
US Naval Sea Cadet Corps

Approved Curriculum and Descriptions

OUTLINE OF COURSES AND TRAINING
EXERCISES USED BY CENTRAL IOWA
DIVISION FOR INSTRUCTING SEA
CADETS IN CENTRAL IOWA AREA
LOCATIONS.

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United States Naval Sea Cadet Corps - Region 7

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LETTER OF PROMULGATION

This curriculum provides guidelines for introducing Sea Cadets to the fundamentals and organization of the naval services, the varied career opportunities available, the customs and traditions of the Naval Services, basic and advanced leadership, ethics and character development, the duties of an enlisted sailor and Navy policies on relative wellness issues. This course is also designed to give Sea Cadets their first experiences with the Naval Services by relating basic information concerning shipboard / shorestation procedures and safety. It is not the intent of this course to cover each of these areas in great detail, but rather to stimulate the students' interest for study and investigation in future courses that relate.

This series of courses is designed as a four year program presented during a Sea Cadet's term as a cadet.

The topics included in this curriculum guide are a general outline of the material which Central Iowa Division has determined to be necessary to fulfill the requirements of the National Sea Cadet program. Alternatively, the course material may set in a fast paced setting for those cadets which are considering entry into the Naval Services and do not have four years remaining with the program.

This course may be modified with approval of the Commanding Officer of the Central Iowa Division provided all professional competency objectives stated in this guide are mastered by the cadets.

This course is approved for immediate implementation upon receipt.

Ensign E Goslinga USNSCC
Commanding Officer CID

Introduction

CADET TRAINING CURRICULUM CENTRAL IOWA DIVISION INTRODUCTION TO NAVAL SERVICES

1. **Purpose.** To provide cadets with a broad overview of the United States Naval Services, its missions, organization, customs, traditions, and the duties required of today's Sailors. Additionally, to prepare each cadet for Naval Schools by imparting basic knowledge of procedures, safety, damage control and ship organization.
2. **Method/Format.** This course will be conducted through a combination of mediums, including lectures, discussions, presentations and exercises. Each class will be supported by text, visual media, appropriate handouts or timely articles
3. **Class Time and Location.** Will be posted in the appropriate Plan of the Day, which may be obtained from the unit's website. Attendance is mandatory for successful completion. Failure to maintain proper attendance will mean dismissal from the program. Cadet is responsible for knowing the Plan of the Day and properly carrying it out.
4. **Course Requirements:**
 - a. Tests: There may be tests at any time in order to quantify the effectiveness of the instruction methods being used. Exam questions will come from material presented.
 - b. Participation: Cadets will be required to engage themselves in the presentations and discussions and exercises without exception.
 - c. Homework: Though Homework will not generally be required it is essential that each cadet gauge their progress and determine any additional practice or study required. Obviously the more committed the cadet is to successful perfection of skills then the more prepared they will be for assuming a higher role in the unit and greater responsibility.
5. **Attendance Policy.** Attendance is mandatory for successful completion. Failure to maintain proper attendance will mean dismissal from the program. Anything less than 75% attendance is unacceptable. Punctuality is a must. Come prepared with necessary uniforms, gear and knowledge material. Cadets can not effectively participate if they are late, ill-equipped or unprepared.
6. **Uniforms and Gear.** In order for a cadet to receive the maximum impact from the training being made available, the cadet must have the proper gear and uniform. Failure to have either is cause for the instructor to exclude the cadet from or reduce the cadet's participation in, activities

7. **Navy Courses.** Each cadet is required to complete at least one Navy Correspondence Course per year. In order for the cadet to reach full benefit from the program it is suggested that cadets complete between two and three courses per year. This would allow a cadet to advance properly and receive full instructional and experience benefit.
8. **Summer Trainings.** Each cadet is required to complete at least one training per year. The first one being Basic Training. In order for the cadet to reach full benefit from the program it is suggested that cadets complete between two and three trainings per year. This would allow a cadet to advance properly and receive full instructional and experience benefit.
9. **Issued Gear.** Each cadet is issued equipment from the unit stores. This gear is owned by the unit and remains property of the unit at all times. Cadets must return all issued items in the condition the items were issued or the cadet and or legal guardian become financially liable to the unit for the replacement of the items issued. Cadets are expected to exercise due caution to insure the issued items are properly safe guarded.
10. **Behavior and Ethics.** Each Cadet is advised and it is expected that the cadet must apply the best behavior and ethics while part of the program. Failure on the part of the cadet to meet these expectations may be punishable by, but not limited to dismissal from the program and an entry made in the cadet's record.

