

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

**Lesson Plan for 400-B126 / 5.1
Holistic Health and Fitness**

Advance Sheet

1. SCOPE:

This two-hour lesson introduces you to the Army's holistic health and fitness (H2F) doctrine, FM 7-22. Knowledge of this doctrine will provide you with several different tools for developing your Soldiers and supporting Army readiness.

2. LEARNING OBJECTIVES:

TLO: This lesson supports the BLC course TLO 400-BLC, Guide self, Soldiers, and Families to meet Army readiness standards.

ELO:

Action: Identify the major readiness domains of the Army's holistic health and fitness doctrine.

Condition: As a learner, attending the BLC, using a direct level leadership perspective in new environments, given FM 7-22, activities, and classroom discussions.

Standard: Identify the major readiness domains of the Army's holistic health and fitness doctrine by matching specific items of holistic health and fitness with the related domain without error.

3. ASSIGNED LEARNER REQUIREMENTS:

- a. Read:** FM 7-22, *Holistic Health and Fitness*, Chapter 3
- b. Scan:** FM 7-22, *Holistic Health and Fitness*, Chapters 8, 9, 10, 11, and 13
- c. Classroom Discussion:** Learners should be prepared to discuss the importance of holistic health fitness is the foundation of unit readiness.

4. ASSESSMENT:

Refer to B100 advance sheet for information on all assessments.