

# HILLGROVE HIGH SCHOOL Navy JROTC

## 2021/2022 Naval Science-1 / Semester-2 - Syllabus, Curriculum, and Expectations

**Purpose:** 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, and the importance of followership, self-awareness and citizenship. Students will gain a more in-depth knowledge of career planning and goal setting along with the structure and importance of the U.S. Government. We will also continue instruction in leadership, discipline, proper uniform regulations/wear, military drill, and physical fitness.

**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.

### 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:	Uniform Inspection / PARS
Thursday:	Academics / Current Events
Friday:	Physical Training (PT)

<b>Course Grading:</b>	Academics (60%):	20%	Tests / Projects
		20%	Homework / Classwork / Quizzes
		10%	PARS / Community Service
		10%	Final Exam
	Military Bearing (40%):	20%	Uniform Inspections
		15%	Military Drill / Weekly Physical Training
		5%	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 throughout the school year.

**Uniform Inspections.** Uniforms are generally worn every Wednesday 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 for a full credit grade.** 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 and 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 requires male cadets to regularly cut their hair. Female cadets are required to have their hair up in a ponytail, 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, so-long-as they meet the above criteria. 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.

**Physical Fitness Test (PFT).** **All cadets will participate in the physical fitness test each semester (for a grade) unless medically excused.** PFT requirements/grading will be promulgated in class. Cadets must have a completed Standard Release Form and Health Risk Screening form in order to take the PFT. Cadets may also earn a ribbon for their uniform by passing the PFT; a CCSD Sports Physical is required for cadets to be eligible to earn the Physical Fitness Ribbon.

**Standard Release (SRF) and Health Risk Screening (HRS) Forms.** These forms (included in the welcome packet) are required by the Navy for cadets to be in the NJROTC program. Please review these forms carefully when completing. Students who have not turned in SRF’s and HRS forms by Sep. 1, 2021, will not be permitted to attend any unit related activities or practices. Please help us get 100% turn-in of these forms.

**CCSD Sports Physicals are required to participate on any Navy JROTC Team.** These teams include, Academic (Brain Brawl), Air Rifle, Drone, Military Drill, and Orienteering. Students who do not have a current CCSD sports physical by Sep. 1, 2021, will not be permitted to attend practices or competitions for any related team until a physical is obtained. A physical is also required to earn the Physical Fitness Ribbon when passing the PFT.

**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.

**Personal Advancement Requirements (PARS) / Community Service.** 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.** Community Service is a large focus of our program and a portion of a cadets grade each semester will be determined from the number of community service hours a cadet performs. Cadets will earn ten points for each hour of community service they perform, up to a grade of 100; in other words, cadets are required to perform 10 service hours each semester. A portion of these hours may be completed during school hours, while the majority will require cadets to participate in after-school or weekend events. They are a lot of fun, promise! They are certainly encouraged to perform more. **Cadets must complete at least ten community service hours per school year to remain an active member of 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. 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.

**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](mailto:allen.harris@cobbk12.org) or by phone at (770) 514-5097.

\* Keep the syllabus for your records but please sign and return the attached Syllabus Acknowledgement by the required due date (January 7, 2022).



----- **RETURN TO NSI BY JANUARY 7, 2022** -----

**ACKNOWLEDGEMENT OF 2021/2022 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.

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Cadet Name (Print)

\_\_\_\_\_  
Cadet Name (Sign)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
Parent Name (Print)

\_\_\_\_\_  
Parent Name (Sign)

\_\_\_\_\_  
(Date)

----- **RETURN TO NSI BY JANUARY 7, 2022** -----