

**Government and Public Administration Cluster
Naval Science I Introduction to NJROTC
Course Number 28.02200**

Course Description:

The purpose of this course is to help students understand the missions, 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. Students will gain an understanding of our nation, our values, traditions, heritage, respect for our laws, as well as becoming involved, responsible citizens. Minimum performance requirements of this course are in accordance with current Chief of Naval Education Training Instruction, NAVEDTRA 37128. The performance standards in this course are based on the performance standards identified in the curriculum for the United States Navy Junior Reserve Officer Training Corps. Successful completion of three courses of credit will qualify the student for advanced placement in a college ROTC program or accelerated promotion in the military service.

Course Standard 1

GPA-NSIINTRO-1

The following standard is included in all CTAE courses adopted for the Career Cluster/Pathways. Teachers should incorporate the elements of this standard into lesson plans during the course. The topics listed for each element of the standard may be addressed in differentiated instruction matching the content of each course. These elements may also be addressed with specific lessons from a variety of resources. This content is not to be treated as a unit or separate body of knowledge but rather integrated into class activities as applications of the concept.

Standard: Demonstrate employability skills required by business and industry.

The following elements should be integrated throughout the content of this course.

1.1 Communicate effectively through writing, speaking, listening, reading, and interpersonal abilities.

Person-to-Person Etiquette	Telephone and Email Etiquette	Cell Phone and Internet Etiquette	Communicating At Work	Listening
Interacting with Your Boss	Telephone Conversations	Using Blogs	Improving Communication Skills	Reasons, Benefits, and Barriers
Interacting with Subordinates	Barriers to Phone conversations	Using Social Media	Effective Oral Communication	Listening Strategies
Interacting with Co-workers	Making and Returning Calls		Effective Written Communication	Ways We Filter What We Hear
Interacting with Suppliers	Making Cold Calls		Effective Nonverbal Skills	Developing a Listening Attitude
	Handling Conference Calls		Effective Word Use	Show You Are Listening
	Handling Unsolicited Calls		Giving and Receiving Feedback	Asking Questions
				Obtaining Feedback
				Getting Others to Listen

Nonverbal Communication	Written Communication	Speaking	Applications and Effective Résumés
Communicating Nonverbally	Writing Documents	Using Language Carefully	Completing a Job Application
Reading Body Language and mixed Messages	Constructive Criticism in Writing	One-on-One Conversations	Writing a Cover Letter

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Matching Verbal and Nonverbal communication		Small Group Communication	Things to Include in a Résumé
Improving Nonverbal Indicators		Large Group Communication	Selling Yourself in a Résumé
Nonverbal Feedback		Making Speeches	Terms to Use in a Résumé
Showing Confidence Nonverbally		Involving the Audience	Describing Your Job Strengths
Showing Assertiveness		Answering Questions	Organizing Your Résumé
		Visual and Media Aids	Writing an Electronic Résumé
		Errors in Presentation	Dressing Up Your Résumé

1.2 Demonstrate creativity by asking challenging questions and applying innovative procedures and methods.

Teamwork and Problem Solving	Meeting Etiquette
Thinking Creatively	Preparation and Participation in Meetings
Taking Risks	Conducting Two-Person or Large Group Meetings
Building Team Communication	Inviting and Introducing Speakers
	Facilitating Discussions and Closing
	Preparing Visual Aids
	Virtual Meetings

1.3 Exhibit critical thinking and problem solving skills to locate, analyze and apply information in career planning and employment situations.

Problem Solving	Customer Service	The Application Process	Interviewing Skills	Finding the Right Job
Transferable Job Skills	Gaining Trust and Interacting with Customers	Providing Information, Accuracy and Double Checking	Preparing for an Interview	Locating Jobs and Networking
Becoming a Problem Solver	Learning and Giving Customers What They Want	Online Application Process	Questions to Ask in an Interview	Job Shopping Online
Identifying a Problem	Keeping Customers Coming Back	Following Up After Submitting an Application	Things to Include in a Career Portfolio	Job Search Websites
Becoming a Critical Thinker	Seeing the Customer's Point	Effective Résumés:	Traits Employers are Seeking	Participation in Job Fairs
Managing	Selling Yourself and the Company	Matching Your Talents to a Job	Considerations Before Taking a Job	Searching the Classified Ads
	Handling Customer Complaints	When a Résumé Should be Used		Using Employment Agencies
	Strategies for Customer Service			Landing an Internship
				Staying Motivated to Search

1.4 Model work readiness traits required for success in the workplace including integrity, honesty, accountability, punctuality, time management, and respect for diversity.

