



San Diego Unified School District
Kearny High Educational Complex
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**COURSE SYLLABUS FOR
ARMY JUNIOR RESERVE OFFICERS TRAINING CORPS (AJROTC)
Semester 1 – LET 2/3
SY 21/22**

1. INTRODUCTION: Welcome to the Komet Battalion!

Kearny AJROTC's goal is to prepare cadets for their future—to be college & career ready.

Kearny AJROTC develops each cadet's leadership potential and character through classroom instruction, physical fitness, and integrated curricular activities. Topics covered include: attaining the awareness of the rights, responsibilities, and privileges of citizenship, developing cadets' sense of personal responsibility, promoting wellness and physical fitness, building life skills, and leadership opportunities. Visit the Komet Battalion website at www.kearnyajrotc.com.

2. LET-2/3 – CURRICULUM:

a. Purpose, Classroom Course Content, and Learning Outcomes

Unit 3 – Foundations for Success

Purpose:

- Build essential skills cadets need to maximize learning potential and future success
- Lay the groundwork for service learning
- Recognize the value of their varied learning styles and multiple intelligences
- Apply learning strategies to improve critical thinking, study, and communication skills
- Prepare for life after high school by focusing on career planning
- Engage cadets in personal financial planning while working through the “High School Financial Planning” curriculum

Chapter 8: Making a Difference with Service Learning

- Identify components of service learning
- Prepare for a service learning project
- Evaluate the effectiveness of a service learning project

Unit 4 – Wellness, Fitness, and First Aid

Purpose:

- Provide information and tools cadets need to take responsibility for physical and mental wellness

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- Assess personal status and develop plans for improving nutritional/exercise habits and for controlling stress
- Make responsible decisions regarding substance use and preventing substance abuse
- Develop proficiency in providing basic first aid

Chapter 1: Achieving a Healthy Lifestyle

- Develop a personal exercise program
- Meet the physical fitness standards for the Cadet Challenge
- Evaluate how diet impacts life
- Analyze how well you meet nutrient guidelines
- Relate the NAS dietary guidelines to your personal diet
- Assess how stress impacts your life

Chapter 2: First Aid for Emergency and Non-Emergency Situations

- Assess first aid situations
- Demonstrate life-saving skills in emergency situation
- Determine first aid procedures for a bleeding victim
- Determine first aid treatment for shock, fractures, strains, and sprains
- Determine first aid treatment for burns
- Determine first aid treatment for wounds, bruises, and poisoning
- Determine first aid treatment for heat related injuries
- Determine first aid treatment for cold weather injuries
- Determine first aid treatment for bites, stings, and poisonous hazards

Unit 5 – Geography, Map Skills, and Environmental Awareness

Purpose:

- Build map reading and land navigation skills; learn to apply them to the sport of orienteering and to air navigation
- Develop global awareness through both the comparison of physical, political, economic, and cultural elements of continents, regions, and countries and the examination of the global nature of environmental issues

Chapter 1: Map Skills

- Use map reading skills
 - Identify the characteristics of a topographic map
 - Use the Grid Reference System to locate points anywhere in the world
 - Use terrain features to orient a map and determine location
 - Measure distance using maps
 - Calculate direction on topographic maps
 - Apply map reading and land navigation skills to determine location
- b. All assignments can be found on the Kearny AJROTC website under the “Homework and Projects” tab and/or the “Class Calendar” tab. All homework, written assignments, and exams are submitted electronically using Canvas (sandiegounified.instructure.com). Cadets are responsible for completing work on time. Cadets can utilize computers in the Senior

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Leadership Lab (Room 805) before school and after school, as well as during lunch, to complete assignments. Additionally, Canvas is available as an app for both Android and Apple devices.

