

West Point Calendar

1995

21 August, Monday	First Term Begins
4 September, Monday (Classes Suspended)	Labor Day
9 October, Monday (Classes Suspended)	Columbus Day
10 November, Friday (Classes Suspended)	Veterans Day (Observed)
23-26 November Thursday-Sunday	Thanksgiving Holiday (Classes Suspended)
2 December, Saturday Football Game (All Cadets Attend)	Army-Navy
14 December, Thursday First Term	Final Class Day, First Term
15 December, Friday Examinations Begin	Term-End
21 December, Thursday December Graduation	First Term Ends

Christmas Leave begins upon completion of last examination or military duty.

1996

7 January, Sunday	Christmas Leave Ends
8-22 January Monday-Monday	Military Program Intercession
15 January, Monday (Classes Suspended)	Dr. King's Birthday
23 January, Tuesday	Second Term Begins
17-19 February Saturday-Monday	President's Weekend (Classes Suspended)
16 March, Saturday	Spring Leave Begins
24 March, Sunday (7:00 p.m.)	Spring Leave Ends
18 May, Saturday Second Term	Final Class Day,
20 May, Monday Examinations Begin	Term-End
25 May, Saturday	Second Term Ends
28 May, Tuesday	Graduation Week Begins
1 June, Saturday	Graduation Day, Class of 1996

Beginning of approximately two weeks of leave for new Third Class prior to reporting to Camp Buckner for summer training

1 July, Monday	Reporting Day Class of 2000
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This Calendar should not be considered a contract between the U.S. Military Academy and any prospective candidate. These dates are subject to change to meet varying requirements of the U.S. Army.

USMA West Point

1995-96

According to Joe Myers, the credit hours in 1985, 1995 and 2005 can be converted to in-class hours by the following remarks:

3CH means 40 in-class hours over the semester (as per your email)

3.5 CH means 48 in-class hours over the semester

4 64 in class hours (56 are with out of class prep and 8 are "labs" with no prep -- see next line)

4.5 64 in class hours, same as above -- This is probably the nuance I spoke of below -

"Our first semester core math course has the same number of attendances and prep as the following two semesters, but carries 1/2 less CH just for nice rounding purposes -- the CH for the 3 semester sequence is accurate and that's good enough."

9 Is this really a 1-semester course? I bet it is the 2-semester sequence MA104/205, and so would mean 64 in-class hours for each of two semesters, 4.5CH each semester.

Using 1985 Nos:

13.5 in class hrs per CH in Core (see p 37 bottom)

13.3 " " elective courses (40 hrs for 3 cr course)
Phys Ed.

Have credits. Can convert to hours
using Myers, PED MilSec

ics, chemistry, history, social sciences, and foreign languages. Validation of a core course allows a cadet to substitute an additional elective in place of the validated course. If a cadet shows unusual ability or has prior knowledge of a subject but cannot validate it, he or she may be enrolled in an advanced or accelerated program.

Honors Courses and Individual Advanced Study

If a cadet is an exceptional student, he or she may enroll in an honors course or advanced indi-

vidual study in any of the disciplines taught at the Military Academy. These programs emphasize independent or tutorial work and are excellent preparation for graduate study.

Individual Advanced Development

During the summer preceding both the junior and senior years, cadets select an academic, military, or physical development program to enrich their individual development. Cadets may choose from over 150 academic enrichment

opportunities which normally involve about three weeks of active summer participation in educational experiences and which include, but are not limited to, the following: Operation Crossroads Africa, research work in technical laboratories throughout the United States, immersion language training in foreign countries, medical internships at Walter Reed Medical Center, study at other civilian and military institutions, and numerous workfellow positions with federal and Department of Defense agencies.

USMA Baseline Academic Program

see p 37 for cadets with major 40 courses.

