

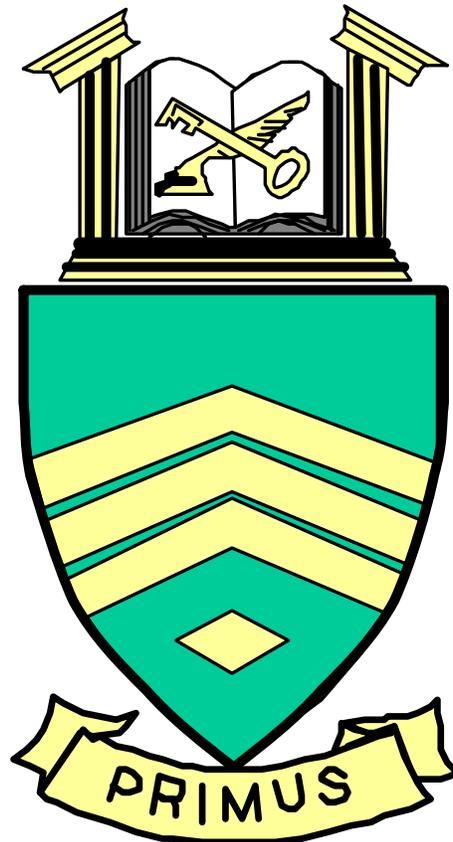
U.S. ARMY SERGEANTS MAJOR ACADEMY (FSC-TATS)

P661

OCT 03

PHYSICAL FITNESS PH2

TRAINING SUPPORT PACKAGE



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TRAINING SUPPORT PACKAGE (TSP)

TSP Number / Title	P661 II / Physical Fitness (FSC RESIDENT)
Effective Date	01 Oct 2003
Supersedes TSP(s) / Lesson(s)	P661, Physical Fitness, May 00
TSP Users	400-521 SQIM, Phase II, Resident 400-521-SQIM, Phase II, (DL)
Proponent	The proponent for this document is the Sergeants Major Academy.
Improvement Comments	Users are invited to send comments and suggested improvements on DA Form 2028, <i>Recommended Changes to Publications and Blank Forms</i> . Completed forms, or equivalent response, will be mailed or attached to electronic e-mail and transmitted to: COMDT USASMA ATTN ATSS D BLDG 11291 BIGGS FIELD FORT BLISS TX 79918-8002 Telephone (Comm): (915) 568-8875 Telephone (DSN): 978-8875 e-mail: atss-dcd@bliss.army.mil
Security Clearance / Access	Unclassified
Foreign Disclosure Restrictions	This product/publication has been reviewed by the product developers in coordination with the USASMA foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

PREFACE

Purpose

This Training Support Package provides the instructor with a standardized lesson plan for presenting instruction for:

Task Number

Task Title

152-020-0040

MONITOR UNIT AND INDIVIDUAL FITNESS
TRAINING PROGRAMS

This TSP
Contains

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**Physical Fitness (FSC RESIDENT)
P661 II / Version 1
01 Oct 2003**

SECTION I. ADMINISTRATIVE DATA

All Courses Including This Lesson	<u>Course Number</u>	<u>Version</u>	<u>Course Title</u>
	400-521 SQIM	1	First Sergeant Course - The Army Training System (FSC - TATS)

Task(s) Taught (*) or Supported	<u>Task Number</u>	<u>Task Title</u>
	152-020-0040 (*)	MONITOR UNIT AND INDIVIDUAL FITNESS TRAINING PROGRAMS

Reinforced Task(s)	<u>Task Number</u>	<u>Task Title</u>

Academic Hours	The academic hours required to teach this lesson are as follows:	
		<u>Resident Hours/Methods</u>
		1 hr /Conference / Discussion
	Test	0 hrs
	Test Review	0 hrs
	Total Hours:	1 hr

Test Lesson Number	<u>Hours</u>	<u>Lesson No.</u>
	Testing (to include test review)	N/A

Prerequisite Lesson(s)	<u>Lesson Number</u>	<u>Lesson Title</u>
	P661 I	Monitor Unit and Individual Fitness Training Programs

Clearance Access
Security Level: Unclassified
Requirements: There are no clearance or access requirements for the lesson.

Foreign Disclosure Restrictions
This product/publication has been reviewed by the product developers in coordination with the USASMA foreign disclosure authority. This product is releasable to students from all requesting foreign countries without restrictions.

References

<u>Number</u>	<u>Title</u>	<u>Date</u>	<u>Additional Information</u>
AR 350-1	ARMY TRAINING AND EDUCATION	9 Apr 2003	Chapter 1-21
FM 21-20	PHYSICAL FITNESS TRAINING	30 Sep 1992	Chapter 10

Student Study Assignments

Before class--

- Complete P661, Fundamentals of Physical Fitness, ELO G.

