

Navy JROTC I

NA7913 36 weeks

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Course Description

Suggested Grade Level: 9

This course introduces students to the Navy Junior Reserve Officer Training Corps program, the importance of citizenship, the elements of leadership, the U.S. government, and the value of scholarship in attaining life goals. Additional instruction includes: the principles of health and first aid, geography, orienteering, map reading skills, survival skills, financial skills, and overview of the U.S. Navy, naval ships and aircraft. The importance and promotion of a healthy lifestyle including physical fitness, proper diet, controlling stress, and drug awareness are pursued at the fundamental level.

Note: Unless otherwise noted, content is taken from the *Naval Junior Reserve Officers Training Corps (JROTC) Cadet Field Manual (CFM)* (11th Edition, NAVEDTRA 37116-K) and *NJROTC Cadet Reference Manual (CRM)*. Instructors are asked to continue relying heavily on their branch-specific curriculum guides to complement this core set of competencies.

Task Essentials Table

For the indicated course(s):

- Tasks/competencies designated by plus icons (⊕) in the left-hand column(s) are essential
- Tasks/competencies designated by empty-circle icons (○) are optional
- Tasks/competencies designated by minus icons (⊖) are omitted
- Tasks marked with an asterisk (*) are sensitive.

Task Number	NA7913	Tasks/Competencies
Introducing NJROTC		
39	+	Identify the branches of the U.S. Armed Forces.
40	+	Identify the mission statement and core values of Navy JROTC.
41	+	Describe the objectives and structure of NJROTC.
42	+	List the benefits of participating in NJROTC.
43	+	Identify the U.S. military chain of command (i.e., organizational structure).
Exploring Leadership Education		
44	+	Define <i>leadership</i> .
45	+	Define <i>followership</i> .
46	+	List the characteristics of good leaders.
47	+	Define leadership behaviors.
48	+	Identify contemporary leaders and their distinguishing characteristics.
49	+	Identify six traits of an effective leader.
50	+	Identify leadership styles.
51	+	Identify the benefits of using different leadership styles in different situations.
52	+	Identify leadership behaviors in NJROTC that may lead to promotion.
Demonstrating U.S. Navy Traditions, Customs, and Courtesies		
53	+	Define <i>courtesy</i> .
54	+	Identify expectations for inspection readiness (e.g., wear and care of the uniform).
55	+	Explain the concept of rank/rate.
56	+	Identify U.S. military ranks/rates.
57	+	Identify U.S. military grade within rank/rate.
58	+	Identify the procedures of executing the hand salute.
59	+	Identify standards of flag etiquette.

60	+	Identify expectations for U.S. military address.
61	+	Identify the procedures of U.S. military drill.
Developing Citizenship		
62	+	Identify current events relating to political and military issues.
63	+	Identify ways to make a contribution to the local community.
64	+	Demonstrate patriotism.
65	+	Explain the importance of equity policies and laws in the U.S. military.
Exploring Personal Wellness, Fitness, and Financial Responsibility		
66	+	Identify personal hygiene standards.
67	+	Identify the components of physical fitness.
68	+	Take a physical fitness test.
69	+	Identify first-aid terms and abbreviations.
70	+	Describe the benefits of exercise and a healthy diet.
71	+	Describe how training can improve physical performance.
72	+	Establish a personal physical training program.
73	+	Describe factors that can impede a healthy lifestyle.
74	+	Describe how to create a monthly budget and how to understand a paycheck and paystub.
Using Technology		
75	+	Demonstrate basic computer knowledge.
76	+	Identify the specific uses for various technology and digital resources.
77	+	Create digital files.
78	+	Identify personal responsibility for appropriate, legal, and ethical conduct.
79	+	Explain concepts of confidentiality, security, and integrity related to computer systems.
Exploring Careers		
80	+	Identify qualifications for serving in the U.S. military.

Teaching Concepts of Discipline		
81	<input checked="" type="radio"/>	Identify responsibility for personal actions.
82	<input checked="" type="radio"/>	Define <i>discipline</i> .
83	<input checked="" type="radio"/>	Comply with procedures in the cadet or student handbook.

Legend: Essential Non-essential Omitted

Curriculum Framework

Introducing NJROTC

Task Number 39

Identify the branches of the U.S. Armed Forces.