Freshman Year	1	ENGLISH	HISTORY (US or WORLD)	COMPUTER SCIENCE	CHEMISTRY	MATH
	2	LITERATURE	HISTORY (US or WORLD)	PSYCHOLOGY	CHEMISTRY	MATH
Sophomore Year	1	FOREIGN LANGUAGE	AMERICAN POLITICS	PHILOSOPHY	PHYSICS	MATH
	2	FOREIGN LANGUAGE	ECONOMICS	TERRAIN ANALYSIS	PHYSICS	MATH
Junior Year	1	INTERNATIONAL RELATIONS	ELECTIVE (1)	ENGINEERING* SCIENCE	ENGINEERING* SCIENCE	MILITARY HISTORY
	2	ENGLISH	ELECTIVE (2)	MILITARY LEADERSHIP	ENGINEERING* SCIENCE	MILITARY HISTORY
Senior Year	1	CONSTITUTIONAL LAW	ELECTIVE (3)	ELECTIVE (4)	ENGINEERING* DESIGN	ELECTIVE (5)
	2	ELECTIVE (6)	ELECTIVE (7)	ELECTIVE (8)	ENGINEERING* DESIGN	ELECTIVE (9)

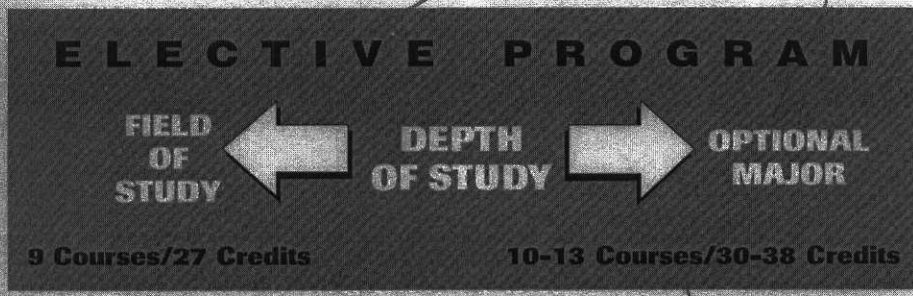
* Offered in 7 different versions: CIVIL, COMPUTER, ELECTRICAL, ENVIRONMENTAL, MECHANICAL, NUCLEAR, SYSTEMS.

The Academic Program

40 in-class hrs
for
3 cr course

48 hrs
3.5 cr

You either
pick a Field of
Study or Pick a
Major. Not both.



MILITARY SCIENCE

4 Intensive Sessions

PHYSICAL EDUCATION

8 Semester Courses

CORE ACADEMIC PROGRAM:

BREADTH OF STUDY

31 Courses 100 Credits

all elective
math courses
3 cr/course
so
10 courses = 400
in-class hours
13 courses =
520 in-class hours
5.5 credit hours
in 2004.

Assume
Same here.
using 2008
140 hrs
5.5 hrs
per cr
→ 472 hrs
130-
138 cr
41-44
courses
+ 8 phys
ed
4 mil/sci

* Additional Credits for ABET Courses

100 cr
31
3.23
cr per
course

FIELDS OF STUDY/MAJORS (All majors are capitalized)

- Applied Sciences & Engineering
- Basic Sciences Interdisciplinary
- CHEMISTRY AND LIFE SCIENCE
- * CIVIL ENGINEERING
- COMPUTER SCIENCE
- * ELECTRICAL ENGINEERING
- * ENGINEERING MANAGEMENT
- ENGINEERING PHYSICS
- ENVIRONMENTAL ENGINEERING
- Environmental Science
- MATHEMATICAL SCIENCE
- * MECHANICAL ENGINEERING
- Nuclear Engineering
- OPERATIONS RESEARCH
- Physics
- SYSTEMS ENGINEERING
- American Legal System
- BEHAVIORAL SCIENCES

- ECONOMICS
- Foreign Area Studies (1)
- FOREIGN LANGUAGES (2)
(One or two; choice of seven)
- GENERAL MANAGEMENT
- GEOGRAPHY (3)
- HISTORY
(Military, Modern History Field of Study)
- Military Art and Science
- POLITICAL SCIENCE
- STUDIES IN PHILOSOPHY AND LITERATURE

NOTE (1) Choose from: East Asia, Latin America, Eastern Europe, Western Europe, or the Middle East.