Workplace Ethics	Personal Characteristics	Employer Expectations	Business Etiquette	Communicating at Work
Demonstrating Good Work Ethic	Demonstrating a Good Attitude	Behaviors Employers Expect	Language and Behavior	Handling Anger
Behaving Appropriately	Gaining and Showing Respect	Objectionable Behaviors	Keeping Information Confidential	Dealing with Difficult Coworkers
Maintaining Honesty	Demonstrating Responsibility	Establishing Credibility	Avoiding Gossip	Dealing with a Difficult Boss
Playing Fair	Showing Dependability	Demonstrating Your Skills	Appropriate Work Email	Dealing with Difficult Customers

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Using Ethical Language	Being Courteous	Building Work Relationships	Cell Phone Etiquette	Dealing with Conflict
Showing Responsibility	Gaining Coworkers' Trust		Appropriate Work Texting	
Reducing Harassment	Persevering		Understanding Copyright	
Respecting Diversity	Handling Criticism		Social Networking	
Making Truthfulness a Habit	Showing Professionalism			
Leaving a Job Ethically				

1.5 Apply the appropriate skill sets to be productive in a changing, technological, diverse workplace to be able to work independently and apply team work skills.

Expected Work Traits	Teamwork	Time Management
Demonstrating Responsibility	Teamwork Skills	Managing Time
Dealing with Information Overload	Reasons Companies Use Teams	Putting First Things First
Transferable Job Skills	Decisions Teams Make	Juggling Many Priorities
Managing Change	Team Responsibilities	Overcoming Procrastination
Adopting a New Technology	Problems That Affect Teams	Organizing Workspace and Tasks
	Expressing Yourself on a Team	Staying Organized
	Giving and Receiving Constructive Criticism	Finding More Time
		Managing Projects
		Prioritizing Personal and Work Life

1.6 Present a professional image through appearance, behavior and language.

On-the-Job Etiquette	Person-to-Person Etiquette	Communication Etiquette	Presenting Yourself
Using Professional Manners	Meeting Business Acquaintances	Creating a Good Impression	Looking Professional
Introducing People	Meeting People for the First Time	Keeping Phone Calls Professional	Dressing for Success
Appropriate Dress	Showing Politeness	Proper Use of Work Email	Showing a Professional Attitude
Business Meal Functions		Proper Use of Cell Phone	Using Good Posture
Behavior at Work Parties		Proper Use in Texting	Presenting Yourself to Associates
Behavior at Conventions			Accepting Criticism
International Etiquette			Demonstrating Leadership
Cross-Cultural Etiquette			
Working in a Cubicle			

Support of CTAE Foundation Course Standards and Georgia Standards of Excellence L9-10RST 1-10 and L9-10WHST 1-10:

Georgia Standards of Excellence ELA/Literacy standards have been written specifically for technical subjects and have been adopted as part of the official standards for all CTAE courses.

NJROTC and Your Future

Course Standard 2

GPA-NSIINTRO-2 Introduction to the Navy Junior Reserve Officers Training Corps Program

In this unit, you will learn about the NJROTC's history, mission, curriculum, and the benefits of belonging to the program. You will also learn about the difference between a job and a career and how to start planning now for your future career.

- 2.1 Explain the history and background of the NJROTC.
- 2.2 Describe the NJROTC's mission, goals, and policies.

- 2.3 Describe the Navy Core Values.
- 2.4 Describe the Naval Science curriculum.
- 2.5 Describe NJRTOC unit activities.
- 2.6 Explain the NJROTC program's benefits.

Course Standard 3

GPA-NSIINTRO-3 Career Planning

In this unit, you will learn about the NJROTC's history, mission, curriculum, and the benefits of belonging to the program. You will also learn about the difference between a job and a career and how to start planning now for your future career.

- 3.1 Describe selecting and charting a good career path.
- 3.2 Explain careers versus jobs.
- 3.3 Describe career direction-getting to know yourself.
- 3.4 Explain career choices.
- 3.5 Explain the U.S. Navy as a career option.
- 3.6 Explain how to develop good study habits.

