

United States Coast Guard JROTC, Marine Skills, & Physical Education Course Descriptions

LEADERSHIP & INTERNSHIP

Leadership Skills, (#240030001): This course will teach students leadership skills, parliamentary procedure, problem solving/decision-making, communication skills, group dynamics, time and stress management, public speaking, human relations, team building, and other group processes. Specific content includes study in self-understanding and development in such areas as goal setting, self-actualization and assertiveness, and the study of organization theories and management.

Prerequisite: Recommendation from Director of Student Activities. **Annual Course**

Executive Internship, (#0500320AY/#0500330AY): This course provides Seniors with an opportunity to apply technical skills and competencies to real life processes and settings. Students will work five or more hours per week in jobs related to their program of study. Mentors will evaluate the student's job performance. **Annual Course**

MARINE SKILLS

Personal Fitness and Swimming 1, (#150130001/#FV150446001): This course provides students with opportunities to develop an individual optimal level of physical fitness, acquire knowledge of physical fitness concepts, and acquire knowledge of the significance of lifestyle on one's health and fitness. The content includes knowledge of the importance of physical fitness, assessment of health-related components of physical fitness, knowledge of health problems associated with inadequate fitness levels, health-related components of biomechanical and physiological principles to improve and maintain the health-related components of physical fitness, knowledge of safety practices associated with physical fitness, knowledge of psychological values of physical fitness including stress management, knowledge of sound nutritional practices, and consumer issues related to physical fitness.

Students will have the opportunity to extend the acquisition of knowledge in the development of swimming skills and maintain and/or improve health-related fitness. The content will include the development of swimming strokes levels I, II, and III, knowledge of basic water rescue, community first aid, and CPR. The fundamentals of kayaking will also be taught in this course. Skill acquisition and the maintenance and/or improvement of physical fitness are stressed, as a result each student will compete in an end of the year triathlon (Run, Swim, Kayak). This course is required for graduation by the State of Florida. **Prerequisite:** None. **Paired Semester Course**

Swimming 2 and Individual & Dual Sports, (#150447001/#150241001): This course provides students with opportunities to extend the acquisition of knowledge in the development of swimming skills and maintain and/or improve health-related fitness. Students will learn strategies of individual and dual sports play, develop skills in individual and dual sports, and/or improve their personal fitness. The content includes knowledge and the application of skills, techniques, strategies, rules, and safety practices necessary to participate in selected individual and dual sports. The course will include basic canoe/kayak and windsurfing and the further development of swimming strokes levels IV and V, knowledge of basic water rescue, community first aid, and CPR. **Prerequisite:** Personal Fitness. & Red Cross Swimming Level IV **Paired Semester Courses**

Water Safety, (#150242001/#150449001): This one-semester course provides students with opportunities to acquire knowledge of strategies and develop skills in water safety, selected individual and dual sports, and maintain and/or improve their personal fitness. The content includes the knowledge and application of skills, techniques, strategies, rules and safety practices necessary to participate in selected individual and dual sports. The knowledge and application of personal water safety skills; swimming, non-swimming, and equipment rescues; boating safety and rescues; swimming skills for basic rescues; mask, fin, and snorkel techniques; methods and use of backboard; basic life support techniques, first aid, and the responsibilities of a lifeguard. Lifeguard training will be included in this course. Red Cross certification is an optional fee. This course will also include basic SCUBA. **Prerequisite:** Swimming & Individual and Dual Sports or recommendation from the instructor. A SCUBA certification fee is required. **Paired Semester Courses**

Outdoor Education, (#150247001/#150243001): This course provides students with opportunities to extend the acquisition of knowledge in the development of advanced swimming skills and advance open water and deep-water scuba certification. Also included will be advanced life support techniques, first aid, and the responsibilities of a lifeguard. As all students will already be lifeguards, open water training and WSI (water safety instructor) certifications will be given for an additional fee. **Prerequisite:** Basic SCUBA and American Red Cross Lifeguard Certification & Red Cross Swimming Level IV **Paired Semester Courses**

PHYSICAL EDUCATION

M/J Grade 6 PE & Fitness (#150800001/#150806001): This course is designed for 6th grade students. The purpose of this course is to provide a foundation of knowledge, skills, and values necessary for the development of a physically active lifestyle. The course content provides exposure to a variety of movement opportunities and experiences which includes, but is not limited to: Fitness Activities, Educational Gymnastics and Dance, and Team Sports. This course develops the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle. **Paired Semester Courses**

M/J Grade 7 PE & Team Sports (#150802001/#150807001): This course is designed for 7th grade students. The purpose of this course is to provide a foundation of knowledge, skills, and values necessary for the development of a physically active lifestyle. The course content provides exposure to a variety of movement opportunities and experiences which includes, but is not limited to: Fitness Activities, Educational Gymnastics and Dance, and Team Sports. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle. **Paired Semester Courses**