NOTE (2) Foreign Languages available: Arabic, Chinese, French, German, Portuguese, Spanish and Russian.


NOTE (3) Choose between two majors, Physical Geography and Human/Regional Geography.

→ Say 17 3 cred. courses + 14 3.5 cred. (adding to 100 credits)

→ (17)(40) + 14(48) = 680 + 672 = 1352 in-class hours

Academic Departments, Fields of Study, Majors and Courses of Instruction

West
Point
1995-96

 The 13 academic departments of the Military Academy, under the direction of the Dean of the Academic Board, are organized to support the core curriculum as well as the over 25 fields of study and 19 optional majors offered at West Point.

The Commandant of Cadets oversees the Department of Military Instruction and the Department of Physical Education.

NOTE: For the courses described in this section, first-year courses are numbered in the 100s, second-year courses in the 200s, third in the 300s, and fourth in the 400s. Credit hours represent contact hours and associated preparation; e.g., 3.0 credit hours are assigned to a course that meets five times within a two week period and requires two hours preparation for each hour in class.

Gives Joe Myers
number of
40 hrs/sem

$$3 \rightarrow 3.5 = 3 \left(\frac{3.5}{3} \right)$$

$$x \rightarrow 3 = x \left(\frac{3.5}{3} \right)$$

$$x = 9/3.5 = 2.57$$

$$2\frac{1}{2}c + 5h = 3$$

$$5c + 10h = 6$$

$$15c + 30h = 18$$

$$15c + 30h = 17.5$$

DEPARTMENT OF

Mathematical
Sciences

1995-96

The Department of Mathematical Sciences provides each cadet the opportunity to gain the mathematical education essential to progressive and continuing development throughout a career as a Regular Army officer. Emphasis is placed on achieving intellectual discipline, mastery of reasoning, understanding of mathematical concepts, skill in practical applications of mathematics and appreciation for the role of mathematics in the military. The core requirement in mathematics is satisfied by successful completion or validation of the standard program. Cadets with weak backgrounds in algebra and trigonometry will be required to complete a course in precalculus, usually as an elective, prior to undertaking the standard program. In addition to the core program, the Department of Mathematical Sciences has responsibility for a field of study and optional major in the mathematical sciences and, in conjunction with the Department of Systems Engineering, a field of study and optional major in operations research.



COL David C. Arney
Professor and Acting Head of
Department of Mathematical
Sciences

Mathematical Sciences Field of Study and Major

The Department of Mathematical Sciences offers a wide range of elective courses which enable cadets to complete either a field of study or a major in the mathematical sciences. Depending on the interest of each cadet, programs of study generally are organized to focus on mathematics of the applied sciences, mathematics of operations research, or mathematics of computation.

Operations Research Field of Study

Operations Research deals with the application of logical thought and quantitative methods to provide commanders and managers with a sound basis for decision-making. The focus of study at the Military Academy is on optimization methods, applications of probability and statistics, and modeling. Cadets electing the Operations Research field of study or major must be in the MSE track and take the MSE systems engineering option in addition to operations research courses.

MA 100
Precalculus Mathematics
First Term—Prerequisite: None. Prepares cadets with background deficiencies in algebra and trigonometry for the core mathematics program. Students who must begin their study of mathematics with MA 100 are identified at time of admission and will give up one elective opportunity later in their studies. *3 Credit Hours*

Core Mathematics Program

MA 103 *Discrete Dynamical Systems and Introduction to Calculus*
Both Terms—Prerequisite: None. This course is the first of the mathematics core curriculum. It provides introduction to elementary matrix operations and matrix methods to solve systems of linear equations. Several applications of these topics are also studied. Over half of the course is devoted to topics and problems in the mathematics of discrete dynamical systems. Introductory material on modeling problems using difference equations motivates the study of solution techniques for these equations and the eventual study of the calculus. Concepts and techniques are discussed for first-order linear and nonlinear

equations and higher order linear equations. Computer software is used to demonstrate and solve problems in both the matrix algebra and the discrete dynamical systems options of the course. *3 Credit Hours*

