



MILITARY PENTATHLON

**A Military Leadership C – Physical
training Common Module, within the
framework of the Blended Intensive
Program**





WHAT

- **19-29 september 2025**
- **A 3 ECTS BIP with virtual component**
- **Camp Jørstadmoen, Lillehammer, at the Norwegian Defence Cyber Academy**
- **A teoretical and practical CM wich covers the following basic military skills:**
 - **Rifle Shooting**
 - **Obstacle Swimming**
 - **Grenade Throw**
 - **Obstacle Run**
 - **Terrain run**





Norwegian Defence
University College

WHO

PARTICIPANTS

- **Slovakia**
- **Romania**
- **Bulgaria**
- **Greece**
- **Cyprus**
- **Austria**
- **Norway**

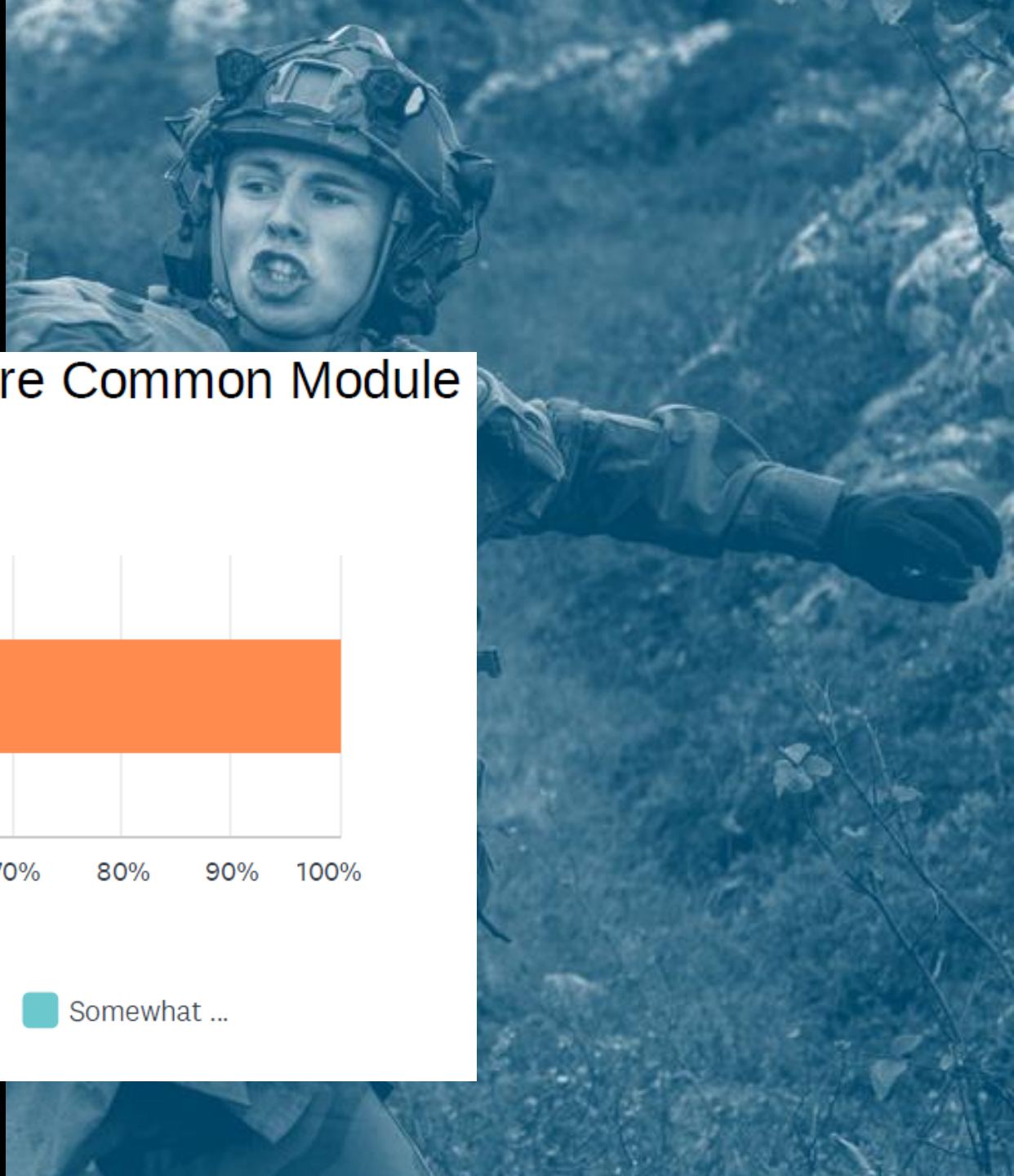
ORGANIZER

- **Norwegian Defence Cyber Academy**
- **Cyprus Security and Defence Academy**
- **PHDs**
- **The Military National Team**
- **Norwegian-, Nordic- and World Champions**