Definition

Identification should include the

- Army
- Navy
- Air Force
- Marine Corps
- Coast Guard
- National Guard (Army and Air)
- Reserves: Army, Marine Corps, Navy, Air Force, and Coast Guard.

Process/Skill Questions

- What are the seven uniformed services of the U.S. military services?
- What is the “birthday” of the U.S. Navy?
- Where is the birthplace of the U.S. Navy?

Task Number 40

Identify the mission statement and core values of Navy JROTC.

Definition

Identification should include Title 10, Section 2031 of the U.S. Code, "to instill in students in [United States] secondary educational institutions the values of citizenship, service to the United States, and personal responsibility and a sense of accomplishment."

Process/Skill Questions

- What are the three Navy core values?
- What values are reinforced in the NJROTC mission statement of the U.S. Code?

Task Number 41

Describe the objectives and structure of NJROTC.

Definition

Description should include the following:

- Objectives (i.e., Students will acquire an understanding of the fundamental concepts of leadership, military art and science, an introduction to related professional knowledge, and an appreciation of requirements for national security.)
- Structure (i.e., Each branch of the U.S. Armed Forces maintains a JROTC, organized into units.)

Process/Skill Questions

- Which branches of the U.S. Armed Forces have JROTC programs?
- What is the definition of *leadership*?

Task Number 42

List the benefits of participating in NJROTC.

Definition

List should include the following:

- Benefits to self:
 - Acquire leadership, teamwork, and other professional skills.
 - Increase level of physical fitness and health awareness.
 - Enter a branch of the military at a higher grade and pay rate, or qualify for financial assistance for opportunities in continuing education (optional for JROTC graduates).
- Benefits to community:
 - Acquired citizenship and leadership skills lead to community philanthropy and volunteerism.
 - Acquired military science skills provide preparation to serve the military needs of the United States.

Process/Skill Questions

- What personal benefits are available to NJROTC participants?
- What community benefits are available to NJROTC participants?

Task Number 43

Identify the U.S. military chain of command (i.e., organizational structure).

Definition

Identification should include the following (in order of level of authority):

- Commander in chief
- Secretary of defense
- National Security Council
- Department of Defense
- U.S. military branch departments: Navy, Army, and Air Force
- Unified commands
- Joint Chiefs of Staff
- Commandant of the Marine Corps
- Coast Guard and Merchant Marine
- Department of Homeland Security

Process/Skill Questions

- What organizations make up the U.S. military chain of command?
- Who is the highest authority in the chain of command?

Exploring Leadership Education

Task Number 44

Define *leadership*.

Definition

Definition should include the art of influencing and directing people to accomplish a mission.

Process/Skill Questions

- What is the definition of *leadership*?
- Why is leadership important?

Task Number 45

Define *followership*.

Definition

Definition should include the attitudes, actions, and behavior that help a leader succeed.

Process/Skill Questions

- What is the definition of *followership*?
- Why is followership important?

Task Number 46

List the characteristics of good leaders.

Definition

List may include

- committed/dedicated
- decisive
- enthusiastic
- honorable
- loyal
- reliable
- selfless
- trustworthy.

Process/Skill Questions

- What are four characteristics of good leadership?
- What happens if a leader has poor communication skills, lacks character and integrity, and is unethical?

Task Number 47

Define leadership behaviors.

Definition

Definition should include

- describing the difference between leadership and management
- explaining situational leadership and empathy
- comparing task behavior and relationship behavior.

Process/Skill Questions

- What is the difference between leadership and management?
- When is being a leader more important than being a manager?

Task Number 48

Identify contemporary leaders and their distinguishing characteristics.

Definition

Identification should include the leader's name, position, and accomplishments. It should also portray leadership characteristics and the effects of the leader.

Process/Skill Questions

- Who are leaders in the city, state, and country?
- How does one become a leader?

Task Number 49

Identify six traits of an effective leader.

Definition

Identification should include

- commitment
- decisiveness
- energy
- integrity
- loyalty
- selflessness.

Process/Skill Questions

- Is one leadership trait more important than the others?
- How does a cadet display leadership traits in everyday life?

Task Number 50

Identify leadership styles.