- c. **Physical Education Standards:** The ultimate purpose of the Kearny AJROTC physical education program is to help all cadets gain the skills and knowledge to be physically active for a lifetime. Kearny AJROTC is designed to provide a safe and inclusive learning environment, which requires cadets to regularly participate in a physical fitness program and meet both California PE Content and FitnessGram standards started below:

California High School Content Standards

Overarching Standard 1: *Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.*

Overarching Standard 2: *Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.*

Overarching Standard 3: *Students demonstrate knowledge of psychological and sociological concepts, principles and strategies that apply to the learning and performance of physical activity.*

- d. **Physical Fitness Testing (FitnessGram):** The primary goal of the FitnessGram battery of tests is to assist students in establishing lifelong habits of regular physical activity. The FitnessGram is conducted annually in November (upperclassmen only) and March. Students will be pretested to establish baseline fitness levels and set personal goals. The FitnessGram tests six main fitness areas that represent five components of fitness: aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. Students who do not achieve five out of six “Healthy Fitness Zones” must continue taking physical education or JROTC courses until an overall passing score is obtained. Since FitnessGram is a state-mandated test, cadets’ scores will **not** be computed as part of their academic grade. The six FitnessGram required test areas are:

1. Aerobic Capacity (PACER, One Mile Run, or Walk Test)
2. Abdominal Strength and Endurance (Curl-Ups)
3. Trunk Extensor Strength and Flexibility (Trunk Lift)
4. Upper Body Strength (Push-Ups, Modified Pull-Ups, Flexed Arm Hang)
5. Flexibility (Back-Saver Sit and Reach, Shoulder Stretch)
6. Body Composition (Body Mass Index [height and weight])

PE grades will include cadets’ preparation (i.e., coming to class ready to learn), attendance, participation in class, cooperation, leadership, etc. Since cadets earn both a PE and elective credit for this class, there will also be an emphasis on dressing for physical education in appropriate Physical Education attire and actively participating in the physical fitness exercises. The academic grade (learning-focused) is based on the degree to which each cadet meets or exceeds the three overarching *California Model Content Standards* and corresponding performance standards.

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- e. **Medical Excuse:** A written note from a parent or guardian is required to excuse or modify a cadet's participation in class due to a current medical condition. A note from a physician is required for any cadet that is not able to participate for three days or more. Any time that a cadet is unable to participate in class activities (due to medical reasons or excused absences), they are required to suit up to receive credit.

3. UNIFORMS: Cadets are issued an AJROTC uniform consisting of a shirt, trousers, footwear, headgear, socks, belt, and awards and decorations earned by cadets at no cost on a loan basis. Cadets are responsible for the condition of these items and for the proper return of all items at the end of the year or when they leave the AJROTC program. Students are responsible to pay for damaged or lost items. A white t-shirt provided by the student/parent is required to wear under the issued uniform shirt. Cadets are required to wear the cadet uniform one day each week (normally on Tuesdays, with make-ups for an excused absence on Thursdays). Wear of the uniform in accordance with Department of the Army standards (to include hair length and grooming standards) is mandatory. Participation in after-school or off-campus activity may require wearing of the uniform. **On uniform days, cadets will wear the uniform throughout the entire school day; to include to and from school, unless specifically excused by one of the instructors.** Cadets are responsible for the proper wear and maintenance of their issued uniform. On physical fitness days (normally Mondays, Wednesdays, and Fridays), cadets must suit up for physical training (PT) in their student supplied PT shirt, shorts, or sweatpants and tennis/athletic shoes. **Cadets will be required to memorize and recite the Cadet Creed prior to being issued a uniform. Uniform wear will begin in October 2021. Not wearing the uniform due to failure to meet the criteria for its issue will result in zeroes on each uniform day thereafter. This will impact cadets' grades significantly, as proper wear of the cadet uniform and "suiting up" for and participating in PT is a major portion of the grade in this class.**

4. GRADES: We encourage parents to obtain a PowerSchool account from their child's small school counseling office in order to track their progress, as well as visit the program website at www.kearnyajrotc.com. The instructors' goal is to record grades in PowerSchool daily so both cadets and parents/guardians of cadets can access up-to-date information on assignment grades.

- a. **Academic:** Academic grades are determined by a combination of practical/hands-on performance, written examinations, wear of the uniform, suiting up for physical training, and participation. LET-1 cadets are first-year students.

Item	Percentage
Uniform Wear, Inspection, and Drill & Ceremony	41%
Physical Education and Participation	25%
Exams & Quizzes	19%
Cadet Portfolio	5%
Service Learning Reflection	5%
Memorization & Recitation of the Cadet Creed	5%

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A	B	C	D	E
90-100%	80-89%	70-79%	60-69%	59% and Below

- b. **Citizenship:** Citizenship grades are determined by attendance, behavior, and participation.
 Note: Final citizenship grade is the lowest score.

