



**COWLEY COLLEGE  
& Area Vocational Technical School**

**COURSE PROCEDURE FOR**

**MILITARY SCIENCE AND LEADERSHIP I  
MLS5921 2 Credit Hours**

**Student Level:**

This course is open to students on the college level in either the Freshman or Sophomore year.

**Catalog Description:**

**MLS5921 - MILITARY SCIENCE AND LEADERSHIP I (2 hrs)**

This course introduces you to the personal challenges and competencies that are critical for effective leadership and communication. You will learn how the personal development of life skills such as cultural understanding, goal setting, time management, stress management, and comprehensive fitness relate to leadership, officership, and the Army profession. As you become further acquainted with Military Science and Leadership, you will learn the structure of the Reserve Officers' Training Corps (ROTC) Basic Course program. The focus is on developing basic knowledge and comprehension of Army leadership dimensions, attributes and core leader competencies while gaining an understanding of the ROTC program, its purpose in the Army, and its advantages for the student.

**Prerequisites:**

None

**Controlling Purpose:**

To gain basic understanding of key introductory elements of military leadership and potential benefits of the ROTC program.

**Learner Outcomes:**

Upon completion of the course, the student will:

- Identify and describe US Military customs and Courtesies
- Identify and demonstrate key elements of Health & Fitness
- Identify and demonstrate effective Goal Setting and Time Management
- Explain, describe and demonstrate Critical Thinking
- Identify and describe key elements of Anti-terrorism
- Identify and describe key elements of Emergency Preparedness
- Identify, describe and demonstrate Basic Survival Skills
- Describe and demonstrate proper procedures for Military Communications
- Identify Counseling resources and indicators of potential benefit from Counseling

**Units Outcomes and Criterion Based Evaluation Key for Core Content:**

The following outline defines the minimum core content not including the final examination period. Instructors may add other material as time allows.

Evaluation Key:

- A = All major and minor goals have been achieved and the achievement level is considerably above the minimum required for doing more advanced work in the same field.
- B = All major goals have been achieved, but the student has failed to achieve some of the less important goals. However, the student has progressed to the point where the goals of work at the next level can be easily achieved.
- C = All major goals have been achieved, but many of the minor goals have not been achieved. In this grade range, the minimum level of proficiency represents a person who has achieved the major goals to the minimum amount of preparation necessary for taking more advanced work in the same field, but without any major handicap of inadequacy in his background.
- D = A few of the major goals have been achieved, but the student’s achievement is so limited that he is not well prepared to work at a more advanced level in the same field.
- F = Failing, will be computed in GPA and hours attempted.
- N = No instruction or training in this area.

**UNIT 1: US MILITARY CUSTOMS AND COURTESIES**

Outcomes: Upon completion of the unit, students will be able to identify and describe US Military Customs and Courtesies.

A	B	C	D	F	N	Specific Competencies
						Demonstrate the ability to:
						Identify military rank
						Salute at appropriate times
						Respond to passing colors
						Respond to national and military music
						Explain the vision of the Army’s I. A.M. STRONG campaign
						Define how sexual harassment and sexual assault is incompatible with Army values, warrior's ethos, and Soldier's creed
						Apply the five dimensions of strength
						Describe course structure: the six Army Learning Areas
						Describe course outcomes
						Locate course content
						Explain required course assignments & student expectations

## UNIT 2: HEALTH AND FITNESS

Outcomes: Upon completion of the unit, students will be able to identify and demonstrate key elements of Health & Fitness.

A	B	C	D	F	N	Specific Competencies:
						Demonstrate the ability to:
						Identify components of the Choose My Plate Food Guide
						Understand the importance of practicing portion control
						Understand the benefits of healthy nutrition
						Develop an exercise strategy to meet your personal fitness goals
						Develop exercise strategy
						Explain how physical activities benefit your personal health and fitness

## UNIT 3: GOAL SETTING AND TIME MANAGEMENT

Outcomes: Upon completion of the unit, students will be able to identify and demonstrate effective Goal Setting and Time Management.