Leadership Skills

Course Standard 4

GPA-NSIINTRO-4 Followership

Developing leadership in cadets is one of the primary goals of NJROTC. This unit will arm you with knowledge you need to become an effective leader. You will learn how good leaders come from the ranks of good followers, the styles, and traits of good leaders, how to motivate others, and the attitudes and emotions that make for the best leadership.

- 4.1 Explain the importance of good followership.
- 4.2 Describe the readiness factors of followers.
- 4.3 Explain how to build productive relationships with leaders.
- 4.4 Describe how to be an effective leader.

Course Standard 5

GPA-NSIINTRO-5 Leadership

Developing leadership in cadets is one of the primary goals of NJROTC. This unit will arm you with knowledge you need to become an effective leader. You will learn how good leaders come from the ranks of good followers, the styles, and traits of good leaders, how to motivate others, and the attitudes and emotions that make for the best leadership.

- 5.1 Discuss the two orientations to leadership behavior.
- 5.2 Define the four leadership styles.
- 5.3 Identify the primary factors of the leadership situation.
- 5.4 List the six traits of an effective leader.
- 5.5 Describe the personal qualities of an effective leader.
- 5.6 Explain the leadership opportunities in NJROTC.

Course Standard 6

GPA-NSIINTRO-6 Motivation

Developing leadership in cadets is one of the primary goals of NJROTC. This unit will arm you with knowledge you need to become an effective leader. You will learn how good leaders come from the ranks of good followers, the styles, and traits of good leaders, how to motivate others, and the attitudes and emotions that make for the best leadership.

- 6.1 Explain the hierarchy of human needs.
- 6.2 Describe goals and motivation.
- 6.3 Discuss the key elements of coaching and mentoring.
- 6.4 Explain how to practice leadership.

Course Standard 7

GPA-NSIINTRO-7 Relationships

Developing leadership in cadets is one of the primary goals of NJROTC. This unit will arm you with knowledge you need to become an effective leader. You will learn how good leaders come from the ranks of good followers, the styles, and traits of good leaders, how to motivate others, and the attitudes and emotions that make for the best leadership.

- 7.1 Describe how to build on respect.
- 7.2 Discuss the values of tolerance and understanding.
- 7.3 Identify techniques for improving group effectiveness.
- 7.4 Explain conflict in groups.

Course Standard 8

GPA-NSIINTRO-8 Attitudes and Emotions

Developing leadership in cadets is one of the primary goals of NJROTC. This unit will arm you with knowledge you need to become an effective leader. You will learn how good leaders come from the ranks of good followers, the styles, and traits of good leaders, how to motivate others, and the attitudes and emotions that make for the best leadership.

- 8.1 Explain how to interpret events and experiences.
- 8.2 Discuss the importance of a positive outlook on life.
- 8.3 Describe how perspective molds your understanding of life.
- 8.4 Explain how perspective molds your purposes, passions, and practices.
- 8.5 Explain how your actions reveal your attitudes.
- 8.6 Identify positive and negative attitudes.
- 8.7 Discuss defense mechanisms.
- 8.8 List strategies for expressing emotions.

Citizenship and American Government

Course Standard 9

GPA-NSIINTRO-9 Citizenship and Responsibility

Promoting good citizenship is another goal of the NJROTC program. To help you become a better citizen, this unit will teach you the rights and responsibilities of an American citizen as well as the foundations of your government. You will also learn how the defense of our nation relates to citizenship and how the military functions in our democracy.

- 9.1 Explain authority and laws.
- 9.2 Define your role as a citizen-your rights and responsibilities.
- 9.3 Discuss the role of government.

Course Standard 10

GPA-NSIINTRO-10 Foundations of U.S. Government

Promoting good citizenship is another goal of the NJROTC program. To help you become a better citizen, this unit will teach you the rights and responsibilities of an American citizen as well as the foundations of your government. You will also learn how the defense of our nation relates to citizenship and how the military functions in our democracy.

- 10.1 Discuss the Declaration of Independence.
- 10.2 Explain the United States Constitution.
- 10.3 Describe the Bill of Rights.
- 10.4 Review the other constitutional amendments.