MA 104-205 *Calculus I and II*

Both Terms—Prerequisite: MA 103. These are the second and third semesters of the mathematics core curriculum. These standard courses provide study of mathematics as an intellectual discipline, a foundation for the continued study of mathematics, and for the subsequent study of physical sciences, social sciences, and engineering. Topics in geometry, single variable and multivariable calculus, and elementary ordinary differential equations are studied. By the end of MA 104, the differential and integral calculus of a single variable and the solution of second-order, constant coefficient, nonhomogeneous ordinary differential equations are completed. MA 205 continues with parametric equations, applies the calculus to vector-valued functions, and studies multivariable calculus including multivariable optimization and iterated integrals. Computer software is used throughout the course. *9 Credit Hours*

40 hrs

128 hrs

3 cr hrs = 40 hrs over 16 weeks
3.5 48

West Point 1995-96

MA 206

Probability and Statistics

Both Terms—Prerequisite: MA 205. This is the final course in the core mathematics program. It provides a professional development experience upon which cadets can structure their reasoning under conditions of uncertainty and presents fundamental probability and statistical concepts that support the USMA curriculum. Coverage includes descriptive statistics; basic probability concepts; discrete, continuous and joint random variables and their distributions; point and interval estimation; and hypothesis testing. Students make extensive use of computer software for statistical analysis. Academic projects are used in the course of review and apply concepts. *3 Credit Hours*

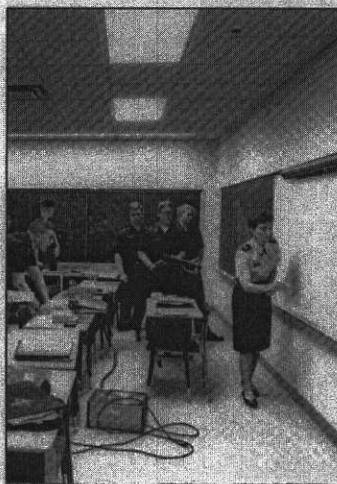
MA 363 Ordinary Differential Equations

Both Terms—Prerequisite: MA 207. This course is a full semester course in ordinary differential equations. The first two thirds of the course is devoted to a study of transition and series solutions and solutions to systems of ordinary differential equations. The course concludes with a study of numerical methods. Heavy emphasis is placed upon analyzing a wide variety of practical applications that give rise to ordinary differential equations. *3 Credit Hours*

MA 364

Engineering Mathematics

Both Terms—Prerequisite: MA 205. This course provides additional mathematical techniques and deepens the understanding of concepts in mathematics to support continued study in science and engineering. Emphasis is placed upon using mathematics to gain insight into natural and man-made phenomena that give rise to problems in differential equations and vector calculus. Calculus topics focus on three-dimensional space curves, vector fields and operations, divergence



and curl, line and surface integrals. Topics in differential equations include systems of ordinary differential equations and numerical solutions. Introduction is made to classical partial differential equations. *3 Credit Hours*

MA 366 Vector Calculus and Introduction to PDE

Spring Term—Prerequisite: MA 205. This course provides additional mathematical techniques and deepens the understanding of concepts in mathematics to support continued study in science and engineering. Emphasis is placed upon using mathematics to gain insight into natural and man-made phenomena that give rise to problems in differential equations and vector calculus. Calculus study focuses on vector fields, differential operators, and the vector integral theorems. This material is used to derive the partial differential diffusion equation. Solution of this equation with Fourier series and separation of variables is then studied. *3 Credit Hours*

MA 371 Linear Algebra

Second Term—Prerequisite: MA 205. This course emphasizes the computational and theoretical aspects of linear algebra one encounters in many subjects ranging from economics to engineering. The course covers solutions of linear systems equations, the algebra of matrices, and the utility of determinants. The foundational aspects of vector spaces and linear depen-

Explanations prove helpful in mathematical science courses.

