

# MILITARY SCI PHYSICAL FITNESS (MSPF)

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## **MSPF 3131 Military Physical Fitness**

**Credit:** 1 (1-0-0)

This course is designed to provide ROTC students with an introduction to physical fitness training in preparation for a military career, improve quality of life, as well as developing one's physical and mental health. TSI Restriction(s): Reading, Math, and Writing

**Restrictions:** Graduate level students may not enroll.