

BLC 3.0 Initial Operating Capability Course Map

Module	Seq	Lesson	Title	Hours
1	1	B100	Basic Leader Course Overview	4
	2	B101	Group Dynamics	3
	3	B128	Sexual Harassment and Assault Response and Prevention	3
	4	B111	Physical Training	19
	5	B114	Drill and Ceremonies	6
	6	B129	Military Equal Opportunity – Prejudice and Discrimination	2
	7	B108	Cultural Competence	4
	8	B106	The Army's Leadership Requirements Model	5
	9	B102	Effective Listening	3
	10	B103	Written Communication	4
	11	B105	Critical Thinking and Problem Solving	4
	12	B104	Public Speaking	12
2	13	B124	Army Combat Fitness Test Certification	8
	14	B116	Training Management	21
	15	B121	Resilience Training for Leaders (Basic Leader Course)	6
	16	B109	Unit Culture and This Is My Squad	5
	17	B110	Legal Responsibilities and Limits of NCO Authority	4
	18	B112	Followership and Servant Leadership Fundamentals	6
	19	B113	Cohesive Team Building and Conflict Management	7
3	20	B107	Counseling	7
	21	B127	Financial Readiness	2
	22	B120	Talent Management	1
	23	B119	Soldier Readiness	6
4	24	B126	Holistic Health and Fitness	2
	25	B115	Mission Orders and Troop Leading Procedures	5
	26	B132	Map Reading and Land Navigation	15
	27	B125	Nutritional Readiness	3
	28	B130	Army Body Composition Program	2
Total				169