Non-Suits					
	Excellent	Good	Satisfactory	Needs Improvement	Unsatisfactory
Second		X			
Third			X		
Fourth				X	
Fifth					X

Tardies					
	Excellent	Good	Satisfactory	Needs Improvement	Unsatisfactory
First		X			
Second			X		
Third				X	
Fourth					X

Unexcused Absences					
U = Unexcused W = >30 Minutes Tardy A = Unverified Absence					
	Excellent	Good	Satisfactory	Needs Improvement	Unsatisfactory
First		X			
Second			X		
Third				X	
Fourth or More					X

Z = Truancy					
	Excellent	Good	Satisfactory	Needs Improvement	Unsatisfactory
First		X			
Second			X		
Third or More				X	

Behavior/Participation Rubric				
Excellent	Good	Satisfactory	Needs Improvement	Unsatisfactory
- Never disruptive - Always prepared	- Almost never disruptive - Almost always prepared	- Rarely displays disruptive behavior - Usually prepared for class	- Occasionally displays disruptive behavior - Rarely prepared for class	- Almost always displays disruptive behavior - Almost never prepared for class

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Behavior/Participation Rubric					
	Excellent	Good	Satisfactory	Needs Improvement	Unsatisfactory
First		X			
Second			X		
Third				X	
Fourth					X

5. INTEGRATED CURRICULAR ACTIVITIES: Kearny AJROTC provides cadets with opportunities to participate in numerous before/after school and weekend activities. These include but are not limited to: community support volunteer events and Academics, Armed Drill, Archery, Aviation, Color Guard, Drum Corps, Honor Guard, Raiders (Physical Fitness), and Unarmed Drill Teams. All cadets are encouraged to participate in our activities before school from 0740-0830 each morning and our after-school team practice and events from 1530-1630. Academically, cadets must maintain an overall 2.0 GPA for the current quarter in order to participate in integrated curricular activities.

6. SCHEDULE: The normal weekly schedule for AJROTC is:

Monday	Tuesday	Wednesday	Thursday	Friday
PT/Exercise	Cadet Uniform	PT/Exercise	Classroom	PT/Exercise

7. LESSON PLANS: A weekly training schedule produced by the Cadet Battalion S-3 (Operations Officer) will be posted in the AJROTC classrooms and on the website at www.kearnyajrotc.com for cadet use. Cadets are responsible for being prepared for class, checking the website and making up any work missed due to absence from a scheduled class.

8. CADET LEADERSHIP POSITIONS/PROMOTIONS: Cadets must maintain a minimum GPA of 2.0 for the current academic quarter in order to be considered for promotion and/or to be selected for/stay in any leadership position.

9. STANDARD OPERATING PROCEDURES (SOP): The Komet Battalion AJROTC SOP will be reviewed with all cadets at the beginning of and throughout each school year and are available on the Kearny AJROTC website.

10. INSTRUCTORS: Please contact the instructors with any questions or concerns you may have. Email is the best form of initial contact. If necessary, telephone or in person meetings may be arranged.

Senior Army Instructor	Colonel (R) Gregory Johnson	gjohnson2@sandi.net
Army Instructor	First Sergeant (R) Marlon Rice	mrice1@sandi.net
Army Instructor	Sergeant First Class (R) Robert Rodriguez	rrodriguez2@sandi.net

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STUDENT

I, _____ (Print Name) _____ (Small School) _____ (Class Period)

have read and understand the Course Syllabus for AJROTC. I am aware I must wear the Cadet Uniform on the required uniform once a week and that I am required to “suit up” for PT days in the Kearny AJROTC T-Shirt, PT shorts or sweatpants, and tennis/athletic shoes. Wearing street clothes or non-athletic shoes during PT days does not count for credit. I have accessed the Kearny JROTC website at www.kearnyajrotc.com.

(Student Signature)

PARENT

I, _____ (Print Name) _____ (Relationship to Student)

(Phone Number)

(Email)

have reviewed the Course Syllabus with my student and understand the requirements set forth for the student to succeed in this course.

(Parent/Guardian Signature)