



Cadets take one Naval Science course each year. Students are exempt from the regular high school physical education requirements (with exception of Health and Drivers' Education classes), as they participate in a physical education course specific to the program.

CADET PHYSICAL EDUCATION

Cadets meet as a unit in their Cadet Physical Education course each day. A typical week includes two days focused on physical fitness improvement, two days focused on uniform inspection, close order drill (marching) and rifle manual, and one day focused on teamwork and motivation. This course serves as a leadership lab and enables all cadets the opportunity to practice their leadership and followership skills throughout the year:

- First-year cadets learn to be effective followers and abide by the NNDCC regulations.
- Second-year cadets set an example for and mentor first-year cadets.
- Third-year cadets assist unit leaders in leading and managing the unit.
- Fourth-year cadets lead the unit and manage the administration of the unit.

Source:
www.njrotc.navy.mil/curriculum.html

ACADEMIC & LEADERSHIP PROGRAM

MTHS NNDCC

NAVAL SCIENCE 1

Purpose: To introduce students to the meaning of citizenship, the elements of leadership, and the value of scholarship in attaining life goals; promote the importance of a healthy lifestyle, including physical fitness, a proper diet, and controlling stress; drug awareness; provide the principles of health and first aid, geography and survival skills; and receive an overview of naval ships and aircraft. These elements are pursued at the fundamental level.

Course Content: Introductions to the NJROTC program; leadership, citizenship, and the American government; wellness, fitness, and first aid to include diet, exercise, and drug awareness; geography, orienteering, survival, and map reading skills; financial skills; and the U.S. Navy.

NAVAL SCIENCE 2

Purpose: Building on the general introduction provided in Naval Science 1, this course will further develop the traits of citizenship and leadership. Cadets will be introduced to the technical areas of naval science, the role of the U.S. Navy in maritime history, and the vital importance of the world's oceans to the continued well-being of the United States.

Course Content: Includes ongoing instruction into leadership; introduction to maritime history, including the American Revolution, Civil War, the rise of the U. S. to world power status, World Wars 1 and 2, the Cold War Era, the 1990s, and beyond; introduction to nautical sciences that include maritime geography, oceanography, meteorology, astronomy, and physical sciences.

NAVAL SCIENCE 3

Purpose: Broaden the cadets' understanding of the 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 sea power and national security. Students gain more in-depth knowledge of naval ships and aircraft, and receive an introduction to marine navigation and seamanship.

Course Content: Includes instruction in sea power and National Security, naval operations and support functions, military law, and international law and the sea. Provides introduction to ship construction and damage control, shipboard organization and watch standing, basic seamanship, marine navigation, and naval weapons and aircraft. Ongoing instruction in leadership, citizenship, and discipline.

NAVAL SCIENCE 4

Purpose: Focusing on practical leadership techniques and implementation, seniors will gain a better understanding of what it means to be a leader. They will improve their leadership skills by working in leadership positions, under supervision, and learn to analyze their varying degrees of success throughout the year. Classroom activities include seminars, reading assignments, classroom presentations, and practical work with younger cadets. Seniors are mentored/guided in their preparation for life after high school to include college preparation, scholarship applications, or other suitable options.

Course Content: Includes instruction in theoretical and applied aspects of leadership, training, and evaluation of performance. Students will become aware of the techniques used to create motivation, develop goals and activities for a work group, and the proper ways to set a leadership example. Students are provided access to ACT/SAT prep courses, guidance in selecting a college and pursuing available scholarships, and mentoring in establishing long-range life goals.