Definition

Identification should include

- *telling* (i.e., provides specific instructions and closely supervises all phases of the project)
- *selling* (i.e., closely supervises task completion and follow up)
- *participating* (i.e., helps and supports team members; shares ideas and decision-making tasks)
- *delegating* (i.e., turns over decision making, problem solving, and implementation to team members, provides help when asked, and monitors progress).

Process/Skill Questions

- What is an example of a telling leadership style?
- What is an example of a selling leadership style?
- What is an example of a participating leadership style?
- What is an example of a delegating leadership style?

Task Number 51

Identify the benefits of using different leadership styles in different situations.

Definition

Identification should include the following benefits of versatility:

- Allows leaders to assume the leadership style that would best enable the team to meet/accomplish its goals.
- Allows a leader to get the most out of different types of followers.
- Allows a leader to capitalize on the strengths of multiple leadership styles vs. using the same leadership approach consistently in every situation, which often reveals the weaknesses of the style.
- Allows a leader to differentiate between the use of task orientation and people orientation.

Process/Skill Questions

- Why is it ineffective to apply the same leadership style to every situation?
- What are some situations in which different leadership styles are necessary? Explain.

Task Number 52

Identify leadership behaviors in NJROTC that may lead to promotion.

Definition

Identification should include

- showing initiative and independence

- maintaining professionalism at all times
- seeking leadership roles
- resolving conflicts between team members
- making decisions
- maintaining military bearing
- possessing knowledge of the job
- displaying exemplary personal behavior
- demonstrating acceptable performance in carrying out assigned NJROTC responsibilities.

Process/Skill Questions

- How does a leader resolve conflict among team members while maintaining harmony?
- What are examples of maintaining military bearing in difficult situations?
- What are some examples of showing initiative and independence in the NJROTC?

Demonstrating U.S. Navy Traditions, Customs, and Courtesies

Task Number 53

Define *courtesy*.

Definition

Definition should include the

- standard definition (i.e., a courteous, respectful, or considerate act or expression)
- military use of the definition (i.e., military customs showing consideration and respect for others [salutes, colors, rendering honors]).

Process/Skill Questions

- What is the difference between the standard definition of courtesy and the military definition?
- How is saluting and rendering honors showing courtesy? Give examples of other forms of courtesy.

Task Number 54

Identify expectations for inspection readiness (e.g., wear and care of the uniform).

Definition

Identification should include meeting the Navy expectations regarding

- coat
- trousers or slacks
- skirt
- shirt and sleeves
- undershirt
- neckwear
- hat/helmet/cap
- belt, brass, buckle
- socks
- shoes
- insignia
- awards.

Process/Skill Questions

- What are the expectations for inspection readiness in NJROTC?
- What happens if a cadet does not meet expectations?

Task Number 55

Explain the concept of rank/rate.

Definition

Explanation should include that rate (used for the Navy and the Coast Guard [enlisted personnel have rates and commissioned officers have ranks]) or rank (used for all other branches)

- is a designation to determine level of authority
- is to be rendered appropriate respect/courtesy and distinction
- is displayed on the uniform and elsewhere.

Process/Skill Questions

- Why is there a system of rank/rate in the military?
- How is rank/rate achieved?
- How does one advance in rank/rate?

Task Number 56

Identify U.S. military ranks/rates.

Definition

Identification should include Navy ranks or rates for

- warrant officers
- enlisted personnel and non-commissioned officers
- commissioned officers
- general, flag, or air officers
- field or senior officers
- company grade or junior officers
- subordinate officers.

Process/Skill Questions

- What is the difference between non-commissioned officers and commissioned officers?
- What happens when a cadet does not learn ranks/rates in the correct order?

Task Number 57

Identify U.S. military grade within rank/rate.

Definition

Identification should include the following:

- *Grade* is a term used for determining pay categories across all branches of the uniformed services of the United States to govern wages, benefits, and entitlements based on the corresponding military rank.
- Grade is indicated by the numeral (1–9 with 9 being the highest rate of pay) after the rank/rate of E (enlisted personnel), W (warrant officers), or O (commissioned officers).

For example, the lowest enlisted personnel is E-1, enlisted at the base rate of pay and would be labeled as such across every U.S. military branch.

Process/Skill Questions

- What is the difference between rank and grade?
- How does military pay grade convert to federal general service pay grade?