DEFINITION OF MEASUREMENT TERMS

I. Know - Recall facts, bring to mind and recognize the appropriate material.

Examples:

Know the objectives of Basic Leadership.

Know the responsibilities of a squad leader and the limitations of authority.

II. Comprehend - Interpret principles and concepts and relate them to new situations.

Examples:

Comprehend the mission of the U.S. Navy and Marine Corps.

Comprehend the concept of internal forces (e.g., stress, strain, shear).

III. Apply - Utilize knowledge and comprehension of specific facts in new relationships with other facts, theories and principles.

Examples:

Apply correct plotting procedures when navigating the land Nav course.

Apply correct procedures to determine correct course to reach specified markers.

IV. Demonstrate - Show evidence of ability in performing a task.

Examples:

Demonstrate third class swimming skills and fundamental water survival skills.

Demonstrate the correct safety measures in use of weapons.

COMPETENCY OBJECTIVES

The following competency objective statements for this program are those determined to be the best suited by Central Iowa Division's Training Officer.

1. Comprehend the interrelationship between authority, responsibility, and accountability within a task-oriented organization.
2. Apply leadership and management skills to prioritize among competing demands.
 - a. Demonstrate ability to establish meaningful goals and objectives.
 - b. Apply techniques of prioritization and time management to resources and personnel.
3. Comprehend the moral and ethical responsibilities of the military leader.
 - a. Comprehend the leader's moral and ethical responsibilities to the organization and society.
 - b. Comprehend the relationship of integrity, moral courage, and ethical behavior to authority, responsibility, and accountability.
 - c. Comprehend the standards of conduct for military personnel and cadets.
 - d. Comprehend the current Sea Cadet Corps, Navy and Marine Corps regulations, policies and programs regarding equal opportunity.
 - e. Comprehend the provisions of official policies regarding prevention of sexual harassment, fraternization and hazing.
4. Comprehend the following personal qualities and be able to relate them to a leader's effectiveness:
 - a. loyalty
 - b. honor
 - c. integrity
 - d. courage (moral and physical)

5. Know the operational and administrative chains of command within Central Iowa Division.
6. Know the customs and traditions of the Navy and Marine Corps and relate them to current usage.
 - a. Know the definition of custom
 - b. Know the definition of tradition
 - c. Demonstrate the following:
 - (1) Wear the uniform in accordance with appropriate regulations.
 - (2) Correctly demonstrate military courtesy, etiquette, and greetings.
 - (3) Demonstrate proper protocol with respect to quarterdeck procedures, wardroom etiquette, boarding and disembarking, honors and etiquette.
 - (4) Know basic flag etiquette and proper display of basic Navy flags and pennants.
7. Know the Sea Cadet, Navy and Marine Corps officer and enlisted rank/paygrade structures and insignia. Know the officer ranks in the Army, Air Force, and Coast Guard.
8. Comprehend the role of commissioned officers as members of the U.S. Armed Forces.
9. Comprehend the UCMJ, practice of military law.
10. Comprehend the purpose, scope, and constitutional basis of Navy Regulations and the Uniform Code of Military.
11. Know command relationships and organization for both operational and administrative environments.
 - a. Know the administrative organization including the primary duties of Commanding Officer, Executive Officer, department heads, and division officers.
 - b. Know the requirements for, and be able to demonstrate a proper watch relief and the requirements, procedures, and format for keeping logs.
12. Know the chain of operational command within the unit and how it relates to the Sea Cadet Corps as a whole.

16. Know terms and nomenclature of shipboard deck seamanship equipment and fittings and the fundamentals of their usage.
17. Know the basics of shipboard safety and comprehend the reasons for extraordinary attention to safety and preparedness.
18. Comprehend current Sea Cadet Navy or Marine Corps regulations, policies, and programs relative to the following wellness issues:
 - a. Substance and alcohol abuse prevention and detection, including urinalysis testing programs, treatment, and consequences.
 - b. Physical fitness, nutrition and weight control.
 - c. Tobacco use cessation/prevention.
 - d. Stress management.
 - e. Suicide awareness.
 - f. HIV/AIDS awareness, prevention and testing programs.
 - g. Safe driving.
 - h. Athletics, recreational and home safety.

