

MS 245: Concepts in Fitness Training Development

Development of the unit physical fitness program with an in-depth analysis of the principles of fitness and exercise. May be repeated for 4 hours.

Hours: 1

Prerequisites:

MS 145 or instructor approval.

Co-Requisites:

MS 301 or MS 302 or MS 401 or MS 402.

Program: [Military Science](#)

Semester Offered:

Fall,
Spring