# Murrieta Valley Unified School District High School Course Outline October 2011

**Department:** Murrieta Mesa HS Department of Naval Science

(NJROTC)

Course Title: NAVAL SCIENCE LEVEL 1 – INTRODUCTION TO NJROTC

AND THE CADET FIELD MANUAL

Course Number: 7985

Grade Level(s): 9-12

**Length of Course:** One Academic School Year

**Prerequisite(s):** None

A two (2) year commitment is required to enroll in NJROTC

**UC/CSU (A-G) Requirement:** None

# **Brief Course Description:**

This course meets District graduation requirements as an elective and also meets District graduation requirements for physical education. The physical education components in Naval Science Level 1 goals K, L, and M are aligned with High School Course 1 in the California Physical Education Standards and meets statutory requirements in *Education Code* Section 51222 (secondary minutes requirement); and *Education Code* Section 51225.3 (a)(1)(F) (high school graduation requirement) requiring a minimum of 400 minutes of physical education each ten days

The NJROTC curriculum, as established in the policies, directives, and instructions of the Chief of Naval Education and Training (CNET), is separated into four (4) distinct levels. Each level, level one (1) thru level four (4) is designated for a respective grade level and/or first year NJROTC student. Accordingly, the naval science level one (1) program of instruction is designated for freshmen, or first time/year NJROTC students; level two (2) is designated for sophomore students; level three (3) is designated for junior students; and level four (4) is designated for senior students.

The purpose of **Naval Science Level 1** – **Introduction to NJROTC** is to help students understand the mission, goals, and opportunities available as members of the NJROTC program. This course will also introduce students to the basic principles of leadership, which combined with the many opportunities for practical experience in the NJROTC program will prepare them for leadership roles in school and upon graduation. More importantly, this course will assist

students in developing and understanding of our nation, our values, traditions, heritage, respect for our laws, and becoming informed responsible citizens.

The purpose of **Naval Science Level 1 – The Cadet Field Manual** is to combine all the information on military drill and ceremonies, uniform regulations, physical fitness, orienteering, principles of health, first aid, survival, leadership, and communications. Minimum performance requirements of this course are established in accordance with current Chief of Naval Education Training (CNET) instruction, NAVEDTRA 37128. The performance standards in this course are based on the performance standards identified in the curriculum for the United States NJROTC.

## I. Goals

The NJROTC program goals are to provide an opportunity for secondary school students to learn about the basic elements and requirements for national security and their personal obligations as American citizens to contribute toward national security. The NJROTC goals, as established by the Chief of Naval Education and Training (CNET) are:

#### 1. Promote Patriotism

This means love of country, respect for the flag, and pride in the American way of life as set forth in the Declaration of Independence and U.S. Constitution

# 2. Develop informed and responsible citizens

NJROTC should make students aware of their responsibilities, duties, and rights as American citizens

#### 3. Promote habits of orderliness and precision

Experience repeatedly shows that such habits help people succeed in life (family, friends, co-workers, and career)

# 4. Develop a high degree of personal honor, self-reliance, individual discipline, and leadership

These qualities are embodied by the Navy's Core Values of Honor, Courage, and Commitment

# 5. Promote an understanding of basic elements and requirements for national security

Students should understand the need for armed forces and their relationship to a democratic republican government

# 6. Develop respect for and an understanding of the need for constituted authority in a democratic society

Students should understand why we have laws and the role of government as set forth in the U.S. Constitution

#### 7. Provide incentives to live healthy and drug-free lives

Students should know how drug use and other harmful actions affect both themselves and others

# 8. Develop leadership potential

The NJROTC program provides students with a wide range of opportunities to test themselves in leadership roles such as leading a drill team and performing the duties of assigned staff jobs

# 9. Promote high school completion

Students should know the value of their education and how to effectively manage their time to acquire the education to assist them in meeting their personal goals

# 10. Provide information on military service as one possible career option

First, and foremost, the NJROTC program is <u>not</u> a recruiting program. Instructors are strictly forbidden from recruiting for military services. However, instructors are obligated to provide students with information (benefits, military occupational specialties, college programs, etc.) on the various military services when asked

## II. Outline of Content for Major Areas of Study

#### 1. NAVAL SCIENCE LEVEL 1 – INTRODUCTION TO NJROTC

# A. <u>HISTORY & BACKGROUND OF THE NJROTC PROGRAM</u>

- a. Cite the pubic law that established the Junior ROTC program.
- b. Cite under whose guidance the NJROTC program is administered.
- c. Describe the team members/instructors teaching the NJROTC program.
- d. Cite the type of support provided by the Navy for the naval science classroom, and for the cadets enrolled in the program.