During class--

- Participate in classroom discussion.

After class--

- None.
-

Instructor Requirements

1:14, FSC graduate, served as 1SG, ITC, SGITC, AND VTT-ITC (for VTT) qualified.

1:16, At USASMA VTT site for Distance Learning (DL).

Additional Support Personnel Requirements

<u>Name</u>	<u>Stu Ratio</u>	<u>Qty</u>	<u>Man Hours</u>
One site coordinator at each VTT site to operate the TNET equipment and coordinate classroom instruction. Must be FSC grad, served as 1SG, ITC, and SGITC qualified. (Enlisted)	1:16	2	1 hr

Equipment Required for Instruction

<u>ID Name</u>	<u>Stu Ratio</u>	<u>Instr Ratio</u>	<u>Spt</u>	<u>Qty</u>	<u>Exp</u>
441-06 LCD Projection System	1:14	1:1	No	1	No
6730-00-577-4813 SCREEN PROJECTION: BM-10	1:14	1:1	No	1	No
702101T134520 DELL CPU, MONITOR, MOUSE, KEYBOARD	14:14	1:1	No	1	No
7110-00-T81-1805 DRY ERASE BOARD	1:14	1:1	No	1	No
7510-01-424-4867 EASEL, (STAND ALONE) WITH PAPER	1:14	1:1	No	1	No
FSC-1 TNET COMMUNICATIONS EQUIPMENT SUITE (VTT LESSON ONLY)	1:16	1:1	No	1	No
FSC-2 TNET ROOM EQUIPMENT SUITE (VTT LESSON ONLY)	1:16	1:1	No	1	No
FSC-3 TNET AUDIO/VIDEO LINKAGE EQUIPMENT (VTT LESSON ONLY)	1:16	1:1	No	1	No
SNV1240262544393 36 - INCH COLOR MONITOR W/REMOTE CONTROL AND LUXOR STAND	1:14	1:1	No	1	No
SOFTWARE-2 WINDOWS XP, LATEST GOVERNMENT APPROVED VERSION	14:14	1:1	No	1	No

* Before Id indicates a TADSS

**Materials
Required**

Instructor Materials:

- VGTs: None.
- TSP.
- AR 350-1.
- FM 21-20.

Student Materials:

- Unit Physical Fitness Program (ELO G, Preresident lesson).
- AR 350-1.
- FM 21-20.
- Pen or Pencil and writing paper.

**Classroom,
Training Area,
and Range
Requirements**

CLASSROOM XXI WITH T-NET CAPABILITY (VTT)
CLASSROOM, GENERAL PURPOSE, 600 SF, 16 PN

**Ammunition
Requirements**

<u>Id</u>	<u>Name</u>	<u>Exp</u>	<u>Stu Ratio</u>	<u>Instr Ratio</u>	<u>Spt Qty</u>
None					

**Instructional
Guidance**

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

NOTE: This is a continuation of Preresident Training.

Before class--

- Read all TSP Materials.
- Issue AR 350-1 and FM 21-20 during student inprocessing.
- Conduct this lesson IAW this TSP.

During class--

- The DL instructor will select an appropriate site prior to asking a student a question.
- Ensure students share experiences on successful programs.

After class--

- Report any lesson discrepancies to the Senior Instructor.

**Proponent
Lesson Plan
Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Colyer, Donald J.	GS09	Training Specialist	
Graham, Kevin L.	MSG	Course Chief, FSC	
Gratton, Steven M.	SGM	Chief, Functional Courses	
Mays, Albert J.	SGM	Chief, CDDD	

SECTION II. INTRODUCTION

Method of Instruction: Conference / Discussion
 Technique of Delivery: Small Group Instruction (SGI)
 Instructor to Student Ratio is: 1:14
 Time of Instruction: 5 mins
 Media: None

Motivator **Camera: Main camera on the instructor. Ask each site coordinator at the Distance Learning sites if they are prepared for training.**

A good physical fitness program has many benefits. It can reduce the number of soldiers on profile and sick call, reinforce training, and enhance productivity and mental alertness. As First Sergeants, your unit physical fitness program should be a source of confidence and inspiration to your soldiers.

Terminal Learning Objective **NOTE:** Inform the students of the following Terminal Learning Objective requirements. At the completion of this lesson, you [the student] will:

Action:	Analyze a unit physical fitness program.
Conditions:	As a first sergeant, in a classroom, given your unit physical fitness program, AR 350-1 and FM 21-20.
Standards:	Analyzed a unit physical fitness program, IAW AR 350-1 and FM 21-20.