dence and independence, subspaces, bases and dimension, inner products, and orthonormalization are developed. This is rounded out with a detailed investigation of eigenvalues and eigenvectors as they relate to diagonalizations, quadratic equations, and systems of differential equations. LU-decomposition, partial pivoting, and ill-conditioned matrices are also studied. A software package is used to compute solutions to problems. Applications of the course material are included in the form of special problems to illustrate its wide scope. *3 Credit Hours*

MA 372

Discrete Mathematics

Second Term—Prerequisite: Completion or validation of the mathematics core curriculum. This course is an introductory examination of the underlying mathematical structures of the computer sciences. Designed primarily for both the mathematician and computer scientist the course includes propositional logic, elements of set theory, combinatorics, relations, functions, methods of proof, induction and recursion, graph theory, trees, and algebraic systems. Specific applications to computer science and fields of engineering are presented. *3 Credit Hours*

MA 376

Applied Statistics

First Term—Prerequisite: MA 206. This course builds on the foundations presented in the core probability and statistics course to provide a broad introduction to procedures in applied statistics. The text used is the same as for the core course. Topics covered include hypothesis testing, analysis of variance, categorical data analysis, regression analysis, and non-parametric methods. The mathematical basis for each topic is presented. Two special problems are used to provide opportunities to apply those techniques

outside the classroom. For one of the special problems students choose an application in their field. *3 Credit Hours*

MA 381

Nonlinear Optimization

First Term—Prerequisite: MA 205. This course provides an undergraduate presentation of nonlinear topics in applied mathematics. These topics include a review of convex functions, minima and maxima of convex functions, Lagrange Multipliers, Kuhn-Tucker optimality conditions, search methods, and an introduction to the calculus of variations. One special problem in optimization from the discipline. *3 Credit Hours*

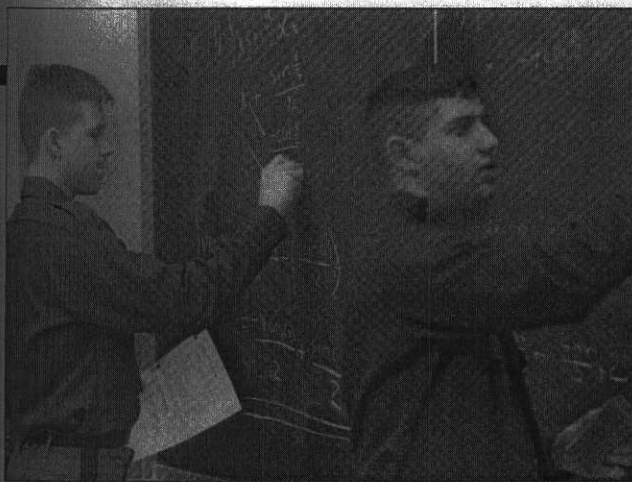
MA 386 Introduction to Numerical Analysis

First Term—Prerequisite: Completion or validation of the mathematics core curriculum. The computer's capabilities and limitations in generating numerical solutions to mathematical problems will be analyzed critically. Numerical algorithms will be examined and the accuracy appraised. After a detailed study of error analysis the following topics are studied: solutions of equations in one variable, the use of polynomials to approximate discrete data, curve fitting, and the approximation of continuous functions. *3 Credit Hours*

MA 387

Mathematical Analysis I

Second Term—Prerequisite: Completion or validation of the mathematics core curriculum. A one semester course providing a rigorous foundation for the calculus of a single variable. The course is designed to introduce the student to the language and techniques of modern mathematics. Course coverage includes a treatment of the foundations of the real number system, an intensive study of sequences, convergence, continuity, and their consequences, and rigorous development of differential calculus. *3 Credit Hours*



Solving problems in numerical differentiation and integration is a challenge.

MA 391

Mathematical Modeling

Both Terms—Prerequisite: Completion or validation of the mathematics core curriculum. A study of the use of undergraduate mathematics to obtain a solution to realistic problems in areas such as economics, engineering, social sciences, and operations research. The course focuses on the development of mathematical models and the model building process. Cadets will use computer software packages (such as MINITAB) in modeling and empirical modeling, and review Pascal for work in simulation. The calculus, differential equations, graphical analysis, and elementary optimization are some of the mathematics employed in the model building process.