## B. MISSION, GOALS, AND POLICIES OF THE NJROTC PROGRAM

- a. Cite the mission and goals the NJROTC program expects to achieve.
- b. Cite where the focus of the NJROTC program will lie.
- c. Cite the policies as student must meet in order to enroll in the NJROTC unit.
- d. Explain the procedures used to disenroll cadets from the NJROTC program.
- e. Cite the Navy's core values and explain what it means for everyone to be committed to their fellow cadets in the NJROTC program.

#### C. THE NAVAL SCIENCE CURRICULUM

- a. Cite how the course will discuss the history of the U.S. Navy and the role it has played in building our nation.
- b. Cite how the course will use the nautical sciences as areas of scientific study in the program.
- c. Cite how the course will include various areas of naval knowledge in the study of sea power.
- d. Cite how the course will use various areas of naval skills in the study of life in the Navy.
- e. Discuss how the basic principles of ethics and morals will be used to teach leadership in the course.

## D. NJROTC UNIT ACTIVITIES

- a. Explain the purpose of having all students participate in learning the basics of military drill.
- b. Explain why the NJROTC program encourages physical fitness for all students.
- c. Discuss the opportunity to take orientation trips during the school year, and what it does for cadet leadership training.
- d. Discuss the objectives of the NJROTC Leadership Academy and the opportunities for cadet advanced leadership training.

## E. BENEFITS OF THE NJROTC PROGRAM

- a. Cite he main reasons for enrolling in NJROTC.
- b. Discus the kind of self-discipline a cadet hopes to achieve by being a cadet in the NJROTC program.
- c. Discuss the opportunities to develop leadership skills when placed in an NJROTC leadership position.
- d. Cite the special military pay grade benefits that can be earned through the NJROTC program.

#### F. CAREER PLANNING

- a. Cite individual short-term, mid-term, and long-term goals for the future.
- b. Understand how a school transcript can be used for admittance to college, scholarships, and job training.
- c. Cite good study habits and the traits of a successful student.
- d. Discuss some advantages of enlistment in the U.S. Navy.
- e. Discuss the eligibility requirements for admission to the U.S. Naval Academy and the benefits of the NROTC college scholarship program.

#### 1.1 NAVAL SCIENCE LEVEL 1 – LEADERSHIP

## A. FOLLOWERSHIP

- a. Define followership
- b. Describe the different types of followers.
- c. Describe the qualities of a good follower, and the importance of obedience in a military organization.
- d. Describe the duties of a good follower.

## **B.** LEADERSHIP

- a. Define Leadership.
- b. Cite the traits of an effective leader.
- c. Cite the personal qualities of an effective leader.

d. Discuss the range of leadership styles and strategies of successful leaders, from the very autocratic to the very democratic.

## C. <u>LEADERSHIP OPPORTUNITIES IN NJROTC</u>

- a. Discuss the typical NJROTC unit organizational chart.
- b. Describe the leadership positions found in the unit.

# **D. MOTIVATION**

- a. Discuss Maslow's priority of human needs.
- b. Discuss the main motivating factors in people's actions, and how it impacts on their attitude to do a better job.
- c. Define punishment as a negative approach to motivation.
- d. Define rewards as a positive approach to motivation.

# E. RELATIONSHIPS

- a. Discuss senior and subordinate relationships in a typical military situation.
- b. Cite three reasons for the chain-of-command.
- c. Discuss roadblocks and their effect on relationships in the NJROTC unit.
- d. Define prejudice and how people show prejudice in their general behavior.
- e. Discuss how frustration, anger, sexual harassment, being picked-on, and unfair situations cause conflicts in human relationships.
- f. Discuss what the individual can do to learn about solving conflicts.

## F. ATTITUDES AND EMOTIONS

- a. Discuss how an individual's attitude influences others around him/her and contributes to the success of the NJROTC unit.
- b. Discuss the key to having a good attitude.
- c. Discuss the difference between winning and losing attitudes.
- d. Discuss how physical activity can help work out the feelings associated with an intense emotional buildup.
- e. Discuss how the ability to retain a sense of humor can be a big asset in the construction of expression of emotions.

#### 1.2 NAVAL SCIENCE LEVEL 1 – CITIZENSHIP

## A. LAWS, AUTHORITY, RESPONSIBILITY

- a. Define the words "citizen" and "citizenship."
- b. Discuss the twenty-four (24) characteristics of a good citizen.
- c. Discuss how laws affect the way we live.