Training Courses Divided into Course Sets

Naval Science Courses

- Fundamental Naval Skills
- Advanced Naval Skills
- Naval History
- Fundamental Leadership
- Advanced Leadership
- Drill

Aviation Science Courses

- Fundamental Navigation
- Advanced Navigation
- Communications
- Safety
- Fundamental Propulsion
- Advanced Propulsion
- Survival
- Aircraft Systems
- Fundamental Flight Theory
- Meteorology

Development Courses

- Personal Development
- Medical Skills
- Combined Team Skills

Naval Exposures

- Navy Crew Courses
- Coast Guard Training
- Navy and Coast Guard Installations
- Navy Schools

Sea Cadet Exposures

- Boot Camp
- Petty Officer Leadership Academy
- League Orientation
- Flagship
- Annual Inspection

Course Subsets Listing

Fundamental Naval Skills

- Naval Terms and Nomenclature
- Phonetic Alphabet
- Watch Standing
- Semaphore
- Quarter Deck Procedures
- Marlin Spike and Line Handling
- Signal Flags and Pennants
- Customs and Courtesies
- Uniforms
- Proper care and wearing of the uniform
- Ranks and Rates
- Chain of Command
- Core Values

Advanced Naval Skills

- Fire Fighting
- Damage Control
- Navigation
- Uniform Code of Military Justice
- Weapons Handling
- Marksmanship
- Shipboard Procedures
- Small Boats, Safe Boating (Coast Guard)

Naval History

- Navy Traditions
- Navy History
- Sea Cadet History

Drill

- Basic Military Drill (Non Movement)
- Basic Military Drill (Movement)
- Advanced Military Drill
- Advanced Parade Drill

Fundamental Leadership

Squad Leaders And Assistants

- Drilling and Command Presence
- Basic Instruction Methods (Field Environments)
- Leading by Example Basic
- Troop Movement (Squad Level)
- Responsibility for Subordinates

Advanced Leadership

Leading Petty Officers And Assistants

- Diversity, Harassment, Command and Control
- Advanced Instruction Methods (Classroom Environments)
- Managing Subordinates
- Dealing with Personal Issues of Subordinates
- Leading by Example Advanced
- Training Course Planning
- Troop Movement (Division Level)

Personal Development

- Health and Hygiene
- Personal Relations
- Self Discipline
- Fitness
- Community Service
- Ethics
- Goal Setting
- Personal Financial Management
- Swimming
- Self Defense
- Hand to Hand Combat

Medical

- First Aid
- Breathing, Bleeding and Shock
- Fractures and Splints
- Burns, Heatstroke, and Electric Shock

Combined Team Skills

- Sports
- Competitive Drill

Naval Exposure

- Navy Courses
- BMR, Petty Officer Courses

Naval Stations

- Master at Arms Schools, Basic Training, Flight School, Recruiting, SEALS, Seabees

Sea Cadet Stations

- Petty Officer Leadership Academy, Flagship, Annual

Course Descriptions

Naval Terms and Nomenclature

- Cadet will learn meaning of Naval terms and their proper usage. In a Naval environment many specific terms are used to command and describe. Most of these terms are not easily related without proper instruction. A majority of these terms require a full understanding for a sailor to perform their job.

Phonetic Alphabet

- Cadet will learn meaning of Phonetic Alphabet terms and their proper usage.

Watch Standing

- Cadet will learn reasoning for Watch Standing and all procedures including the General Orders as well as their usage. Watches are a vital element to any ship or shore station in terms of safety. Policies, procedures and courtesies are cover to provide the cadet with a reasonable understanding of the function.

Semaphore

- Cadet will become familiar with the semaphore flags and become proficient in their usage .

Quarter Deck Procedures

- Cadet will learn procedures and etiquette for the quarter deck . Special emphasis is placed on the customs and courtesies as well as ceremonial aspects of this post.

Marlin Spike and Line Handling

- Cadet will learn all aspects of line handling, knot tying, and line heaving as is used by the US Navy today.

Signal Flags, Pennants, and Colors

- Cadet will learn all aspects related to the use, storage and procedures related to signal flags and National Ensign

Customs and Courtesies

- Cadet will learn the Customs and courtesies of the Modern Navy and the cadet gains the knowledge and respect for the ceremonial aspects of the Navy Sailor.

Uniforms

- Cadets learn proper care and wearing of the US Naval Sea Cadet Uniform.