Course Standard 11

GPA-NSIINTRO-11 National Defense

Promoting good citizenship is another goal of the NJROTC program. To help you become a better citizen, this unit will teach you the rights and responsibilities of an American citizen as well as the foundations of your government. You will also learn how the defense of our nation relates to citizenship and how the military functions in our democracy.

- 11.1 Explain the defense structure of the United States.
- 11.2 Describe the organization of the U.S. Navy.
- 11.3 Discuss the roles of the U.S. Army and Air Force.

The U.S. Navy

Course Standard 12

GPA-NSIINTRO-12 Navy Ships

In this unit, you will learn the types, designations, and missions of Navy ships and aircraft. You will also learn Navy shipboard terminology, customs, and courtesies. The unit also includes the origins and development of Naval aviation.

- 12.1 Explain the mission of Navy ships.
- 12.2 Explain ship terminology.
- 12.3 List the types of Navy ships.
- 12.4 Describe shipboard customs and courtesies.

Course Standard 13

GPA-NSIINTRO-13 Naval Aviation

In this unit, you will learn the types, designations, and missions of Navy ships and aircraft. You will also learn Navy shipboard terminology, customs, and courtesies. The unit also includes the origins and development of Naval aviation.

- 13.1 Explain the background of naval aviation.
- 13.2 Describe naval aviation and missions.

Wellness, Fitness and First Aid

Course Standard 14

GPA-NSIINTRO-14 Choosing the Right Exercise Program for You

In this unit, you will learn how to use exercise and nutrition to maximize your physical well-being gain awareness of the dangers to wellness of alcohol and other drugs, and the principles and techniques of first aid.

- 14.1 Classify exercises as aerobic, anaerobic, isometric, and isotonic.
- 14.2 Compare the benefits of aerobic, anaerobic, isometric, and isotonic exercise.
- 14.3 Identify the benefits of regular exercise.
- 14.4 Determine the essential components of a good exercise program.

Course Standard 15

GPA-NSIINTRO-15 Evaluating Your Physical Fitness

In this unit, you will learn how to use exercise and nutrition to maximize your physical well-being gain awareness of the dangers to wellness of alcohol and other drugs, and the principles and techniques of first aid.

- 15.1 Explain why stretching is important to building healthy skills.
- 15.2 Describe the proper techniques for the three basic physical fitness.
- 15.3 Describe the Presidential Physical Fitness Award.
- 15.4 Identify the events in the Presidential Fitness Award.

Course Standard 16

GPA-NSIINTRO-16 You Are What You Eat

In this unit, you will learn how to use exercise and nutrition to maximize your physical well-being gain awareness of the dangers to wellness of alcohol and other drugs, and the principles and techniques of first aid.

- 16.1 Explain how calories consumed versus calories used affects body weight.
- 16.2 Identify daily required food and portions.
- 16.3 Identify sources and benefits of fiber in diet.
- 16.4 Describe the importance of water.
- 16.5 Describe the possible effects of a diet high in fat and cholesterol.
- 16.6 Explain why salt, sugar, and caffeine should be used in moderation.

Course Standard 17

GPA-NSIINTRO-17 Nutrition: Nourishing Your Body

In this unit, you will learn how to use exercise and nutrition to maximize your physical well-being gain awareness of the dangers to wellness of alcohol and other drugs, and the principles and techniques of first aid.

- 17.1 Explain the six nutrients your body requires.
- 17.2 Explain the difference between simple and complex carbohydrates.
- 17.3 Describe the role fat and cholesterol play in body functioning.
- 17.4 Compare saturated and unsaturated fats.
- 17.5 Describe ways to reduce cholesterol levels.
- 17.6 Compare the functions of vitamins, carbohydrates, fats, and proteins.
- 17.7 Identify food sources of vitamins and minerals.

Course Standard 18

GPA-NSIINTRO-18 Dietary Guidelines

In this unit, you will learn how to use exercise and nutrition to maximize your physical well-being gain awareness of the dangers to wellness of alcohol and other drugs, and the principles and techniques of first aid.

- 18.1 Identify the nine National Academy of Sciences dietary goals.
- 18.2 Identify factors that affect the nutritional requirements of individuals at various life stages.
- 18.3 Identify signs and symptoms of anorexia nervosa and bulimia.
- 18.4 Examine varying viewpoints on vitamin mineral supplement usage.
- 18.5 Calculate your personal blueprint.