- d. Define "constituted authority" as it relates to the making of laws.
- e. Describe the relationship between authority, responsibility, and accountability.
- f. Discuss the eleven (11) parts of the Bill of Responsibilities and what they represent when accepted by members of a free society.

## B. THE ROLE OF GOVERNMENT

- a. Discuss how the invention of radio and television forced many changes in our government.
- b. Define the absolute monarchy type of government.
- c. Define socialism as a form of government.
- d. Discuss the rise of the fascist movement in two European countries in the early 1920's as a form of government.
- e. Discuss the communist ideology of combining the economic and political systems as a form of government.
- f. Describe the success of the democratic form of government and how it is based upon equality, justice, and freedom for all citizens.

# C. <u>STUDENTS' ROLE AS CITIZENS: RIGHTS AND RESPONSIBILITIES</u>

- a. Cite the three (3) ways a person can become a citizen of the United States.
- b. Discuss a person's rights as a citizen.
- c. Discuss a citizen's duty to obey and respect the laws of his/her country.
- d. Discuss a person's loyalty to their government, their state, and their community.

#### 1.3 NAVAL SCIENCE LEVEL 1 – FOUNDATIONS OF GOVERNMENT

# A. THE DECLARATION OF INDEPENDENCE

- a. Discuss the significance of the Declaration of Independence.
- b. Discuss the five (5) parts of the Declaration of Independence.
- c. Describe how the role of the government in an American democracy is to serve the people.

## B. THE CONSTITUTION OF THE UNITED STATES

- a. Discuss the significance of the Articles of Confederation.
- b. Discuss the series of checks and balances in the Constitution, and how they protect the rights of the people and establish boundaries of authority between state and federal government.
- c. Discuss the purpose of the Constitution, the preamble, and the power in each of the seven (7) articles.

- d. Describe the three (3) branches of the federal government and the specific law-making duties of each branch.
- e. Discuss the significance of the Bill of Rights as amendments to the Constitution.

# C. NATIONAL DEFENSE

- a. Discuss the relationship of the U.S. Navy with the U.S. government and its role in our national defense.
- b. Discuss the role of the Secretary of Defense under the President of the United States.
- c. Discuss the membership of the National Security Council.
- d. Cite the different departments under the Department of Defense.
- e. Cite the military responsibilities of the Secretary of the Navy and the Chief of Naval Operations.

#### D. ORGANIZATION OF THE NAVY

- a. Discuss the overall mission of the U.S. Navy.
- b. Cite the geographical locations of the U.S. Navy operating forces throughout the world, and discuss their various missions.
- c. Explain the difference between Navy operating forces and the Navy shore establishment.

#### 1.4 NAVAL SCIENCE LEVEL 1 – U.S. NAVY SHIPS

## A. THE MISSION OF U.S. NAVY SHIPS

- a. Describe the mission of the U.S. Navy as it relates to carrying out the military strategy of the United States.
- b. Discuss the objective of strategic deterrence in the U.S. Navy's mission.
- c. Discus the U.S. Navy's ability to control the use of the seas.
- d. Discuss the projection of power ashore as it relates to the U.S. Navy's ability to deploy its forces to carry the fight to the enemy.
- e. Discuss the U.S. Navy's presence throughout the world on the open seas as a show of force.

# **B.** SHIP TERMINOLOGY

- a. Discuss the differences between civilian and U.S. Navy language when referring to various parts and locations aboard ship.
- b. Discuss how ships are identified by name and designation.
- c. Discuss how the speed of a ship is stated in terms of nautical miles per hour (mph) over water, and how this compares to statute mph over land.

#### C. NAVY SHIPS

- a. Discuss U.S. Navy ships in terms of type, size, displacement, length, beam, and missions performed.
- b. Describe how the ships of the U.S. Navy are divided into two (2) categories: combatant ships and auxiliary ships.
- c. Cite the two types of submarines deployed by the U.S. Navy.

#### 1.5 NAVAL SCIENCE LEVEL 1 – NAVAL AVIATION

#### A. <u>BACKGROUND OF NAVAL AVIATION</u>

- a. Discuss the beginning of the naval aviation and the four (4) approaches used to integrate aircraft with the fleet.
- b. Discuss the differences between fixed-wing aircraft and rotary-wing aircraft and the missions they perform.
- c. Describe the tri-service aircraft model designation symbols used for air identification purposes.