Task Number 58

Identify the procedures of executing the hand salute.

Definition

Identification should include

- determining when, where, and to whom it is appropriate to salute
- coming to attention
- turning the head and eyes toward the Colors or person to be saluted
- raising the right hand quickly and sharply

- bringing the hand up until the tip of the index finger touches above and slightly to the right of the right eye
- keeping thumb and fingers extended and joined, palm to the left, with the hand and wrist straight
- holding upper arm horizontal and forearm inclined at a 45° angle
- maintaining the salute until it is returned by the person saluted
- dropping the hand to the side.

The above should be accomplished without any personal stylistic additions.

Process/Skill Questions

- In what indoor facilities is it appropriate to salute?
- When out in a public facility, is it appropriate to salute a senior officer?
- When in a hurry and passing an officer from the right or left, what must one say when passing?
- When the national anthem starts playing, is it appropriate to salute or to put one's hand over one's heart?

Task Number 59

Identify standards of flag etiquette.

Definition

Identification should include standards of

- raising and lowering the flag
- flying the flag
- folding the flag
- carrying/transporting the flag.

Process/Skill Questions

- When the federal government authorizes flags at half-staff, is it necessary for schools to comply? Explain.
- What is the proper procedure for folding a flag?

Task Number 60

Identify expectations for U.S. military address.

Definition

Identification should include addressing by rank and, optionally, last name.

Process/Skill Questions

- When junior personnel are aware of a senior officer in their midst, how should that senior officer be addressed?

- How does a senior officer address junior personnel?

Task Number 61

Identify the procedures of U.S. military drill.

Definition

Identification should include a group moving together through the following commands:

- Attention
- Salute
- Rest positions
- Right/left face
- About face
- Eyes right/left and ready front
- Present arms and order arms
- Forward march and halt
- To the rear march
- Flanking movement
- Double time
- Mark time
- Half step
- Right/left step
- Change step

Process/Skill Questions

- When in drill formation, who is responsible for maintaining good order and discipline?
- What are the rest positions?

Developing Citizenship

Task Number 62

Identify current events relating to political and military issues.

Definition

Identification should include events at home or abroad for which the U.S. military has been deployed or may be deployed for military or peacekeeping actions, or for relief and aid, including operations as part of United Nations Peacekeeping Forces.

Process/Skill Questions

- What are some current missions on which the U.S. military has been deployed?
- What is the role of the U.S. military when part of United Nations Peacekeeping Forces?

Task Number 63

Identify ways to make a contribution to the local community.

Definition

Identification should include

- local opportunities for service
- potential roles within community service
- realistic commitment to community service
- benefits of community service
- personal skills that may be acquired or improved through community service.

Process/Skill Questions

- How important is it to lead by example?
- Why is it said that first impressions are lasting impressions?

Task Number 64

Demonstrate patriotism.

Definition

Demonstration should include

- being an informed citizen
- participating in local, state, or national service
- working for or with the government
- voting
- demonstrating and assembling peacefully
- respecting elected officials
- honoring the flag.

Process/Skill Questions

- What are some of the benefits of volunteering in the local community?
- Why is voting important?

Task Number 65

Explain the importance of equity policies and laws in the U.S. military.

Definition

Explanation should include the following:

- Protect individual equality and rights while serving in the military.
- Acknowledge teamwork and individual contributions and success.
- Allow for the unbiased promotion of successful/skilled individuals.
- Reinforce democratic ideals.

Process/Skill Questions

- Why is it important to acknowledge the team's contributions?
- Why is it important to acknowledge an individual's contributions?
- What is meant by *unbiased promotion*?

Exploring Personal Wellness, Fitness, and Financial Responsibility

Task Number 66

Identify personal hygiene standards.

Definition

Identification should include

- necessity of washing/bathing daily
- importance of regular dental and medical doctor visits
- purpose of personal hygiene products (e.g., soaps, toothbrushes, toothpaste, antiperspirant)
- need for cotton swabs (for ears), facial tissue
- purpose of nail files and/or clippers.

Process/Skill Questions

- Why is personal hygiene important?
 - How does poor hygiene affect a person's reputation?
-

Task Number 67

Identify the components of physical fitness.

