

08 AUG 2008

HAMPTON ROADS NROTCU Hampton Roads  
NAVAL SCIENCE LAB  
FALL 2008  
SPRING 2009

COURSE NUMBER: NAVS 11X, 21X, 31X, 41X

COURSE TITLE: NAVAL SCIENCE LAB

Course Outline:

M, W, F 0600 - 0700, Physical Fitness

Thur - 0615 - 0730, Professional development course of instruction

\*Other events and requirements will be promulgated at the direction of the primary instructor via the Chain of Command

INSTRUCTOR: LT Rebecca Domzalski, USN  
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OFFICE HOURS: 0800-1400

COURSE OVERVIEW: This course is the foundation course for the NROTC program. It is designed to provide the student with a solid foundation in all aspects of naval service. Enrollment in this course is required for all Midshipmen (MIDN), Officer Candidates (OC) and Marine Enlisted Commissioning Education Program (MECEP) personnel seeking a commission in the Navy or Marine Corp through the Naval Reserve Officer Training Corps (NROTC) program. This course is offered in the Fall and Spring semesters and should be taken in numerical order based on the student's scheduled graduation date (i.e. new freshmen take 111 in the Fall, 112 in the Spring and new 3 year students start with 211, then 212, etc.) There are three core competencies exercised in this course: Leadership, Professional Knowledge and Physical Fitness.

a. Leadership: Learning the foundations of leadership as they apply to military service requires practical experience as well as classroom instruction. To practice these skills, students are organized into a battalion and assigned billets within the unit structure enabling them to exercise their leadership skills.

Inspections, close order drill, athletic competition, extracurricular activities and unit discipline are all tools used in leadership development. Active participation is required of all students and is evaluated for grading purposes. The Hampton Road's Unit Battalion website provides a schedule of events for the semester and descriptions in general terms of how the battalion is organized and operated.

Students enrolled in the NROTC program on scholarship or as college programmers a will be required to participate with the drill team practices throughout their freshman year. Officer Candidates and MECEP students returning from the fleet will be required to participate in the drill team for their first full fall semester only.

b. Professional Knowledge: Upon receiving a commission, the tasks assigned to a Commissioned Officer vary greatly. You will assume

responsibility for multimillion-dollar systems while leading, managing and motivating personnel to accomplish the daily tasks necessary to maintain the most technologically advanced Navy and Marine Corp in the world. The fundamental professional knowledge required of a Junior Officer is consistent no matter what your first assignment will be. We will spend a significant amount of time building the foundation you will need to be a successful Junior Naval Officer or Marine.

Additionally, completion of required Navy and Marine Corps annual training and summer training preparation is required during each semester. Due dates for these requirements and information on how to complete the training is promulgated through the chain of command and are located on the battalion website.

c. Physical Fitness and Swimming: Physical conditioning is imperative for a commissioned officer. Students will be required to participate in organized physical fitness training a minimum of three times a week. Testing for this will be conducted via the Navy Physical Readiness Test (PRT) and the Marine Physical Fitness Test (PFT), administered in Fall and Spring semesters. Members who do not successfully meet the physical fitness requirements of these tests will be placed on the Fitness Enhancement Program (FEP) for extra instruction. FEP PT locations and schedules are promulgated through battalion e-mail.

The Navy's 2<sup>nd</sup> class swim test is required annually for all students assigned to the NROTC program. Dates and times for both the physical fitness tests and swim tests will be promulgated through the chain of command and battalion calendar.

d. Extra-curricular Activities: Becoming a professional Naval officer requires more than a college degree. Students should make every effort practice leadership through practical application by participation in NROTC-sponsored events and student clubs. Each student is required to join one club each semester, and attend at least two different clubs prior to graduation. These clubs include: Semper Fidelis Club, Blue and Gold Society, Aviation Club, Nursing Club, Dolphin Society, Spec War Club, and MEC Club (which includes the NROTC Basketball, Soccer, Drill, Color Guard and Sailing Teams). Clubs meet during Thursday lab times scheduled as "Community Days" and as otherwise determined by Club Presidents. Teams in the MEC club will also compete at Military Excellence Competitions (MECs) on weekends at locations such as Cornell, Villanova, The Citadel and UNC.

Students are also encouraged to volunteer in their communities in roles that will enhance their leadership and interpersonal skills. Points are awarded for time spent volunteering and many volunteer opportunities are offered through the unit at the company and battalion levels.

REQUIREMENTS: There are no required text books, however all students are required to register with the battalion e-mail group in order to receive the POW and other important information promulgated therein. To register, log on to <http://list.odu.edu/listinfo/hrnrotc>. Once the student is assigned to a company, the student is responsible to register with that company's e-mail group, as well.

UNIFORM: Students are required to wear appropriate Navy or Marine uniforms to drill and throughout the school day (0600-1600) on Thursdays and when otherwise directed by the battalion. Uniform for

PT will be US Navy and USMC regulation PT gear or as otherwise announced by the Battalion Commander.

REFERENCES:

Battalion website: <http://www.odu.edu/ao/hrnrotc/index.htm>  
ROD (CNETINST 1533.2)  
Marine Corps Enlisted Commissioning Education Program  
(MECEP) (MCO 1560.15L)  
Seaman To Admiral Policy Letter (NROTCUHR Notice 1530)  
Academic Policy Letter (NROTCUHR Notice 1610)  
Midshipman Guide

METHOD OF EVALUATION: Students enrolled in the NROTC program seeking a commission are not authorized to take the class as an audit or pass/fail. At the end of the semester all students will electronically submit, via their chain of command, the evaluation form located at:

[https://www.odu.edu/ao/hrnrotc/students/NS\\_Courses/drill/Drill Gradesheet Revised 07.xls](https://www.odu.edu/ao/hrnrotc/students/NS_Courses/drill/Drill Gradesheet Revised 07.xls)

Attendance: 25%  
Participation: 25%  
Drill Practical Application: 20%  
PRT/PFT: 20%  
    4/C MIDN only: PRT/PFT 10%  
                    BMT Final Exam: 10%  
Advisor evaluation: 10%

Extra Credit may be earned by the student's chain of command. A maximum of 2 points may be awarded or deducted based on student performance.

The grading criteria is amplified on the battalion website at:  
[https://www.odu.edu/ao/hrnrotc/students/NS\\_Courses/drill/labgradingsystem\\_2006.doc](https://www.odu.edu/ao/hrnrotc/students/NS_Courses/drill/labgradingsystem_2006.doc)

CLASS ATTENDANCE: Attendance at all events is mandatory. Course content of Naval Science Lab is not limited to the 4 hours of weekly instruction. Students are expected to participate in all required activities depicted on the unit calendar posted on the battalion website and as promulgated by the Plan of the Week (POW). If it is necessary for you to miss a period of instruction, permission must be requested IN ADVANCE by Special Request Chit (NAVPERS 1336/3) via the student's chain of command. Consideration will be given on a case-by-case basis. Unauthorized absences will severely impact your final course grade and may result in disciplinary action. Two or more unauthorized absences will normally result in course failure. Students are expected to be in the assigned location and ready to begin instruction on time.