## **B. NAVAL AIRCRAFT AND MISSIONS**

- a. Discuss how naval aircraft of the same type are organized into squadrons for the purpose of training, maintenance, and administration.
- b. Discuss the variety of U.S. Navy aircraft available in each of its striking forces, and the missions they perform.

#### 2. NAVAL SCIENCE LEVEL 1 – CADET FIELD MANUAL

## A. <u>NJROTC UNIFORM REGULATIONS</u>

- a. Explain the uniform as an important element in the morale, pride, discipline, and effectiveness of the NJROTC program.
- b. Demonstrate the correct uniform composition.
- c. Demonstrate the wearing of the NJROTC uniform and explain the uniform standards described in the Cadet Field Manual.
- d. Demonstrate how the wearing of the NJROTC uniform reflects upon your NJROTC unit, your school, the U.S. Navy, your community, and your country.
- e. Explain the importance of proper appearance and grooming standards for wearing a NJROTC uniform.
- f. Demonstrate the procedures for wearing the necktie with the NJROTC male uniform.

- g. Cite the requirements for wearing insignia's and devices on the NJROTC uniform.
- h. Explain where awards and decorations (medals, etc...) are worn on the NJROC uniform.

## B. NJROTC RATES/RANKS & U.S. NAVY RATES/RANKS

- a. Explain and recognize various NJROC rates and ranks and be able to understand assignments associated with each billet.
- b. Describe and recognize the rates and ranks of active duty U.S. Navy personnel.

# C. <u>MILITARY CUSTOMS, COURTESIES, ETIQUETTE & CEREMONIES</u>

- a. Explain the types of military customs to include their purposes and when courtesies are rendered.
- b. Describe the flag of the United States as a standard of honor.
- c. Explain the procedures in pledging allegiance to the flag.
- d. Describe the sequence of events in military ceremonies, reviews, and parades.
- e. Demonstrate the prescribed movements in the handling of weapons and military drills and ceremonies.

## D. PERSONNEL INSPECTION

- a. Describe the techniques for conducting a personnel inspection.
- b. Explain the inspecting officer's duties (tour) when he or she inspects a platoon.
- c. Explain the general inspection guidelines (items) that inspecting officers look for when inspecting a cadet in a platoon
- d. Demonstrate the proper procedures for inspecting.

#### E. <u>INTRODUCTION TO MILITARY DRILL</u>

- a. Explain the purpose of military drill.
- b. Define terms used in military drill.
- c. Explain the different types of commands.
- d. Describe the general rules for drill.
- e. Demonstrate the proper techniques for giving commands.

#### F. DRILL WITHOUT ARMS

a. Explain and demonstrate the positions and instructions for basic drill without arms.

- b. Demonstrate the correct formations and instructions for basic drill without arms.
- c. Discuss and then demonstrate the correct marching steps for basic drill without arms.
- d. Demonstrate the commands for changing direction for basic drill without arms.

## G. MANUAL OF ARMS WITH THE NJROTC DRILL RIFLE

- a. Explain the make-up of the rifle nomenclature.
- b. Explain the importance of all the positions of the rifle.
- c. Explain all of the positions of the rifle.
- d. Explain the procedures for salutes under arms given by individuals.
- e. Discuss and demonstrate the procedure for stacking arms.
- f. Demonstrate authorized movements in the Manual of Arms with the NJROTC rifle.
- g. Explain and demonstrate the procedures for the platoon to take arms.

## H. MANUAL OF THE SWORD

- a. Explain sword history as it relates to symbol of authority, sword etiquette, ancient history and sword salute.
- b. Explain and demonstrate how the sword is used at sword ceremonies.
- c. Explain the nomenclature and the general rules of the sword.
- d. Demonstrate the commands and movements of the Sword Manual.

## I. GUIDON MANUAL

- a. Demonstrate and explain the execution of the Guidon Manual.
- b. Demonstrate and explain the positions of the guidon.

## J. NATIONAL AND ORGANIZATIONAL FLAGS

- a. Demonstrate the hoisting and lowering and folding the national ensign.
- b. Explain the meaning of the color guard.
- c. Demonstrate the execution of commands in the Manual of Color(s).
- d. Demonstrate the execution of the movements for the Manual of Color(s).

## K. <u>HEALTH EDUCATION</u>

- a. Explain and become familiar with the fundamentals of human growth and development.
- b. Explain and become familiar with the principles of health hygiene.
- c. Explain and become aware of the dangers of drugs, alcohol, and tobacco use and abuse.

