



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>
<b>CY</b>	<b>CSDA</b> (Cyprus Security and Defence Academy)		<b>+1</b> (virtual component)

Service(s)	Minimum Qualification of Instructors
<b>All</b>	
Language	<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>English</b>	
<b>SQF</b> <b>MILOF</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>

Prerequisites for international participants	Contents of the Module
<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>	<p>Apply techniques to maintain the physical fitness required for enduring a broad range of situations in difficult and dangerous conditions</p>

Learning outcomes	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>

Verification of learning outcomes:
<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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Module details		
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>8/4 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>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:

Common Module  
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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