Ranks and Rates

- Cadets learn the various ranks of all the US armed forces as well as the courtesies they are afforded. A familiarization is given of the many rates available within the Navy and their importance to shipboard activities. Position of Authority is defined and explained in relation to Rank.

Chain of Command

- Cadets are provided with the current chain of command listing. The usage and importance of the command chain in relation to daily unit operations.

Core Values

- Cadets are provided with the core values of the Navy as well as coached to assist with their development of respect, honor, courage and commitment.

Fire Fighting

- Cadets are taught basics of fire and then familiarized with fire fighting equipment and techniques used by the Navy. Cadets gain hands on experience with hoses and couplers in their training of fire fighting equipment. Safety and rescue techniques are reinforced.

Damage Control

- Cadets are trained and gain valuable expertise with such damage control procedures as Pipe Patching while the line is under pressure.

Navigation

- Cadets are trained to use compasses and techniques for navigating. Practical Application is given in the form of exercises at an Army Land Navigation Course. Fundamental concepts of map reading and charting are taught.

Uniform Code of Military Justice

- Cadets are introduced the Military's laws which govern all American Military personnel.

Weapons Handling

- Cadets spend hours in classroom training in principals of weapons mechanics, safety, and responsibility. No cadet is ever permitted near ammunition in this phase of training. This course is required before a cadet can even be considered for the Marksmanship course. During instruction, the cadet is evaluated for maturity, attitude and responsibility by a senior instructor. Failure to pass this course will insure the cadet does not progress to Marksmanship.

Marksmanship

- Cadets which have passed the Weapons Handling course are given hours of classroom course work in marksmanship techniques. Once cadets have completed coursework then each cadet is evaluated for readiness. Cadets which are recommended for rifle range then will go to the range, under strict supervision, to shoot and qualify.

Shipboard Procedures

- Cadets are briefed on daily life aboard a Navy Ship at sea. When available cadets have the opportunity to experience exercises aboard US Navy and Coast Guard Ships.

Small Boats, Safe Boating

Made Available by the US Coast Guard

- Cadets participate in a safe boating course and certification offered by the US Coast Guard Auxiliary.

Navy Traditions

- Cadets learn traditions and customs which are the backbone of the United States Navy. An overview exposure of Naval history is given in order to familiarize the cadet with past and present mission orientation of the modern Navy.

Drilling and Command Presence

- Squad Leaders and Assistants are trained in the elementary principals of giving commands for drill and maintaining a command posture which instills respect and confidence in cadets which are being commanded

Basic Instruction Methods (Field Environments)

- Squad Leaders and Assistants are given experience in training cadets the proper methods for executing drill movements. The first experience for senior cadets in instruction comes on the drill field.

Leading by Example Basic

- Squad Leaders and Assistants are trained in the importance of leadership by respect. In order to lead a senior cadet has to be able to consistently set an example other cadets will want to follow. Squad Leaders and Assistants receive coaching from staff and Officers which will aid the Squad Leaders and Assistants in the ability to set the proper examples.

Troop Movement (Squad Level)

- Squad Leaders and Assistants learn how to correctly and safely move a squad from one point to another. As the leader progresses, so does the complexity of the movements the leader has to command the squad to perform.

Responsibility for Subordinates

- Squad Leaders and Assistants are leaders which not only assume responsibility for the completion of specific task but also for those cadets performing the task. Squad Leaders and Assistants learn from actual experience what elements the leader must account for in commanding cadets of a squad.

Diversity, Harassment, Command and Control

- Leading Petty Officers And Assitants are trained in the warning signs of issues which may arise such as discrimination, harassment and behavioral issues. Leading Petty Officers And Assitants are taught the Navy and Sea Cadet policy on dealing with these issues and how to coach cadets which may experience or cause these issues.

Advanced Instruction Methods (Classroom Environments)

- Leading Petty Officers And Assitants have the opportunity to instruct in a classroom environment. Courses range from simple to complex. Often these cadets will take the place of adult instructors or officers in teaching approved courses. These senior cadets will also learn teaching methods which generally improve the students ability to absorb material.

Managing Subordinates

- Leading Petty Officers And Assitants learn to deal with subordinate cadets in a diverse set of situations outside of the drill field. The ability to manage a wide variety of cadets is stressed stronger at the platoon level than the squad level. Leading Petty Officers And Assitants have the opportunity to build on experience gained as a squadleader.