#### L. PHYISCAL FITNESS AND EXERCISE

- a. Explain the principles associated with the term fitness.
- b. Explain the principles associated with physical fitness.
- c. Explain the principles of a sound exercise program.
- d. Explain the principles for the prevention of heat stress and dehydration.
- e. Demonstrate basic warm-up and cardiovascular exercise.

# M. PHYSICAL FITNESS EXERCISE AND QUALIFYING MINIMUMS

- a. Explain the requirements of the physical fitness test.
- b. Explain the physical fitness test procedures.
- c. Demonstrate the ability to perform physical fitness exercises correctly.
- d. Explain the scoring of the physical fitness test.

## N. INTRODUCTION TO FIRST AID

- a. Gain familiarity with the fundamentals of first aid.
- b. Explain first aid for maintenance of basic life support.
- c. Explain basic first aid for bleeding and other circulatory problems.
- d. Explain basic first aid for injuries to bones and joints.
- e. Explain injuries and basic first aid for exposure to temperature extremes.
- f. Explain basic first aid for poisoning.
- g. Explain first aid for common medical emergencies.
- h. Demonstrate basic first aid for shock.
- i. Demonstrate basic first aid for soft tissue injuries.
- j. Demonstrate basic emergency transport methods.

#### O. ORIENTEERING

- a. Explain the sport of orienteering.
- b. Explain how an orienteering course is laid out.
- c. Explain the various forms of orienteering activities.
- d. Explain the qualification requirements for the NJROTC orienteering ribbon.
- e. Demonstrate and explain the features and how to read orienteering and other topographical maps.
- f. Describe the four possible adverse impacts of international legal rules affecting the deployment and navigation of naval vessels.
- g. Demonstrate how distances are measured in orienteering.
- h. Demonstrate the land navigation techniques used by the orienteer.

## P. SURVIVAL

- a. Explain the fundamentals of survival.
- b. Demonstrate the principles for survival in tropical areas.
- c. Demonstrate the principles for survival in cold areas.

d. Demonstrate the principles of survival in water.

## Q. CHAIN OF COMMAND

- a. Gain familiarity with the chain of command from the President of the United States to the junior seaman recruit.
- b. Understand the NJROTC chain of command is organized like a pyramid with one person on top and many on the bottom.
- c. Explain the positions that all under the NJROTC chain of command.
- d. Explain how the cadet's uniform and insignia show his or her level of authority in the chain of command.

#### R. ORDERS TO THE SENTRY

- a. Gain familiarity with the orders to the sentry.
- b. Explain how the orders to the sentry are used as a means of security for a ship or a duty station.
- c. Understand that security involves sentry duty, guard duty, fire watches, and barracks watches.
- d. Demonstrate the proper response to sentry orders and the correct method of posting a sentry.

# III. Accountability Determinants

#### A. Key Assignments

- 1. Semester Drill & Platoon Ceremony Inspections
- 2. Monthly Platoon Commander Uniform Inspections
- 3. Weekly Senior Naval Science Instructor Uniform Inspections
- 4. State Physical Fitness Test
- 5. Presidential Physical Fitness Test
- 6. Weekly Quizzes
- 7. Semester Final Review
- 8. Semester Final

#### **B.** Assessment Methods

- 1. Quizzes
- 2. Tests (End of each semester)
- 3. Youth Physical Fitness Tests (One per semester)
- 4. Drill Performance Evaluation
- 5. Uniform Inspections
- 6. Assignment of Merits/De-Merits

## IV. Instructional Materials and Methodologies

# A. Required Textbook(s)

1. NJROTC Cadet Field Manual

# **B.** Supplementary Materials

1. Classroom Performance System (CPS) to be utilized by instructor(s) for classroom lectures, quiz assignments, test administration; students will utilize CPS Pulse<sup>TM</sup> clickers to respond to all quizzes, and test.

\*(CPS is a system created by eInstruction, Inc. that utilizes a Mobi<sup>TM</sup> View Interactive Smart-Board, CPS Pulse<sup>TM</sup> clickers, and an Examination/Assessment Software Suite for the creation of all assignments)

## C. Instructional Methodologies

- 1. Classroom Performance System
- 2. Computer(s)
- 3. Television
- 4. DVD Player
- 5. PowerPoint©
- 6. Presentations
- 7. Group Discussions
- 8. Demonstrations
- 9. Handouts
- 10. Lecture(s)
- 11. Teaching Interviews
- 12. Case Study
- 13. Practical Application(s)