3 Credit Hours

MA 396 Numerical Methods for the Solution of Ordinary Differential Equations

Second Term—Prerequisite: Completion or validation of the mathematics core curriculum. The study and implementation of algorithms designed to approximate solutions to mathematical problems requiring differentiation, integration, or the solution of an initial-value or boundary-value problem involving an ordinary differential equation. After an introduction to error analysis, the cadet uses solutions to the following problems: numerical differentiation and integration, initial-value problems for ordinary differential equations, and boundary-value problems for ordinary differential equations. 3 Credit Hours

MA 397 Advanced Individual Research in Mathematics

Summers—Prerequisite: Permission of the Head of the Department of Mathematics. This course is an individually supervised research and study program conducted at approved laboratories throughout the United States during the summer. It is designed to familiarize students with advanced problem solving and to acquaint them with the essential features of independent research in mathematics. Subject areas are agreed upon with the sponsoring laboratory. Evaluation is based upon reports from the sponsoring laboratory, and oral and written reports presented by cadets to the faculty of the Department of Mathematics. Up to 3 Credit Hours

MA 476 Mathematical Studies

Second Term—Prerequisite: MA 206. This course builds on the foundations presented in the core probability and statistics course to provide a mathematical presentation of the important topics in mathematical statistics. The course begins with a review of some of the probability concepts from the core probability and statistics course, adding additional topics such as transformations of random variables and moment generating functions. To provide the mathematical basis for much of statistical practice, certain limit theorems and sampling distributions are discussed. The central focus of the course is on decision theory, the theory of estimation and the theory of hypothesis testing. 3 Credit Hours

MA 481 Linear Optimization

Second Term—Prerequisite: Completion or validation of the mathematics core curriculum. A study of optimal solutions to linear algebraic systems using the simplex method of linear programming. This includes an analysis of the dual problem, parametric programming and post optimal analysis. Additional topics such as graphs and the transportation problem network models, and goal programming are introduced. 3 Credit Hours

MA 484 Partial Differential Equations

First Term—Prerequisite: MA 364. Devoted to the solution of partial differential equations, the course has applications in virtually all physical science fields and should be of interest to mathematics, science, and engineering concentrators. Several classic differential equations of mathematical physics will be studied, to include separation of variables, Fourier series, Laplace transforms, and numerical methods. 3 Credit Hours

MA 485 Complex Analysis

Second Term—Prerequisite: Completion or validation of the standard program and permission of Department Head. Development of the classical theory providing a basis for the study of applications including contour integrals, conformal mapping, and the solution of the Dirichlet and Neumann problems. Motivating problems are drawn from fluid dynamics, heat conduction, elasticity, and other branches of mathematical physics. 3 Credit Hours

MA 487 Mathematical Analysis II

First Term—Prerequisite: MA 387 Continuation of MA 387. Completes the student's rigorous foundation in the calculus of a single variable. Course coverage includes a rigorous development of integral calculus, to include both Riemann-Stieltjes integration, and an intensive study of infinite series and function sequences. 3 Credit Hours

MA 488 Visiting Professor's Course

Both Terms—Prerequisite: To Be Announced. A Visiting Professor of Mathematics will conduct a course on a topic to be announced. 3 Credit Hours

MA 489 Advanced Individual Study in Mathematics

Both Terms and Summer—Prerequisite: Permission of Head of Department. An intensive tutorial course of an advanced individual project offered to a limited number of highly qualified cadets who have completed available mathematics elective courses. Course work is tailored to meet individual desires. 3 Credit Hours

