

Seq	Lesson	Title	Hours	Module
1	B100	Basic Leader Course Overview / Blackboard Review	4	Module 1
2	B101	Group Dynamics	3	
3	B128	Sexual Harassment / Assault Response & Prevention	3	
4	B111	Physical Training	19	
5	B114	Drill and Ceremonies	6	
6	B129	Equal Opportunity – Prejudice and Discrimination	2	
7	B108	Cultural Competencies	4	
8	B103	Written Communication	13	
9	B106	The Army's Leadership Requirements Model	4	
10	B105	Critical Thinking and Problem Solving	4	
11	B102	Effective Listening	3	
12	B104	Public Speaking	12	
13	B124	Army Combat Fitness Test Grader Certification	*8	Module 2
14	B115	Mission Orders and Troop Leading Procedures	5	
15	B116	Training Management / CIT	18	
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	Module 3
20	B107	Counseling	7	
21	B127	Financial Readiness	2	
22	B120	Talent Management	1	
23	B117	Transition Assistance Program	4	
24	B119	Soldier Readiness	6	
25	B118	Command Supply Discipline Program	4	Module 4
26	B126	Holistic Health and Fitness	2	
27	B121	Resiliency	6	
28	B125	Nutritional Readiness	3	
29	B130	Army Body Composition Program	2	
30	B131	Contemporary Issues	2	
<b>Total</b>			<b>169</b>	

**Assignments Issued and Due/Assessed Date**

- |   |                                       |
|---|---------------------------------------|
| 1. SHARP Essay issued during B100                       | Due/Assessed: Day 5                   |
| 2. PT issued during B111                                | Due/Assessed: Day 5                   |
| 3. D&C issued during B114                               | Due/Assessed: Day 5                   |
| 4. Informative Essay issued during B103                 | Due/Assessed: Day 10                  |
| 5. Public Speaking issued during B104                   | Due/Assessed: Day 16 Module 4         |
| 6. Conduct Individual Training (CIT) issued during B116 | Due/Assessed: Day 17 Module 4         |
| 7. Compare and Contrast Essay issued during B112        | In-class                              |
| 8. ACFT Grader Certification (5 hours of Apply)         | Assessed: During Module 4 (Date/Time) |