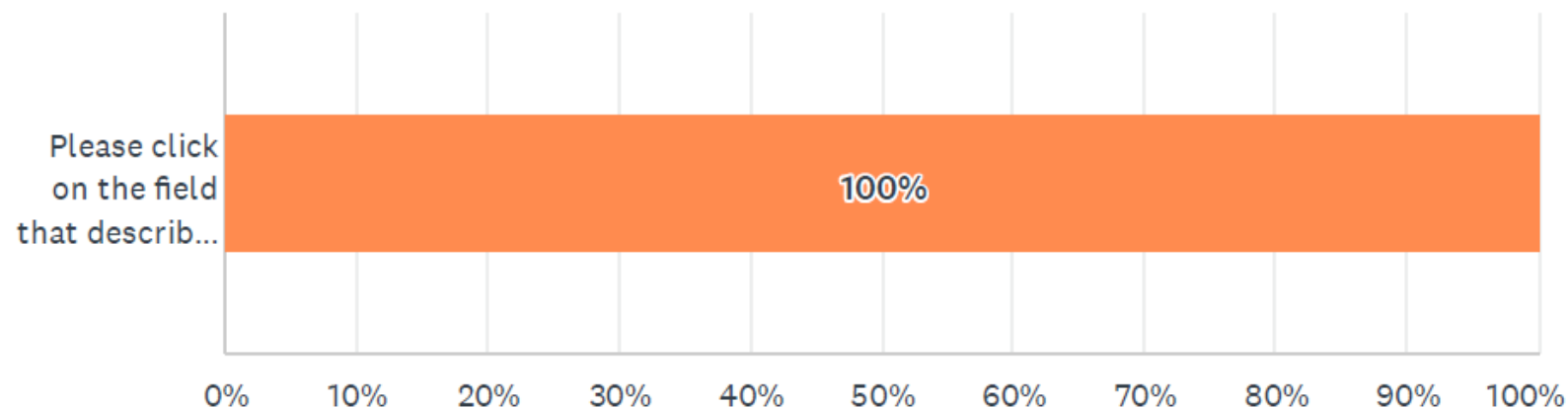


HOW



Q6 All in all, how would you evaluate the entire Common Module

Answered: 25 Skipped: 0



Very dissati... Somewhat ... Neutral Somewhat ...
Very Satisfi...

Blended Intensive Program in Military Leadership C (Physical Training – Military Pentathlon)

📅 20–28 Sept 2025 | 📍 Lillehammer, Norway

From 20–28 September 2025, the Norwegian Defence University College (NDUC) and their Cyber Academy successfully hosted the Common Module on Military Leadership C in Lillehammer, Norway – as an Erasmus+ Blended Intensive Program (BIP).

📖 The event was co-organized with the Cyprus Security and Defence Academy, supported by the European Security and Defence College (ESDC), the EMILYO network, the Norwegian Cyber Defence Force and the Norwegian Military Pentathlon National Team.

Highlights 📌

👥 25 cadets from 6 nations (Norway, Slovakia, Bulgaria, Greece, Romania, Cyprus: 🇷🇴 🇧🇬 🇬🇷 🇨🇾 🇸🇰) successfully completed the module, which combined academic sessions with practical training and culminated in the Norwegian Championship in Military Pentathlon. 🏆

❓ What is Military Pentathlon? A demanding international military sport testing the core soldier skills of obstacle run, obstacle swimming, throwing (grenade precision and distance), rifle shooting, and cross-country running – designed to mirror the physical and mental requirements of military service.

📊 Outstanding results: 100% of participants recommend the course, and ESDC's Training Manager highlighted that no other Common Module in the past 2.5 years has achieved such high evaluation scores.

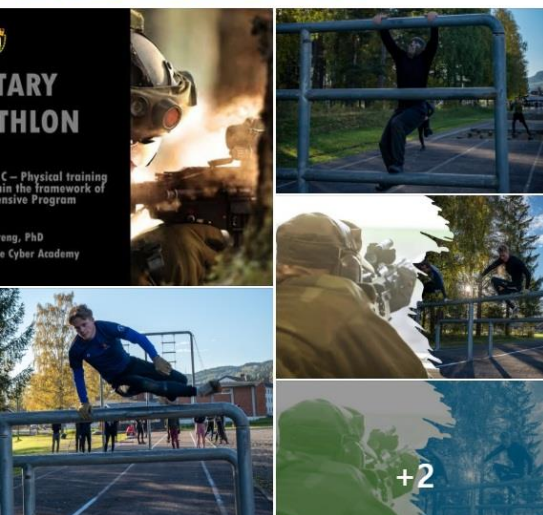
🛡️ Safe and professional execution: The program was delivered without serious injuries and provided both physical and educational benefits, strengthening cadets' leadership, resilience, and teamwork skills.

🌐 European cooperation in practice: The BIP showcased how academic and military institutions can join forces to deliver internationally recognised education, with ECTS credits and Erasmus+/ESDC co-funding.

🗣️ Participants emphasised the excellent organisation, the relevance for future military leaders, and the unique intercultural experience. As one cadet expressed: "This course not only fosters physical excellence but also instils a strong spirit of camaraderie and determination." 💬

🙌 The organisers extend their thanks to all partner institutions and to the cadets, staff, and instructors whose commitment made this BIP an outstanding success." 💬

#EMILYO #ESDC #MilitaryPentathlon #NDUC #BIP



Akadémia ozbrojených síl generála Milana Rastislava Štefánika

October 9 at 1:23 PM · 🌐

🏆 Military Pentathlon - Norway 2025 🇳🇴

Since the 19th. until the 29th. In September 2025, our cadets will take part in the prestigious international competition Military Pentathlon where they will compete against representatives of 7 military schools from different countries.

🏆 3. a place in the overall assessment is proof of their physical fitness, discipline and determination! The competition tested complex abilities in disciplines such as:

- shooting shot 🎯
- throw a grenade 💣
- obstacle course dr
- swimming between obstacles 🏊‍♂️
- trail running 🏃‍♂️ 📶

🌟 Individual achievements of our cadets:

- 🏆 Martina Hubkova - 1st at the gunpoint
- 🏆 Theresa Klementis - 1st a place on the run
- 🏆 Tomáš Kunic - 1st a spot in swimming
- 🏆 Michal Zuštiak - 1st a place on the run

🙌 Thank you for the exemplary representation of AOS!

#MilitaryPentathlon #AOS #Kadeti #budemvojak #Slovensko

