Cadets.

Grading System: During the course of this semester, students will be administered scheduled Standard Army physical fitness test. The test consists of pushups, setups and a 2-mile run. Each event is evaluated against a 100-point system, age-based and gendered oriented. Additionally three unexcused absence during the semester will drop you one letter grade. Six or more unexcused absences will warrant a traditional letter grade of **F**. The only persons that can authorize an excused absence from class are LTC Ieardi, CPT Carozza or myself. We will entertain excuses **only** prior to the scheduled class meeting time. The following achievement scales coupled with attendance rosters will be used to determine your letter grade for the semester.

MS I/II & noncontracted	MS III/IV
275-300 A	275-300 A
250-274 B	250-274 B
200-249 C	225-249 C
150-199 D	200-224 D
000-149 F	000-199 F

Instructor:

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