A	B	C	D	F	N	Specific Competencies:
						Demonstrate the ability to:
						Identify the three types of learning
						Identify specific study methods
						Identify strategies to improve time management
						Determine how to balance multiple competing priorities
						Explain the P.O.W.E.R. model as a time management tool
						Understand the goal setting process and how it works
						Identify key points that underlie setting SMART goals
						Develop a systematic personal goal plan

**UNIT 4: CRITICAL THINKING**

Outcomes: Upon completion of the unit, students will be able to explain, describe and demonstrate Critical Thinking.

A	B	C	D	F	N	Specific Competencies:
						Demonstrate the ability to:
						Define critical thinking
						List the elements of thought
						Analyze the logic of an article

**UNIT 5: ANTI-TERRORISM**

Outcomes: Upon completion of the unit, students will be able to identify and describe key elements of Anti-terrorism.

A	B	C	D	F	N	Specific Competencies:
						Demonstrate the ability to:
						Identify and describe specific domestic threats to the U.S.
						Identify and describe specific foreign threats to the U.S.
						Identify and describe specific measures used to counter terrorism.

**UNIT 6: EMERGENCY PREPAREDNESS**

Outcomes: Upon completion of the unit, students will be able to identify and describe key elements of Emergency Preparedness.

A	B	C	D	F	N	Specific Competencies:
						Demonstrate the ability to:
						Identify and describe specific crises, threats, disasters and events.
						Identify and describe key elements of preparation, response and follow-up.
						Identify specific entities and roles in collaborative response to emergencies.

## UNIT 7: BASIC SURVIVAL SKILLS

Outcomes: Upon completion of the unit, students will be able to identify, describe and demonstrate Basic Survival Skills.

A	B	C	D	F	N	Specific Competencies:
						Demonstrate the ability to:
						Identify and describe key survival elements.
						Demonstrate key survival techniques for various climates, terrain, and situations.
						Identify key components of a survival kits for each scenario.

## UNIT 8: MILITARY COMMUNICATIONS

Outcomes: Upon completion of the unit, students will be able to describe and demonstrate proper procedures for Military Communications.

A	B	C	D	F	N	Specific Competencies:
						Demonstrate the ability to:
						Identify chain of command.
						Describe and demonstrate proper communications procedure.
						Identify likely consequences of improper communications.

## UNIT 9: COUNSELING

Outcomes: Upon completion of the unit, students will be able to identify Counseling resources and indicators of potential benefit from Counseling.

A	B	C	D	F	N	Specific Competencies:
						Demonstrate the ability to:
						Identify personnel and respective roles in career, mental health and emotional well-being counseling.
						Identify and recognize indicators of need for counseling for self and others.
						Identify appropriate and effective resources for counseling.

### Projects Required:

As assigned in class

**Textbook:**

Please Contact Bookstore for current textbook.

**Materials/Equipment Required:**

**Attendance Policy:**

Students should adhere to the attendance policy outlined by the instructor in the course syllabus.

**Grading Policy:**

The grading policy will be outlined by the instructor in the course syllabus.

**Maximum class size:**

Based on classroom occupancy

**Course Time Frame:**

The U.S. Department of Education, Higher Learning Commission and the Kansas Board of Regents define credit hour and have specific regulations that the college must follow when developing, teaching and assessing the educational aspects of the college. A credit hour is an amount of work represented in intended learning outcomes and verified by evidence of student achievement that is an institutionally-established equivalency that reasonably approximates not less than one hour of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work for approximately fifteen weeks for one semester hour of credit or an equivalent amount of work over a different amount of time. The number of semester hours of credit allowed for each distance education or blended hybrid courses shall be assigned by the college based on the amount of time needed to achieve the same course outcomes in a purely face-to-face format.

**Refer to the following policies:**

[402.00 Academic Code of Conduct](#)

[263.00 Student Appeal of Course Grades](#)

[403.00 Student Code of Conduct](#)

**Disability Services Program:**

Cowley College, in recognition of state and federal laws, will accommodate a student with a documented disability. If a student has a disability which may impact work in this class and which requires accommodations, contact the Disability Services Coordinator.