

HILLGROVE HIGH SCHOOL Navy JROTC

2019/2020 Naval Science (NS) 1 Syllabus, Curriculum, and Expectations

Welcome to the NJROTC Program. We are thankful that you have joined our program and look forward to you becoming an important member of our team. NJROTC is not just a class, it's a high school experience that will teach you things and take you places you cannot yet imagine. Welcome aboard!

Teacher: ETC(SS) A.W. Harris, USN (Ret) **Phone Number:** 678- 331-3961 x 1307
Email: allen.harris@cobbk12.org

Textbook: NJROTC Introduction, Cadet Field Manual & Cadet Reference Manual
Textbook Price: Replacement Cost (\$50-Intro, \$20-CFM, \$5-CRM)

Uniform Price: Uniforms are supplied and checked-out to cadets free of charge. Cadets are responsible for any lost or damaged items. Cost list of uniform items is located in the classrooms.

Department Philosophy: To introduce students to the precepts of citizenship, the elements of leadership, and the value of scholarship in attaining life goals.

Course Description: Broaden the students understanding of operative principles of military leadership, the concept and significance of teamwork, the intrinsic value of good order and discipline in the accomplishment of objectives. We will also continue instruction in leadership, citizenship, discipline, proper uniform regulations/wear, military drill, and physical fitness.

Course Prerequisites: GPA: None but must conform to uniform standards including hair.

Course Outline:

- Week 1: Administration 1
- Week 2: The U.S. Navy/Drill/Physical Training
- Week 3: Choosing the right exercise program for you/Drill/Physical Training
- Week 4-5: Evaluating your physical fitness/Drill/Physical Training
- Week 6: You are what you eat/Drill/Physical Training
- Week 7: Nutrition: Nourishing your body/Drill/Physical Training
- Week 8: Controlling fat/ Drill/Physical Training
- Week 9: Taking care of yourself/Drill/Physical Training
- Week 10: Understanding and controlling stress/Drill/Physical Training
- Week 11-13: Drug Awareness/Drill/Physical Training
- Week 14-16: First Aid for emergency and non-emergency situations/Drill/Physical Training
- Week 17: Review/Make-up/ Drill/Physical Training
- Week 18: Final Review/Final Make-up Drill/Physical Training

Weekly Schedule. The typical weekly schedule will be as follows:

Monday: Military Drill / Physical Training (PT)
Tuesday: Academics / Current Events
Wednesday: Academics / Current Events
Thursday: Uniform Inspection / Military Drill / PARS
Friday: Physical Training (PT)

Course Grading: Academics (50%): 20% Tests / Projects
20% Homework / Classwork / Quizzes
10% Final Exam

Military Bearing (50%): 22% Uniform Inspections
10% Military Drill / Weekly Physical Training
8% Program Aptitude / Service
10% Physical Fitness Test (PFT)

Military Drill. Drill is designed to develop teamwork, attention to detail, and precision. There is great value in the lessons taught through close-order drill. We will use this time to enhance individual and group skills, as well as to practice for upcoming parades, inspections, and formal outings occurring throughout the school year.

Uniform Inspections. Uniforms are generally worn every Thursday but may also be prescribed on other occasions. **This is a mandatory requirement of the program.** Not wearing your uniform as required will result in a “zero” for the week. You may wear it the next school day to receive a maximum grade of “50.” **If you are absent on a uniform day, you must wear your uniform the first day you return to school.** The uniform you are issued is an official Navy uniform, with only minor modifications. When you wear it, you represent yourself, your fellow Cadets, Hillgrove NJROTC, and the U. S. Navy to all who see you; prepare accordingly. Those receiving a uniform grade < 80 for the semester, will typically be dis-enrolled from the NJROTC program.

Grooming Standards. Along with the requirement to properly wear the NJROTC uniform on a weekly basis, proper grooming standards must also be maintained. Specific standards for male and female cadets are provided in the Cadet Field/Reference Manuals. Generally speaking, while in uniform, male cadets should have their hair not longer than 4 inches in length and 2 inches in bulk, while tapered around their ears and the neck. This generally requires most male cadets to regularly cut their hair. Female cadets are required to have their hair up in a pony-tail, bun, braids, or the like, so that their hair is not hanging more than 3 inches below the collar of their uniform. Female cadets are NOT required to cut their hair. Other faddish styles, such as partially shaved or unnatural hair colors are also not permitted while in uniform. Cadets who do not maintain proper grooming standards will not be permitted to wear their uniform and will be graded accordingly.

Physical Training (PT). PT is required for all cadets, unless medically excused. Cadets are expected to perform stretching, calisthenics, and walking/running type exercises. Cadets must bring running shoes and NJROTC PT clothing to class on PT days. **Cadets will not be allowed to PT if not in athletic attire and will receive a “0” for the day.** Not wearing the prescribed PT clothing will result in a less than full credit grade. Expect to be outdoors when the weather is suitable; dress accordingly. You will only be excused from PT with a note, email, or phone call from a parent or guardian prior to the scheduled PT session or if a limitation is noted in your Standard Release, Health Risk Screening, or CCSD Physical. **All cadets will participate in the physical fitness test each semester unless medically excused.** PFT requirements/grading will be promulgated in class.