MA 491 Research Seminar in Applied Mathematics Projects

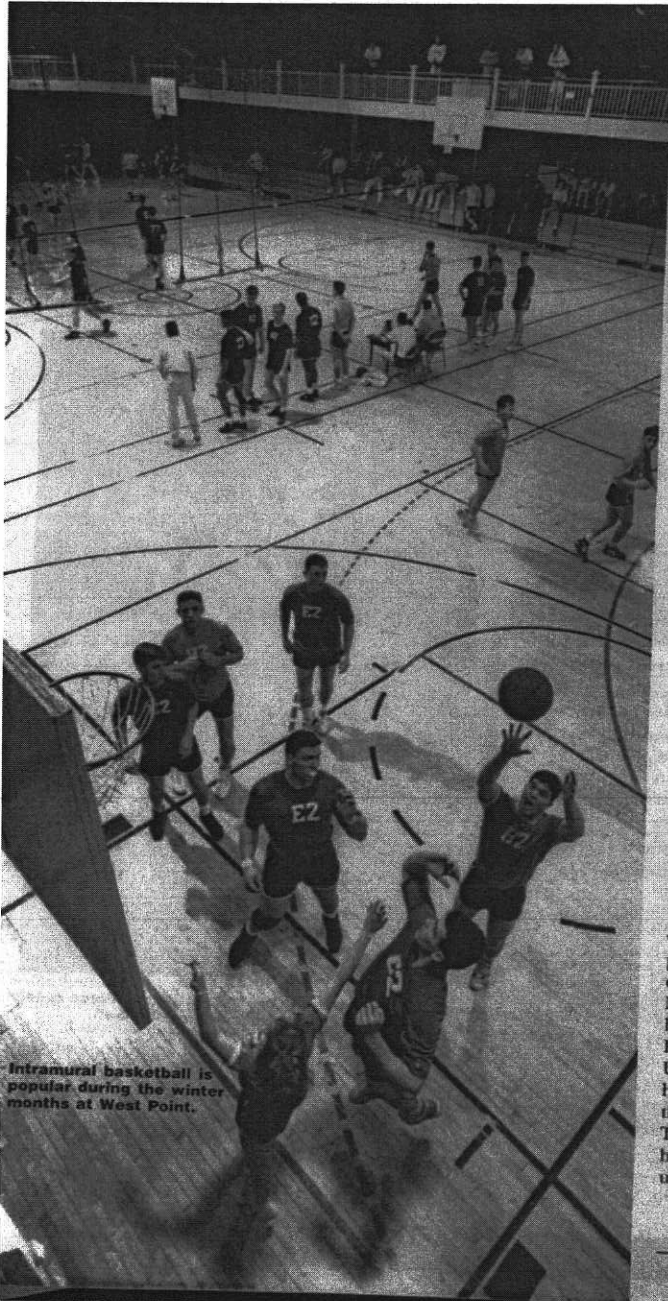
Both Terms—Prerequisites: MA 262, MA 391, and consent of instructor. The student integrates the mathematical concepts and techniques learned in previous courses with the principles developed in the whole USMA curriculum to solve a current problem of interest to the Academy or other agencies in the Department of the Army. Course will culminate with a student presentation and a paper prepared to send to the "using" agency. 3 Credit Hours

MA 492 Topics in Discrete Mathematics and Algebra

Both Terms—Prerequisite: Permission of the Head of Department. Provides cadets the opportunity to study selected subjects in the finite structure of the mathematical sciences. 3 Credit Hours

MA 493 Topics in Analysis

Both Terms—Prerequisite: Permission of the Head of Department. Provides cadets the opportunity to study selected subjects in the areas of real, complex, or numerical analysis. 3 Credit Hours



Intramural basketball is popular during the winter months at West Point.

The Department of Physical Education (DPE) is responsible for administering a comprehensive, four-year physical education program. Every cadet will complete all baseline requirements in physical education instruction prior to graduation. The progression begins the first year with combatives (boxing for men, self-defense for women), swimming and gymnastics, and a lecture course entitled "The Fundamentals of Physical Fitness", which focuses on fitness and health principles. Lifetime sports, activities cadets may engage in for the rest of their lives, receive progressively greater emphasis during upperclass years. Among such sports and activities are aerobics, badminton, basketball, cycling, golf, handball, ice skating, racquetball, senior life saving, skiing, squash, strength development, tennis, volleyball, and water safety instruction. Upperclass cadets also participate in a mandatory combative program. Women receive instruction in self-defense and close quarters combat, while men receive instructions in wrestling and close quarters combat. Upperclass cadets are also introduced to various instructional and coaching techniques which build confidence and provide valuable leadership experiences. Additionally, the Master Fitness Trainer concepts have been incorporated into the Physical Education curriculum. Upon graduation every cadet will have had the opportunity to earn the skill identifier "Master Physical Trainer" which will enable him/her to correctly develop and lead unit fitness programs in the Army.

