



**Implementation Group**  
 Doc.: IG/XXXX  
 Date : 25 02 2025  
 Origin: EMILYO Implementation Group

Common Module  
**Military Leadership C**  
 (Physical Training part two)  
 Module Description

Countries	Institutions	Common Module	ECTS
<b>NO</b>	<b>NDUC</b> (Norwegian Defence University College)	<b>Military Leadership C</b> (Physical Training part two)	<b>2</b> +1 (virtual component)
<b>CY</b>	<b>CSDA</b> (Cyprus Security and Defence Academy)		

Service(s)	<b>Minimum Qualification of Instructors</b> <ul style="list-style-type: none"> <li>Sports Trainer according to national regulations.</li> <li>English: Common European Framework of Reference for Languages (CEFR) Level B2 or NATO STANAG Level 3.</li> </ul>
<b>All</b>	
Language	
<b>English</b>	<ul style="list-style-type: none"> <li><b>Competence area</b> - Combat-Ready Role Model</li> <li><b>Learning area</b> - Military physical and psychological training</li> <li><b>Organisation level</b> – all levels</li> </ul>
<b>SQF MILOF</b>	

<b>Prerequisites for international participants</b> <ul style="list-style-type: none"> <li>English: Common European Framework of Reference for Languages (CEFR) Level B1 or NATO STANAG Level 2.</li> <li>Fulfilling respective national physical standards of the sending institution.</li> <li>National medical certificate.</li> </ul>	<b>Contents of the Module</b> Apply techniques to maintain the physical fitness required for enduring a broad range of situations in difficult and dangerous conditions
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<b>Learning outcomes</b>	Know-ledge	<ul style="list-style-type: none"> <li>Identify the main aspects of general and specific sports education.</li> <li>Define aim and role of maintenance of physical fitness required for enduring a broad range of situations in difficult and dangerous conditions.</li> </ul>
	Skills	<ul style="list-style-type: none"> <li>Develop physical training sessions using different methods of training.</li> <li>Organise physical training sessions for subordinated personnel.</li> </ul>
	Respon-sibility & Autonomy	<ul style="list-style-type: none"> <li>Lead individual and group physical training sessions.</li> <li>Make decisions in coherence with modern means of physical training methods for enduring a broad range of situations in difficult and dangerous conditions.</li> </ul>

<b>Verification of learning outcomes:</b>
<ul style="list-style-type: none"> <li>Observation: Trainees are to be observed and are to be evaluated concerning their leadership profiles, during training sessions.</li> <li>Tests: Theoretical background is to be tested and graded. Tests may be separated in small parts after theoretical lecture units and/or a final test is to be conducted.</li> <li>Evaluation: Observation and theoretical test(s) result in the overall module grading. An individual qualified feedback is to be issued to the participants.</li> </ul>

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<b>Module details</b>		
Main Topic	Recom- mended WH	Details
Virtual component	20	<ul style="list-style-type: none"> <li>• Theoretical and physical preparation for the physical component, digital meeting and evaluation</li> </ul>
General (theoretical) Sports Education	3	<ul style="list-style-type: none"> <li>• Injury prevention strategies</li> <li>• Optimizing performance</li> </ul>
Specific (theoretical) Sports Education	6	<ul style="list-style-type: none"> <li>• Military work demands &amp; Military Pentathlon - The link</li> <li>• Meeting your military work demands</li> <li>• From the Military top athlete's perspective</li> </ul>
Practical Sports Education	37	<ul style="list-style-type: none"> <li>• The art of warming up</li> <li>• Stretching &amp; Mobility</li> <li>• Terrain run familiarization</li> <li>• Individual basic technique (obstacle run)</li> <li>• It's all about the team (obstacle run)</li> <li>• Individual flow training (obstacle run)</li> <li>• Crawl, glide and dive technique (swimming)</li> <li>• Obstacle technique (swimming)</li> <li>• Throw technique (grenade throw)</li> <li>• Precision and length (grenade throw)</li> <li>• Weapon familiarizing and basic technique (shooting)</li> <li>• Precision &amp; rapid fire (shooting)</li> <li>• Grenade Throw (Test)</li> <li>• HK416 rifle shooting (Test)</li> <li>• 50 Meter obstacle swimming (Test)</li> <li>• 500 meter obstacle run (Test)</li> <li>• 8 kilometer terrain run (Test)</li> </ul>
Other	12	<ul style="list-style-type: none"> <li>• Welcome and program information</li> <li>• Meet MP Team - Who are we and what is Military Pentathlon</li> <li>• Meet NDUC - Military education in the high north</li> <li>• Meet NDCA – Norwegian Defence Cyber Academy</li> <li>• Cultural day</li> <li>• Opening Ceremony and info for the Norwegian Championship</li> <li>• Cultural event &amp; entertaining</li> <li>• Price giving ceremony &amp; confirmation of stay</li> </ul>
<b>Total lecture WH</b>	<b>78</b>	
<b>Additional hours (WH) to increase the learning outcomes</b>		
Self-Studies	12	<ul style="list-style-type: none"> <li>• For reflecting the teaching hours.</li> </ul>
<b>Total WH</b>	<b>90</b>	

## List of Abbreviations:

B1, B2	CEFR Levels
BIP	Blended Intensive Program
CM	Common Module
CEFR	Common European Framework of Reference for Languages
ECTS	European Credit Transfer and Accumulation System
ESDC	European Security and Defence College
IG	Implementation Group
MP	Military Pentathlon
NATO	North Atlantic Treaty Organization
NDCA	Norwegian Defence Cyber Academy
NDUC	Norwegian Defence University College
STANAG	Standardization Agreement
WH	Working Hour