Dealing with Personal Issues of Subordinates

- Leading Petty Officers And Assitants more critical Personal Issues of Subordinates that the Squad Leaders felt uncomfortable with or were above their command experience. This experience in a key component of any Leading Petty Officers And Assitants development.

Leading by Example Advanced

- Leading Petty Officers And Assitants are given the opportunity to display and refine their leadership by example skills as learned while they were Squad Leaders and Assistants.

Training Course Planning

- Leading Petty Officers And Assitants learn to plan courses and resources for various classes which they will instruct.

Troop Movement (Division Level)

- Leading Petty Officers And Assistants learn how to correctly and safely move a company size unit from one point to another. As the leader progresses, so does the complexity of the movements the leader has to command the company to perform. As well, the leader learns to delegate authority and responsibility to subordinate leaders. Leading Petty Officers And Assistants assist in coaching subordinate leaders as well as sharing some of their knowledge and experience.

Personal Development

- All cadets participate in instruction and exercises to continually develop their personal skill sets and health. As many aspects of as possible are focused on in a cadet's personal growth and develop. These aspects although not directly related to military matters are vital in insuring that a cadet is able to perform tasks assigned in a healthy manner. The preparation of a cadet to deal with their life issues in a constructive manner will insure that a cadet experiences fewer issues and will help keep a cadet focused on tasks and lessen the chance a cadet may face accidents. Topics taught are Health and Hygiene, Personal Relations, Self Discipline, Fitness, Community Service, Ethics, Goal Setting, Personal Financial Management, Swimming, Self Defense and Hand to Hand Combat.

Medical

- Cadets are taught basic field medical training for dealing with issues which they may or may not face in their lifetime. While most of the exposure is military related, any one or more of the situations they train for may be faced in a non military environment. As American society becomes acutely aware, first response to a medical emergency is absolutely critical in saving lives and reducing harm. Experiences trained for in this course are CPR, First Aid, Breathing, Bleeding and Shock, Fractures and Splints, Burns, Heatstroke, and Electric Shock.

Combined Team Skills

- All cadets go through training with the aspects of teamwork emphasized. While most military situations involve some form of teamwork to accomplish goals, so do a great many civilian applications. The ability to perform and think as a team member is essential in living in a competitive society. Cadets will participate in sports and many competitive drill exercises as a method of enhancing the cadet's ability to work as a team member.

Naval Exposure

- While some cadets may not choose the military life, Sea Cadets is still the best place for a cadet to gain enough knowledge to make that decision. Cadets visit Military installations and experience the military way of life. Cadets take actual Navy instruction in addition to the training required by the Sea Cadet Corps. All these opportunities are valuable to cadets considering possibilities for their futures.

Navy Courses

- BMR, Petty Officer Courses, Construction,

Naval Trainings

- Master at Arms Schools, Basic Training, Flight School, Recruiting, SEALS, Seabees

Sea Cadet Stations

- Petty Officer Leadership Academy, Flagship, Annual Inspection

Basic Military Drill (Non Movement)

- The primary phase of a cadet's exposure to drill movement is learning how and when to respond to commands. The very basic commands of drill must be understood and accomplished prior to a cadet being able to move with other cadets. These basic movements will be emphasized in this phase.

Basic drill movements such as

1. Facing Movements
2. Attention
3. Parade Rest
4. Fall In
5. Fall Out
6. At Ease
7. At Rest
8. Guidon Bearer
9. About Face
10. Hand Salute

Basic Military Drill (Movement)

- The secondary phase of a cadet's exposure to drill movement is learning how and when to move. A cadet must be able to move in phase with other cadets in an orderly manner and as part of the larger unit.

Basic drill movements such as

1. Forward March
2. Right or Left Flank
3. Right or left Columns
4. Double Time
5. Mark Time
6. Obliques
7. To the Rear

Advanced Military Drill

- The third phase of a cadet's exposure to drill movement is learning how to march and carry out movements with rifles. This phase is a must for any cadets considering parade drill such as drill team or color guard.

Drill movements such as

1. Manual of Arms
2. Drill with Arms
3. Honor guard

Advanced Parade Drill

- The final phase of a cadet's exposure to drill movement is putting into practice all the cadet has learned with a drill team or color guard in competitions and honor events.

Such as

1. Drill Team Events
2. Color Guard Events
3. Honor Guard Events