Definition

Identification should include

- cardiovascular fitness
- flexibility training
- strength training
- muscular endurance
- body composition
- general skill training.

Process/Skill Questions

- What are some examples of cardiovascular fitness activities?
- What are some examples of strength training activities?
- Why is physical training important?

Task Number 68

Take a physical fitness test.

Definition

Taking a physical fitness test should include

- identifying the conditions of the test
- following instructor's guidelines, including safety measures
- interpreting results.

Process/Skill Questions

- How would one prepare for a physical fitness test?
- How do one interpret the results?

Task Number 69

Identify first-aid terms and abbreviations.

Definition

Identification should include

- *ABC* - Airway, Breathing, Circulation (the basic actions to be performed on a distressed or unconscious subject to ensure airflow)
- *signs* - what the examiner can objectively see
- *symptoms* - what a patient subjectively complains of
- *shock* - a state in which the body suffers from hypoperfusion, resulting in inadequate oxygenation of cells, tissues, and organs.

Process/Skill Questions

- What is ABC?
- Why is it necessary to understand first-aid terminology?
- What are the conditions under which one would practice first-aid?

Task Number 70

Describe the benefits of exercise and a healthy diet.

Definition

Description should include the following benefits of exercise and proper nutrition:

- Healthy body weight and lean muscle
- Increased levels of energy
- Improved psychological and emotional well-being, thinking, and problem-solving abilities

Process/Skill Questions

- How often should a cadet exercise?
- How does one determine a healthy body weight?
- How does having a healthy body improve one's emotional well-being?

Task Number 71

Describe how training can improve physical performance.

Definition

Description should include improving

- flexibility
- cardiovascular ability
- strength
- stamina
- energy
- psycho-motor skills
- mental acuity
- reflexes

- recovery from injuries.

Process/Skill Questions

- How does one create and implement a training program?
- How can training improve one's strength?

Task Number 72

Establish a personal physical training program.

Definition

Establishment should include a plan that is

- written for reference, based on safe and acceptable practices
- accepted under the instructor's guidelines and illustrated in the *Cadet Reference Manual (CRM)*.

Plan should include

- realistic short-, medium-, and long-term goals for weight loss and improved fitness
- a disciplined diet/nutrition plan
- a disciplined exercise plan (including strength, cardiovascular, flexibility training).

Process/Skill Questions

- Why is it important to set realistic goals when creating a training program?
- Why is a nutrition plan an important part of a training program?

Task Number 73

Describe factors that can impede a healthy lifestyle.

Definition

Description should include

- substance abuse
- stress
- poor diet
- lack of regular exercise.

Process/Skill Questions

- How does substance abuse affect a healthy person?
- How does a poor diet affect the health of a person?
- How does lack of regular exercise affect a person's body?

Task Number 74

Describe how to create a monthly budget and how to understand a paycheck and paystub.

Definition

Description should include

- a monthly personal budget
- the 70-20-10 rule
- steps involved and the factors to evaluate when creating a budget
- the various components of a paycheck and paystub.

Process/Skill Questions

- What is the 70-20-10 rule?
- What are the steps involved and the factors to evaluate when creating a budget?
- What are the various components of a paycheck or paystub?

Using Technology

Task Number 75

Demonstrate basic computer knowledge.

Definition

Demonstration should include explaining

- evolution of computers
- computer architecture
- evolution of the Internet
- attributes of a computer server
- Internet organization and access
- concepts of cyberspace and the importance of Internet cybersecurity.

Demonstration also should include

- input of data
- management of files
- creating/managing back-up files.

Process/Skill Questions

- Why is it important to manage data properly?
- Why is it important to backup computer files?

Task Number 76

Identify the specific uses for various technology and digital resources.

Definition

Identification should include deciding which tools, software, and programs to use to accomplish projects.

Process/Skill Questions

- What factors should be considered when choosing software to use for a specific task?

Task Number 77

Create digital files.

Definition

Creation should include

- creating a basic file
- saving a basic file.

Process/Skill Questions

- What could be an advantage of using presentation software?

Task Number 78

Identify personal responsibility for appropriate, legal, and ethical conduct.

Definition

Identification should include

- explaining the definition of *fair use*
- identifying copyright laws that affect student work
- defining *netiquette*
- identifying the use of digital resources and tools to avoid illegal activity.

