



San Diego Unified School District

Kearny High Educational Complex

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(858) 496-8370 x2131

COURSE SYLLABUS FOR
ARMY JUNIOR RESERVE OFFICERS TRAINING CORPS (AJROTC)
Semester 1 - LET-2/3
SY 18/19

1. INTRODUCTION. Welcome to the Komet Battalion AJROTC program!

The goal of Kearny AJROTC is to prepare students for their future—college & career ready.

We do this while simultaneously developing each cadet's leadership potential and character. The AJROTC program combines classroom instruction, physical fitness, and integrated curricular activities focused on attaining an awareness of the rights, responsibilities, and privileges of citizenship; developing the cadet's sense of personal responsibility; promoting wellness and physical fitness; building life skills; and providing leadership opportunities. Our website is www.kearnyajrotc.com.

2. LET – 2/3 CURRICULUM.

a. Classroom Course Content, Purpose, and Learning Outcomes.

Unit 3 – Foundations for Success

Purpose: Builds essential skills Cadets need to maximize learning potential and future success, and lays the groundwork for service learning. Recognizing the value of their varied learning styles and multiple intelligences, Cadets apply learning strategies to improve critical thinking, study, and communication skills. Cadets also develop and expand their abilities to resolve conflict and prevent violence. Cadets prepare for life after high school as it focuses on career planning and engages Cadets in personal financial planning as they work through the High School Financial Planning curriculum.

Chapter 8: Making a Difference with Service Learning

- Identify the 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

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Purpose: Provides information and tools Cadets need to take responsibility for physical and mental wellness. Cadets assess their personal status and develop plans for improving nutrition/exercise habits and for controlling stress. This unit also helps Cadets make responsible choices about substance use and to prevent substance abuse. In addition Cadets 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 an emergency situation.
- Determine first aid procedures for 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

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 our website under the Homework and Assignments Tab or the Training and Events Calendar Tab. All homework, written assignments and exams are submitted via computer using CANVAS. Cadets are responsible for completing the work on time. **Late assignments are not accepted.** Both the Leadership Lab in Room 101 and the Senior Leadership Lab in Room

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805 have computers for cadet use to complete their assignments. These computers are available before school, after school and at lunch. Also CANVAS is available as an app for both Apple and Android devices.

- c. Physical Education Standards: The ultimate purpose of our physical education program is to help all students gain the skills & knowledge to be physically active for a lifetime. Our program is designed to provide a safe & inclusive learning environment which requires students to regularly participate in a physical fitness program and meet California PE Content and FITNESSGRAM standards stated 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 in November (upper class only) and March. Students will be pre-tested to establish baseline fitness levels and set personal goals. The FITNESSGRAM tests 6 main fitness areas that represent 5 components of fitness: Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition. Students who do not achieve 5 out of 6 Healthy Fitness Zones must continue taking physical education or JROTC courses until an overall passing score is obtained. As FITNESSGRAM is a state-mandated test, student scores will **not** be computed as part of their academic grade. The 6 FITNESSGRAM required tests 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])

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PE grade will include the cadet's preparation (i.e., coming to class ready to learn), cooperation, participation in class, attendance, leadership, etc. Since a cadet earns 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 student meets or exceeds the 3 overarching *California Model Content Standards* and corresponding performance standards.

- e. Medical Excuse: A written note from a parent or guardian is required to excuse or modify students' participation in class due to a current medical condition. A note from a physician is required for any student that is not able to participate for three days or more. Any time that a student is not able 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 (shirt, pants, footwear, headgear, socks, belt, and earned cadet decorations and awards) 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 school 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 Tuesday, with make-up for an absence on Thursday). 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 the wearing of the uniform. **On uniform day, 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 Monday, Wednesday and Friday) cadets must suit-up for physical training (PT) in their student supplied PE shirt, shorts or sweatpants and tennis/athletic shoes. **Proper wear of the Cadet Uniform and "suiting-up" for PE and participating is a major portion of the grade in this class.**

4. GRADES.

- a. Academic grades are determined by a combination of practical/hands-on performance, written examinations, wearing of the uniform, suiting up for physical training and participation. LET-2/3 cadets are second and third year students.

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Item	LET-2/3			
Uniform Wear, Inspection and Drill & Ceremony	41%			
Physical Education and Participation	25%			
Exams & Quizzes	19%			
Cadet Portfolio	5%			
Service Learning Reflection	5%			
Recite the Cadet Creed	5%			
A	B	C	D	F
90-100%	80-89%	70-79%	60-69%	59% and below

b. Citizenship grades are a reflection of attendance behavior and participation.

Non-Suits					
	Excellent	Good	Satisfactory	Needs Improvement	Unsatisfactory
2 nd Non-Suit		X			
3 rd Non-Suit			X		
4 th Non-Suit				X	
5 th Non-Suit					X
Tardy					
	Excellent	Good	Satisfactory	Needs Improvement	Unsatisfactory
First		X			
Second			X		
Third				X	
Four or More					X
Unexcused Absences					
U = Unexcused		W = > 30 Min Tardy		A = Unverified Absence	
	Excellent	Good	Satisfactory	Needs Improvement	Unsatisfactory
First		X			
Second			X		

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Unexcused Absences					
U = Unexcused		W = > 30 Min Tardy		A = Unverified Absence	
Third				X	
Four or More					X
Z = Truancy					
	Excellent	Good	Satisfactory	Needs Improvement	Unsatisfactory
First			X		
Second				X	
3 or more					X
Behavior/Preparation 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 - Rarely prepared for class	- Almost always displays disruptive behavior - Almost never prepared for class	

Final citizenship grade is the lowest score!!!!

We encourage parents to contact their school counseling office to obtain a Parent Connect account in order to check the progress of their students and to check our website at www.kearnyajrotc.com. Our goal is to record all assignments in Power School daily so parents and students can check their grades and coursework.

5. INTEGRATED CURRICULAR ACTIVITIES. The AJROTC program provides cadets opportunities to participate in numerous before/after school and weekend activities. These include but are not limited to Community Support Volunteer Events, Honor Guard, Drill Teams, Color Guard, Archery, Aviation and Physical Fitness Team. 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.

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

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

7. LESSON PLANS. A Weekly Training Schedule produced by the Cadet Battalion S-3 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 or to be selected for (or stay in) any leadership position.

9. STANDING 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 website.

10. INSTRUCTORS. Please contact us with any questions or concerns you may have. Email is the best form of initial contact and then we can arrange a time for telephone or in person meetings.

- Senior Army Instructor COL (R) Gregory Johnson gjohnson2@sandi.net
- Army Instructor 1SG (R) Marlon Rice mrice1@sandi.net
- Army Instructor SFC (R) Edgar Negrete enegretesilva@sandi.net

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

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

(Student Signature)

PARENT/GUARDIAN: I, _____.
(Printed 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 Signature)

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