CCSD Sports Physicals are required to participate in Navy JROTC. Students who do not have a current CCSD sports physical at the end of each semester will be dis-enrolled from the program. Additionally, students cannot participate in our semi-annual physical fitness test, resulting in a “zero” for this test grade.

Current Events. We will discuss current events/issues, as they relate to our Navy, military, national security, government, or other areas related to the NJROTC curriculum. Students will be required to periodically turn-in a handwritten or typed summary of their current event, to include three paragraphs. The first will discuss basic facts, the second how it relates to Navy JROTC, and the last will discuss how it may affect you now or in the future and/or your opinion of your selected event. Be prepared to discuss your current event with the class.

Military/Program Aptitude and School Community Involvement. Aptitude is a cadet's willingness, level of effort, and attitude in completing the requirements of the Navy JROTC program. Bearing and conduct in and out of uniform, timeliness, respect for constituted authority, and conforming to the rules and regulations of both the Navy JROTC program and our school and completing all assigned duties (such as flag duty) are all important factors in Military/Program Aptitude. Aptitude may be physical or mental and represents knowledge or ability that is gained through learning. 50% (5 points) earned by each cadet are based on the items listed above. The remaining 50% (5 points) will be based on service hours performed. School and community service are a large portion of the Navy JROTC program. As a result, it is expected that Cadets will complete a minimum level of service-related activities. Cadets are encouraged to complete as many NJROTC related service hours as possible but are required to complete at least ten hours per semester. **Cadets will earn 1 point on their aptitude grade for each 2 hours of community service performed during each semester; 10 or more service hours will yield the maximum 5pts. Cadets must complete at least five community service hours per school year to remain an active member of the program.**

Personal Advancement Requirements (PARS). Cadets MUST continually work toward enhancing their standing within the NJROTC program. This is accomplished, in part, through advancement to the next higher rank via the completion of PARS. Cadets should successfully advance at least once per year to remain enrolled in the NJROTC program. Cadets will receive two test grades per semester based on their level of PARS completion. **Cadets who fail to complete and/or turn-in PARS, will typically be disenrolled from the program.**

Class Rules. The class rules are based on the NJROTC core values of Honor, Courage, and Commitment. These rules apply for behavior in the classroom, school, and daily life. Your actions reflect directly on your personal reputation, as well as your unit and school wherever you are.

1. Be on time and be prepared to give your best effort! No excuses!
2. Display the highest level of integrity at all times, showing the proper level of respect at all times: "Yes Sir," "No Ma'am, and "Attention on Deck."
3. Judge others and their opinions by their actions/merits, not their race, religion, gender or any other perceived differences.
4. Abide by Hillgrove's NJROTC Code of Conduct at all times.
5. **Cell phone use is not permitted in the classroom and cell phones will not be carried outside during military drill or physical training without permission of the SNSI or NSI.**

Consequences of Not Following Program/Class Rules.

1. Verbal warning
2. Communication conference with parent/guardian and possibly morning or afternoon detention
3. Referral to school administration
4. Removal from the program

Make-up Work Policy. Make-up work will be allowed for student absences and will be due a maximum of five school days after the student returns from an absence.

Late Assignments. Homework will typically be checked/collected at the beginning of class. Late assignments will be accepted but will result in a loss of a minimum of 10 pts for each day late. Current events will not be accepted after Friday of the week they were originally due. PARS will not be accepted past the posted due date.

Extra Instructional Time/Tutoring. I will generally be available after school Monday through Thursday until 1630 for extra instruction. You may also arrange to meet with me prior to school, as needed.

Instructor Contact. For NJROTC specific questions, use your fellow cadets or unit leadership first. If you have questions concerning course academics or other academic related issues, feel free to contact me at any time. I am available via email allen.harris@cobbk12.org or by phone at (678)331-3961 ext. 1307.

* Please sign and return the attached Syllabus Acknowledgement by the required due date.

----- ***Return to NSI by January 10, 2020*** -----

**Keep the syllabus portion and return this sheet signed
by the cadet and parent/guardian**

----- RETURN TO NSI BY January 10, 2020 -----

**ACKNOWLEDGEMENT OF 2019/2020 NS-1 (Semester 2) SYLLABUS,
CURRICULUM AND EXPECTATIONS**

**I have read and understand the information contained in the NS-1
Syllabus, Curriculum and Expectations. If there are ever any
questions concerning this course or related assignments, I will
immediately contact my instructor for clarification.**

Cadet Name (Print)

Cadet Name (Sign)

(Date)

Parent/Guardian Name (Print)

Parent/Guardian Name (Sign)

(Date)