

**NCO Leadership Center of Excellence
Basic Leader Course**

**Lesson Plan for 400-B111 / 4.0
Physical Training**

Advance Sheet

1. SCOPE:

At the end of this 19-hour learning event, you will be able to conduct Physical Training in small teams. The lesson provides discussion, demonstration, practical exercises, and evaluation to prepare the learner. The assessment will count toward your grade point average.

2. LEARNING OBJECTIVES:

TLO: This lesson supports BLC Course TLO 400-BLC, Conduct a physical training session for a squad/team.

ELO:

Action: Apply components of the Army Physical Training program.

Condition: As a leader of a squad/team, in the classroom and a physical readiness training area, given ATP 7-22.02, learner handouts, and the instruction in this lesson.

Standard: The learner will demonstrate understanding the physical training terms and concepts and conduct physical training drills and exercises, achieving a passing score of 70% on the Conduct Physical Training assessment.

3. ASSIGNED LEARNER REQUIREMENTS:

- a. **Read:** ATP 7-22.02, *Holistic Health and Fitness Drills and Exercises*, dated 1 October 2020, Chapter 1
- b. **Classroom Discussion:** Learners should be prepared to discuss the importance of physical training as it relates to Army readiness and safety.

4. ASSESSMENT:

Refer to B100 advance sheet for information on all assessments.