Safety Requirements None

Risk Assessment Level Low

Environmental Considerations **NOTE:** It is the responsibility of all soldiers and DA civilians to protect the environment from damage.

Evaluation None

**Instructional
Lead-In**

A soldier's level of physical fitness has a direct impact on his combat readiness. It is up to the first sergeant to ensure the unit physical fitness program meets the Army's physical fitness objectives.

SECTION III. PRESENTATION

NOTE: Inform the students of the Enabling Learning Objective requirements.

A. ENABLING LEARNING OBJECTIVE

ACTION:	Develop a unit physical fitness program.
CONDITIONS:	As a first sergeant, in a classroom, given your prepared unit physical fitness program, AR 350-1 and FM 21-20.
STANDARDS:	Developed a unit physical fitness program IAW AR 350-1 and FM 21-20.

1. Learning Step / Activity 1. Develop a unit physical fitness program

Method of Instruction: Conference / Discussion

Technique of Delivery: Small Group Instruction (SGI)

Instructor to Student Ratio: 1:14

Time of Instruction: 40 mins

Media: Student Handout-2

During this lesson, you and your peers will check each other's unit physical fitness programs.

NOTE:

1. This learning step/activity gives students the opportunity to discuss, surface questions and acquire a deeper understanding of the ELO. Appendix D contains a unit physical fitness checklist.
2. Have the students pass their unit physical fitness program to the person on the right. Give each student a unit physical fitness checklist (handout 2).
3. Guide the analysis with information contained in FM 21-20, Chapter 10, pp 10-1 thru 10-4. Use key questions such as, "Was mission analysis accomplished?", etc.)

SECTION IV. SUMMARY

Method of Instruction: <u>Conference / Discussion</u>
Technique of Delivery: <u>Small Group Instruction (SGI)</u>
Instructor to Student Ratio is: <u>1:14</u>
Time of Instruction: <u>5 mins</u>
Media: <u>None</u>

Check on Learning

Determine if the students have learned the material presented by soliciting student questions and explanations. Ask the students questions and correct misunderstandings.

Review / Summarize Lesson

A proper unit physical fitness program is a must, you, first sergeant, are responsible to ensure that the unit program meets the commander's goals ensuring proper implementation and execution.

SECTION V. STUDENT EVALUATION

**Testing
Requirements**

NOTE: Describe how the student must demonstrate accomplishment of the TLO. Refer student to the Student Evaluation Plan.

None.

**Feedback
Requirements**

NOTE: Feedback is essential to effective learning. Schedule and provide feedback on the evaluation and any information to help answer students' questions about the test. Provide remedial training as needed.

None.

Appendix A Viewgraph Masters (N/A)

Appendix B Test(s) and Test Solution(s) (N/A)

Appendix C Practical Exercises and Solutions (N/A)

**This Appendix
Contains**

This Appendix contains the items listed in this table--

Title/Synopsis	Pages
SH-1. P661 Advance Sheet	SH-1-1
SH-2. Unit Physical Fitness Checklist	SH-2-1

Student Handout 1

Advance Sheet

Overview

Commanders, first sergeants, and supervisors are responsible for ensuring all soldiers in their units maintain the highest level of physical fitness. As a first sergeant, you must ensure that the unit physical fitness program meets Army standards. This lesson consists of a before class assignment and a one hour classroom discussion. It will provide you with the tools necessary to assist your commander in creating and maintaining an effective unit physical fitness program.

Learning Objectives

Terminal Learning Objective (TLO).

Action:	Analyze a unit fitness-training program.
Conditions:	As a first sergeant, in a classroom environment, given your unit physical fitness program, AR 350-1, and FM 21-20.
Standards:	Analyzed a unit fitness-training program, IAW AR 350-1 and FM 21-20.

Assignment

Before class:

- Read AR 350-1, Chapter 1-21 and FM 21-20, chapter 10.
 - Develop a unit physical fitness program (IAW P661, ELO G)
-

Additional Subject Area Resources

None

Bring to Class

- All lesson reference materials.
 - Your unit physical fitness program (IAW P661 Pre Resident Package)
 - Pen or pencil and writing paper.
-

Student Handout 2

Unit Physical Fitness Checklist

Student Name: _____

Grader: _____

Steps In Planning	GO	NO GO	Remarks
#1) Mission Analysis			
#2) Fitness Objectives			
#3) Unit Assessment			
#4) Training Requirements			
#5) Fitness Tasks			
#6) Training Schedule			
-Regularity -Overload -Recovery -Progression -Specificity -Balance -Variety			