**ARMY (ARMY)**

**ARMY 101: U.S. Army Organization and Functions**
2 Credits

Introduction to U.S. Army and ROTC: their organization, missions and functions; customs and traditions; leadership laboratory.

**ARMY 102: The Military Profession: Leadership and Management Theory**
2 Credits

Introduction to leadership techniques and basic management skills; leadership laboratory.

**ARMY 103: Physical Training Laboratory**
1 Credits/Maximum of 8

This course is designed to guide students through an intentional physical fitness program. The course follows the ARMY Physical Fitness Training Program, but is open to any student. The design consists of a systematic increase in the intensity or duration of physical activities. Proper progression allows the body to positively adapt to the stresses of training. When intensity or duration is increased too rapidly, the student cannot adapt to the demands of training, and is unable to recover, leading to overtraining and possible injury. The following are gradually increased to produce the desired physiological effect: - Intensity (resistance and pace). - Exercise volume (number of sets and repetitions). - Duration (time). In the toughening phase, the duration of the ability group runs (AGRs) progress from 10 minutes to 30 minutes gradually over the training cycle. The pace also gradually increases over time. For example, in the sustaining phase during the conduct of CLs and speed running, Soldiers progress from wearing the individual physical fitness uniform (IPFU) to Army combat uniforms (ACUs), boots, advanced combat helmet (ACH), and improved outer tactical vest (IOTV). Progression in strength is achieved by increasing one or more of the following for each exercise when using strength training equipment. - Resistance (weight). - Number of sets. - Number of repetitions. Adhering to the scheduled intensity and duration prevents the Soldier from progressing too fast. How fast the Soldier should progress also depends on how regularly he performs challenging activities and how much rest and recovery time he gets. PRT time is a valuable resource, especially during the toughening phase. Every PRT session develops strength, endurance, and mobility. To ensure improvement, PRT sessions in IMT occur 5 or 6 times a week and last 45 to 60 minutes. PRT sessions in the sustaining phase last 60 minutes or more and occur 4 to 5 times a week. If PRT cannot be conducted first thing in the morning, it should be conducted at some other time during the duty day. Training sessions should be sequenced to ensure adequate recovery.

**ARMY 204: Land Navigation: Topographic Maps and Orienteering**
2 Credits

Military and topographic maps; methods of orienteering and land navigation; leadership laboratory.

**ARMY 301: Advanced Principles of Leadership and Management**
3 Credits

Principles of military leadership; military skills development; land navigation; physical fitness; leadership laboratory.

**ARMY 302: Advanced Principles of Leadership and Management**
3 Credits

Principles of military leadership; military skills development; land navigation; physical fitness; leadership laboratory.

**Prerequisite:** ARMY 301

**ARMY 401: Organizational Behaviors: Interrelationships of Directing Staffs and Staff Functions**
3 Credits

Leadership; command and staff functions; ethics and professionalism; military writing; leadership laboratory.

**Prerequisite:** ARMY 302

**ARMY 402: Army Personnel Management and Logistics**
3 Credits

Leadership; army personnel management; logistics system; personnel counseling; military justice; Soviet military; personal affairs; training management; army life; leadership laboratory.

**Prerequisite:** ARMY 302

**ARMY 496: Independent Studies**
1-9 Credits/Maximum of 9

Creative projects, including research and design, which are supervised on an individual basis and which fall outside the scope of formal courses.