Process/Skill Questions

- What are some consequences of failing to use the proper etiquette when communicating digitally?
- What can individual computer users do to reduce the occurrence of illegal activity on the Internet?

Task Number 79

Explain concepts of confidentiality, security, and integrity related to computer systems.

Definition

Explanation should include

- identifying the differences between public and private information
- identifying ways to ensure that private online information is secure (e.g., using only approved protocol for data transmission, secure use of passwords)
- illustrating the necessity of verifying the source of information
- discussing proper and improper uses of social networking sites (e.g., improper use can be detrimental for future evaluations of student by military colleges and employers).

Process/Skill Questions

- What could be the result of failing to verify the sources of websites and incoming email?
- Why do employers regularly check the social media accounts of current and potential employees?
- What measures are put in place to ensure the confidentiality and security of private information on the Internet?

Exploring Careers

Task Number 80

Identify qualifications for serving in the U.S. military.

Definition

Identification should include meeting

- age requirement
- education requirements and academic performance standards
- physical and mental health expectations.

Additional items may or may not affect admission into the military, including

- number of dependents under 18 years of age
- criminal record
- U.S. citizenship status (for officers).

Process/Skill Questions

- What is the age requirement for joining any branch of the U.S. military?
- How can a criminal record affect someone who is trying to join the U.S. military?

Teaching Concepts of Discipline

Task Number 81

Identify responsibility for personal actions.

Definition

Identification should include

- expectations for behavior in the classroom and in school
- offenses and anticipated consequences
- rationale for disciplinary action
- offenses that may result in expulsion from NJROTC or school.

Process/Skill Questions

- What types of offenses would result in someone being expelled from the NJROTC?
- What type of classroom and social behavior is expected of an NJROTC cadet?

Task Number 82

Define *discipline*.

Definition

Definition should include instruction, an orderly or prescribed conduct or pattern of behavior, and self-control.

Process/Skill Questions

- What are some examples of discipline in one's daily routine?
- What role does discipline play in NJROTC?

Task Number 83

Comply with procedures in the cadet or student handbook.

Definition

Compliance should include identification of and adherence to NJROTC curriculum and expectations.

Process/Skill Questions

- How is it evident that a cadet is in compliance with NJROTC procedures?
- How does the Cadet Field Manual/handbook help a cadet?
- Whose responsibility is it to adhere to NJROTC procedures, and what is the resource for this guidance?

SOL Correlation by Task

39	Identify the branches of the U.S. Armed Forces.	English: 9.5
40	Identify the mission statement and core values of Navy JROTC.	English: 9.5
41	Describe the objectives and structure of NJROTC.	English: 9.5
42	List the benefits of participating in NJROTC.	English: 9.6, 9.7 History and Social Science: WG.1, WHII.1
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44	Define <i>leadership</i> .	English: 9.3
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46	List the characteristics of good leaders.	English: 9.5 History and Social Science: WG.1, WHI.1
47	Define leadership behaviors.	English: 9.3, 9.5
48	Identify contemporary leaders and their distinguishing characteristics.	English: 9.5
49	Identify six traits of an effective leader.	English: 9.5 History and Social Science: WG.1, WHII.1
50	Identify leadership styles.	English: 9.5
51	Identify the benefits of using different leadership styles in different situations.	English: 9.5
52	Identify leadership behaviors in NJROTC that may lead to promotion.	English: 9.5
53	Define <i>courtesy</i> .	English: 9.3, 9.5, 9.8 History and Social Science: WG.1, WHII.1