8 courses
7 credit
178 hrs

DEPARTMENT OF

Physical Education



COL James L. Anderson
Professor and Master of the Sword,
Department of Physical Education

A Department of Physical Education instructor is assigned to each cadet company as a guidance counselor. This counselor maintains a comprehensive physical progress record on each cadet. The guidance counselor assists in developing conditioning programs for cadets having difficulty attaining minimum standards in course work or on physical fitness tests as well as assisting those wishing to excel. At the completion of four years cadets are not only prepared to develop physical conditioning programs for themselves but have received extensive instruction throughout the DPE curriculum and summer training experiences on how to develop a unit physical conditioning program.

Intramural Athletics

The intramural athletic program is administered by the Department of Physical Education (DPE). At 4:00 p.m. every Monday through Thursday, the "Fields of Friendly Strife" are flooded with intramural athletes. Each cadet will compete twice a week during one or two intramural seasons per term. Intramurals give every cadet a chance to develop leadership, strength, coordination, and endurance as well as an opportunity to reduce stress and have some fun. The early fall season consists of competition in football (full contact), basketball (3 on 3), soccer, and team handball. Late fall competition consists of competition in 5'10" basketball, racquetball and wrestling. The winter season includes competition in area hockey, basketball, boxing, wallyball, and swimming. Spring competition consists of flickerball, rugby, softball and cross country.

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will."

Vincent T. Lombardi Football Coach

PE 100 Foundations of Physical Education
(Men—Spans First and Second Term)

PE 101 Foundations of Physical Education
(Women—Spans First and Second Term) Prerequisite: None. Provides basic instruction in four core courses. These standard courses emphasize the development of basic physical skills. The core subcourses are: Swimming, Gymnastics, Fundamentals of Personal Fitness and Combatives (Boxing for men and Self Defense I for women). 3.0 Credit Hours

PE 200 Advanced Skills Development/Unit Fitness
(Men—Spans First and Second Term)

PE 201 Advanced Skills Development/Unit Fitness
(Women—Spans First and Second Term) Prerequisite: PE 100/101. Provides advanced development of physical skills and cultivates student's optimum physical capability and personal health knowledge so that each student can meet the physical requirements of the military profession and maintain a healthy lifestyle. Teaches students how to assist commanders in developing sound physical fitness programs. The sub-courses include Combatives (men—Wrestling and Close Quarters Combat, women—Self Defense II and Close Quarters Combat) and Unit Fitness. Students' personal fitness is assessed throughout the course by taking the APFT twice and the Indoor Obstacle Course once. 2.0 Credit Hours

PE 300
Lifetime Sport Development
(Men—Spans First and Second Term)

PE 301
Lifetime Sport Development
(Women—Spans First and Second Term) Prerequisite: PE 200/201. Provides basic instruction in one lifetime sport permitting each student to develop a skill leading toward the mastery appropriate for a physical activity. Student personal fitness is assessed throughout the course by taking the APT twice. 1.0 Credit Hours

PE 400 Leadership Through Lifetime Sport Development
(Men—Spans First and Second Term)

PE 401 Leadership Through Lifetime Sport Development
(Women—Spans First and Second Term) Prerequisite: PE 300/301. Provides development of a second lifetime sport permitting each student to develop a level of skill leading toward the mastery appropriate for a lifetime of participation in sport and physical activity. Students physical fitness is assessed throughout the course by taking the APFT twice and the IOCT once. 1.0 Credit Hours