

# Military Affairs (MIL AFF)

---

## **MIL AFF 1 Military Physical Fitness and Nutrition 1 Unit**

**Department:** Military Affairs

**Course level:** Undergraduate

**Terms course may be offered:** Fall and spring

**Grading:** Letter grade.

**Hours and format:** 3 hours of physical training per week.

**Prerequisites:** Consent of instructor.

This course teaches the fundamentals of physical fitness and nutrition employed by the U.S. military to condition R.O.T.C. cadets for the physical demands they will face as military officers. The course consists of rigorous physical training under the supervision of military officers and noncommissioned officers. The goal of this course is to not only enhance one's level of physical fitness, but to develop leadership qualities in the conduct and planning of physical fitness training. The course will include topics in leader responsibilities in fitness training, components of fitness, principles of exercise, physical fitness program development, phases of conditioning, environmental factors and nutrition. Physical training will include, but is not limited to: running up to five miles, foot marches up to six miles with a pack, swimming, team sports, weight training, aerobics, and other activities designed to develop an individual's components of fitness, teamwork, and aggressive competitive qualities.

## **MIL AFF 20 Evolution of Warfare 3 Units**

**Department:** Military Affairs

**Course level:** Undergraduate

**Term course may be offered:** Spring

**Grading:** Letter grade.

**Hours and format:** 3 hours of Lecture per week for 15 weeks.

Progressive analysis of the evolution of warfare from the ancient world to the present. Emphasis placed on causes of continuity and/or change of methods, as well as the influence of economic, moral, political, and technological factors on strategic thought.

## **MIL AFF 24 Freshman Seminars 1 Unit**

**Department:** Military Affairs

**Course level:** Undergraduate

**Terms course may be offered:** Fall and spring

**Grading:** Letter grade.

**Hours and format:** 1 hour of Seminar per week for 15 weeks.

The Berkeley Seminar Program has been designed to provide new students with the opportunity to explore an intellectual topic with a faculty member in a small-seminar setting. Berkeley Seminars are offered in all campus departments, and topics vary from department to department and semester to semester.

Course may be repeated for credit as topic varies. Course may be repeated for credit when topic changes.

## **MIL AFF 145A National Security Forces in Contemporary American Society 3 Units**

**Department:** Military Affairs

**Course level:** Undergraduate

**Term course may be offered:** Fall

**Grading:** Letter grade.

**Hours and format:** 3 hours of Seminar per week for 15 weeks.

**Prerequisites:** Upper division standing and consent of instructor.

Conceptually examines the Armed Forces as an integral element of American society. Examines contemporary issues in civil-military relations and the national and international environment in which U.S. defense policy is formulated and implemented.

## **MIL AFF 145B Preparation for Active Duty 3 Units**

**Department:** Military Affairs

**Course level:** Undergraduate