54	Identify expectations for inspection readiness (e.g., wear and care of the uniform).	English: 9.5, 9.8
55	Explain the concept of rank/rate.	English: 9.5, 9.8
56	Identify U.S. military ranks/rates.	English: 9.5, 9.8
57	Identify U.S. military grade within rank/rate.	English: 9.5, 9.8
58	Identify the procedures of executing the hand salute.	English: 9.5, 9.8
59	Identify standards of flag etiquette.	English: 9.5, 9.8
60	Identify expectations for U.S. military address.	English: 9.5, 9.8
61	Identify the procedures of U.S. military drill.	English: 9.5
62	Identify current events relating to political and military issues.	English: 9.5
63	Identify ways to make a contribution to the local community.	English: 9.5
64	Demonstrate patriotism.	English: 9.5, 9.8 History and Social Science: WG.1, WHII.1
65	Explain the importance of equity policies and laws in the U.S. military.	English: 9.5
66	Identify personal hygiene standards.	
67	Identify the components of physical fitness.	English: 9.5
68	Take a physical fitness test.	English: 9.5
69	Identify first-aid terms and abbreviations.	English: 9.5, 9.8
70	Describe the benefits of exercise and a healthy diet.	English: 9.5
71	Describe how training can improve physical performance.	English: 9.5
72	Establish a personal physical training program.	English: 9.1, 9.5
73	Describe factors that can impede a healthy lifestyle.	English: 9.5
74	Describe how to create a monthly budget and how to understand a paycheck and paystub.	English: 9.5
75	Demonstrate basic computer knowledge.	English: 9.5
76	Identify the specific uses for various technology and digital resources.	English: 9.5
77	Create digital files.	English: 9.1
78	Identify personal responsibility for appropriate, legal, and ethical conduct.	English: 9.3, 9.5
79	Explain concepts of confidentiality, security, and integrity related to computer systems.	English: 9.5
80	Identify qualifications for serving in the U.S. military.	English: 9.5
81	Identify responsibility for personal actions.	English: 9.5
82	Define <i>discipline</i> .	English: 9.3
83	Comply with procedures in the cadet or student handbook.	English: 9.5

Appendix: Credentials, Course Sequences, and Career Cluster Information

Industry Credentials: Only apply to 36-week courses

- Armed Services Vocational Aptitude Battery Examination
- College and Work Readiness Assessment (CWRA+)
- National Career Readiness Certificate Assessment
- Workplace Readiness Skills for the Commonwealth Examination

Concentration sequences: *A combination of this course and those below, equivalent to two 36-week courses, is a concentration sequence. Students wishing to complete a specialization may take additional courses based on their career pathways. A program completer is a student who has met the requirements for a CTE concentration sequence and all other requirements for high school graduation or an approved alternative education program.*

- Navy JROTC II (NA7916/36 weeks)
- Navy JROTC III (NA7918/36 weeks)
- Navy JROTC IV (NA7919/36 weeks)

Career Cluster: Education and Training	
Pathway	Occupations
Administration and Administrative Support	Instructional Coordinator Training and Development Manager
Professional Support Services	Instructional Developer
Teaching and Training	Coach, Secondary Level Instructional Coordinator Training Consultant/Training Specialist

Career Cluster: Government and Public Administration	
Pathway	Occupations
Foreign Service	Diplomatic Courier Foreign Service Worker Interpreter/Translator
Governance	Legislative Aide Legislator
National Security	Combat Specialty Officer Military Enlisted Personnel Military Intelligence Specialist

Career Cluster: Government and Public Administration	
Pathway	Occupations
	Military Officer Special Forces Personnel
Planning	Economic Development Coordinator Urban and Regional Planner
Public Management and Administration	Court Clerk Government Accountant/Auditor Postal Service Clerk Postmaster/Mail Superintendent
Regulation	Compliance Officer Environmental Compliance Inspector Private Detective, Investigator
Revenue and Taxation	Compliance Officer

Career Cluster: Law, Public Safety, Corrections and Security	
Pathway	Occupations
Correction Services	Corrections Officer Probation, Parole Officer
Emergency and Fire Management Services	Emergency Medical Technician, Paramedic Firefighter
Law Enforcement Services	Police Officer
Legal Services	Records Processing Assistant
Security and Protective Services	Private Detective, Investigator Security Officer

Career Cluster: Transportation, Distribution and Logistics	
Pathway	Occupations
Facility and Mobile Equipment Maintenance	Diesel Service Technician
Health, Safety and Environmental Management	Health, Safety, and Environment Manager
Logistics Planning and Management Services	Logistics Analyst Logistics Engineer Logistics Manager
Sales and Service	Dispatcher
Transportation Operations	Transportation Manager
Transportation Systems/Infrastructure Planning, Management and Regulation	Civil Engineer Civil Engineering Technician Transportation Manager
Warehousing and Distribution Center Operations	Traffic Engineer Transportation Manager