

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

**Lesson Plan for 400-B130 / 5.1  
Army Body Composition Program**

**Advance Sheet**

**NOTE: The uniform for this lesson is the Individual Physical Fitness Uniform (IPFU).**

**1. SCOPE:**

This two-hour lesson introduces you to the Army Body Composition Program. Knowledge of this program will provide you with another tool for developing your Soldiers and supporting Army readiness. You will discover your responsibilities in this program as a leader and how to conduct a body fat assessment using AR 600-9 and the DA Form 5500 (male) and 5501 (female).

**2. LEARNING OBJECTIVES:**

**TLO:** This lesson supports BLC Course TLO 400-BLC, Identify triggers to use effective leadership skills, values, and authority as a newly promoted NCO.

**ELO:**

**Action:** Conduct a body fat assessment.

**Condition:** As a learner, attending the BLC, using a direct level leadership perspective in new environments, given AR 600-9, DA Forms 5500 and 5501, activities, and classroom discussions.

**Standard:** Describe your responsibilities in this program as a leader and conduct a body fat assessment using AR 600-9 and the DA Form 5500 (male) and DA Form 5501 (female).

**3. ASSIGNED LEARNER REQUIREMENTS:**

**a. Read:** None

**b. Classroom Discussion:** Learners should be prepared to discuss the importance of physical readiness training as it relates to Army readiness and safety.

**4. ASSESSMENT:**

Refer to B100 advance sheet for information on all assessments.