M/J Grade 8 Individual & Dual Sports & Outdoor Pursuits, (#150850001/#150830001): This course is designed for 8th grade students. The purpose of this course is to build on previously acquired knowledge, skills, and values necessary for the implementation and maintenance of a physically active lifestyle. The course content provides exposure to a variety of movement opportunities and experiences which include but is not limited to: Outdoor Pursuits/Aquatics, Individual/Dual Sports and Alternative/Extreme Sports. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle. **Paired Semester Courses**

Weight Training 1 & Fitness & Lifestyle Design/Yoga, (#150134001/#150131001): The

purpose of this course is to provide students with opportunities to acquire basic knowledge and skills in weight training that maybe used in physical fitness pursuits today as well as in later life, improve muscular strength and endurance, and enhance body image. The content should include, but not be limited to, knowledge of the importance of muscular strength and endurance, knowledge of health problems associated with inadequate levels of muscular strength and endurance, knowledge of skeletal muscles, knowledge and application of biochemical and physiological principles to improve and maintain muscular strength and endurance, knowledge of sound nutritional practices related to weight training, knowledge of safety practices related to weight training, and knowledge of consumer issues related to weight training. **Paired Semester Course**

The content will include, but not be limited to, assessment of the health-related components of physical fitness, further development of knowledge and application of physical fitness concepts, knowledge of designing, implementing, and evaluating a personal fitness program, knowledge of safety practices, and knowledge of consumer issues related to personal fitness programs. The design, implementation, and evaluation of an ongoing personal fitness program should be stressed.

Prerequisite: Personal Fitness. **Paired Semester Course**

UNITED STATES COAST GUARD JROTC (USCG JROTC)

Four Year Program Overview: Coast Guard JROTC provides a forum for the development and application of leadership and teambuilding skills. This is accomplished by enhancing the classroom education with a weekly Leadership Lab. The JROTC cadets are organized into a hierarchical structure where cadets can earn the privilege of moving into regimental leadership positions and assuming responsibility for the development of the cadets subordinate to them.

Coast Guard Junior Leadership Program I, (#180230001): This course is an introduction to the USCG and military service in general. It includes an overview USCG history, missions, organization, shipboard and shore station operations, and traditions from its inception to the present. The historical missions segment will reinforce studies in American History from 1790 through modern times, with emphasis being placed on the role of the USCG in armed conflicts involving the United States as well as its seven peacetime missions. **Prerequisite:** None. **Annual Course**

Coast Guard Junior Leadership Program II, (#180231001): This course introduces the concepts and basic skills of leadership and management. The emphasis is on time management, project management and interpersonal communication skills. It prepares cadets for entry level leadership positions in the cadet battalion staff. Leadership skills are introduced and practiced using MS1 cadets as trainees. This course also introduces Maritime Science topics that include small boat and ship handling theory, rules of the road, anchor and ground tackle, and basic weather knowledge. This course incorporates the US Coast Guard Auxiliary, Boating Skills and Seamanship (BS&S) Course. **Students completing the BS&S course will also meet the requirements for the Florida Boating Safety Education ID Card. Prerequisite:** Maritime Science I. **Annual Course**

Coast Guard Junior Leadership Program III, (#180232001): This course provides in depth study into the art of navigating a vessel on inland, inter-coastal or offshore waters. Cadets will learn to become competent navigators through an in-depth study of tides, currents, aids to navigation and the effect of magnet and celestial forces on the earth. Practical navigational skills such as identification and interpretation of lights and buoys, chart reading, conversion of magnetic bearings to true bearings, dead reckoning and relative motion plotting, completion of tide and current tables, and solutions, precision anchoring, and voyage planning will be learned and practiced both in the classroom and aboard USCG cutters. This unit entails a great deal of review/reinforcement in the area of science. MS3 cadets will be placed in mid-level administrative and operational positions

within the JLP battalion and will exercise their leadership skills in the execution of their assigned duties. **Prerequisite:** Maritime Science II. **Annual Course**

\Coast Guard Junior Leadership Program IV, (#180233001): This course provides cadets an opportunity for further implementation of leadership, organizational and managerial skills that cadets have learned over the previous three years. MS4s are given the highest levels of responsibility and authority for the management of the entire JLP corps of cadets. The academic portion of the course will include course work related to Motivation and Behavior, Situational Leadership, Communication, Team Building and Group Dynamics. Electronic and Celestial Navigation will be introduced. **Prerequisite:** Maritime Science III. **Annual Course**