Course Standard 19

GPA-NSIINTRO-19 Controlling Fat

In this unit, you will learn how to use exercise and nutrition to maximize your physical well-being gain awareness of the dangers to wellness of alcohol and other drugs, and the principles and techniques of first aid.

- 19.1 Identify the risks of obesity.
- 19.2 Explore tendencies that encourage fat accumulation.
- 19.3 Define current and desired state for healthy lifestyle.
- 19.4 Identify steps that can lead to lean body fat content.
- 19.5 Relate food intake and physical activity to weight control.

Course Standard 20

GPA-NSIINTRO-20 Taking Care of Yourself

In this unit, you will analyze the impact sanitation and hygiene have on health.

- 20.1 Recognize the benefits of maintaining good hygiene habits.
- 20.2 Explain how to keep clean in field conditions.
- 20.3 Explain the correlation between physical fitness and hygiene.
- 20.4 Identify possible results of poor sanitation.

- 20.5 Detail procedures of disinfecting water.
- 20.6 Explain how to guard against food poisoning and the spread of germs through waste.

Course Standard 21

GPA-NSIINTRO-21 Understanding and Controlling

In this unit, you will learn how to use exercise and nutrition to maximize your physical well-being gain awareness of the dangers to wellness of alcohol and other drugs, and the principles and techniques of first aid.

- 21.1 Differentiate between stress and anxiety in overall health.
- 21.2 Identify the physical and psychological effects of stress.
- 21.3 Practice prevention of stress overload including relaxation and anger management techniques.
- 21.4 Identify leadership strategies that promote healthy stress levels within a group.
- 21.5 Explore positive ways to deal with depression and anxiety.

Course Standard 22

GPA-NSIINTRO-22 Drug Awareness

In this unit, you will learn how to use exercise and nutrition to maximize your physical well-being gain awareness of the dangers to wellness of alcohol and other drugs, and the principles and techniques of first aid.

- 22.1 Identify commonly abused substances.
- 22.2 Recognize the differences among drug use, misuse, and abuse.
- 22.3 Explain reasons why people might use, misuse, or abuse alcohol or drugs.
- 22.4 Identify the risks associated with alcohol and various drugs.
- 22.5 Explain the effects of alcohol and drug use, misuse, and abuse on daily life.

Course Standard 23

GPA-NSIINTRO-23 First Aid for Emergency and Nonemergency Situations

In this unit, you will learn how to use exercise and nutrition to maximize your physical well-being gain awareness of the dangers to wellness of alcohol and other drugs, and the principles and techniques of first aid.

- 23.1 Assess first aid situations.
- 23.2 Demonstrate life-saving skills in emergencies.
- 23.3 Determine first aid procedures for a bleeding victim.
- 23.4 Give first aid treatment for shock, fractures, strains, and sprains.
- 23.5 Give first aid treatment for burns, wounds, bruises, and poisoning.
- 23.6 Give first aid treatment for heat and cold-related injuries.
- 23.7 Give first aid treatment for bites, stings, and poisonous hazards.

Geography and Survival Skills

Course Standard 24

GPA-NSIINTRO-24 Geography, Map Skills, and Environmental Awareness

In this unit, you will learn the fundamentals of geography, how to use a map, and how to be aware of the environment surrounding you. In addition, you will learn how to survive should you become stranded in a variety of environments.

- 24.1 Identify the components of a globe.
- 24.2 Explain the characteristics of topographic maps.
- 24.3 Use the Grid Reference System to locate points anywhere in the world.
- 24.4 Use terrain features to orient a map and determine your location.
- 24.5 Measure distance using maps.
- 24.6 Calculate direction on topographic maps.
- 24.7 Use a compass and grid to locate a position on a topographical map.
- 24.8 Apply map reading and land navigation skills to determine location.
- 24.9 Relate map-reading skills to orienteering.

Course Standard 25

GPA-NSIINTRO-25 Fundamentals of Survival

In this unit, you will learn the fundamentals of geography, how to use a map, and how to be aware of the environment surrounding you. In addition, you will learn how to survive should you become stranded in a variety of environments.

- 25.1 Explain the fundamentals of survival.
- 25.2 Describe how to survive in tropical areas.
- 25.3 Describe how to survive in cold areas.
- 25.4 Describe how to survive in water.