

MILITARY SCI PHYSICAL FITNESS (MSPF)

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.