

Course Syllabus
Military Science Physical Readiness, 381, 382, 383

Instructor

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Course Description

Military Science 381, 382, and 383 courses are for third year and for fourth year Military Science students only. These courses introduces the final Military Science leadership concepts, ideas, and topics of physical training necessary for service as a Commissioned Army Officer. You will be treated and expected to perform as a Second Lieutenant. It is imperative you that you lead-by-example, remain cognizant of your military and professional bearing, observe all customs and courtesies, and maintain accountability and timeliness in all you do. These courses are 2-credit course using leadership, organizations, practical exercises, and physical tests as well as practical application of leadership in a variety of physical training settings.

Course Design and Format

These classes will be conducted in an interactive manner. Everyone will be responsible for contributing to the success of the learning experience. Students will be expected to participate in a professional, respectful, courteous, and constructive manner. Instruction will be brief and interactive. You will have opportunity for extensive large and small group leadership and exercises throughout class to apply learning and provide physical development.

Course Objectives

- Increase Cadet Proficiency in meeting the rigorous physical standards of military service as a Commissioned Military Officer.
- Introduce Cadets to Mission Command as explained in ADP 6-0.
- Prepare Cadets physically for commissioning and initial commissioned service.
- Introduce Cadets to a broad range of topics ranging from direct leadership concepts and techniques to leading, managing, and preserving resources.
- Organize the Cadet Staff, plan all training and grow the SOU Corps of Cadets.
- Introduce and discuss the Army's training management system. Students are responsible for creating weekly training plans for underclassmates and their execution during the course.

Course Map

NOTE: Request from Cadre

Requirements, Evaluation & Grading

a. General Guidance for Success:

- **3Ps – Professional** - always displaying yourself as a professional in arms, remembering your actions reflect on the Army and military as a whole, not just you; **Positive** – allow the benefit of the doubt, that you don't know everything and that the intent may be different than how it appears; lastly **Patient** – you don't know what is going on in the other persons day, so allow patience before acting.

- **Communication** – Nearly anything can be worked out through **OPEN, HONEST, FREQUENT**, and **TIMELY** communication. Failure to do so will not likely achieve the results you desire.

b. **Attendance** – Participation and performance in all assigned meeting times and events are worth 30% of your overall grade. You are **REQUIRED** to attend all scheduled MS 381-383 scheduled events. An unexcused absence will reduce your letter grade to the next lowest grade (for example, if you earned an A-, you will receive a B+). Permission to miss a period of instruction, meeting or exercise may only be obtained by MAJ Timmons at 541-791-6775, timmonsm@sou.edu.

c. **Army Physical Fitness Test (APFT)**: Your APFT score reflects 30% of your grade. You will lead the APFT for the underclassmates twice per term. You will take the APFT alongside your classmates and guide their assessment and performance.

d. **Leadership**: Your planning, demonstration, teaching and mentoring of Army physical fitness practices and training make up 40% of your grade.

- **NOTE 1- APFT SCORING**: 300/300(+) = 100 points; 299-270 = 90 points; 269-240 = 80 points; 239-210 = 60 points; 209-190 = 40 points, 189-180 = 20 points; APFT failure = 0 points (Less than 180 and less than 60 in any one event: Push-ups, Sit-ups and 2 Mile Run)

- **NOTE 2**: Throughout the term, your individual performance will be evaluated against required ROTC course end states and developmental outcomes. This evaluation is the Professor of Military Science assessment of your performance against the Army Leadership Requirements Model (ALRM).

Collaboration

You are encouraged to work together with the instructor in modifying assignments, suggesting agenda, and raising questions for better physical training of the class.

Religious Accommodation

The Army places a high value on the rights of its Soldiers to observe tenets of their respective religions or to observe no religion at all.

The Army will approve requests for accommodation of religious practices unless accommodation will have an adverse impact on unit readiness, individual readiness, unit cohesion, morale, good order, discipline, safety, and/or health.

Requests for religious accommodation generally fall into five major areas:

- Worship practices.
- Dietary practices.
- Medical practices.
- Wear and appearance of the uniform.
- Grooming practices.

For more information please refer to AR 600-20, Army Command Policy, 6 November 2014, Chapter 5, paragraph 5-6.

On-line Conduct

As members of the Army Team, our individual actions and interactions, on and off duty, online and offline reflect on the Army and our values. Every Soldier and Army Civilian is responsible to uphold the Army standards and values; applying all aspects into our lives. This includes our online conduct when communicating with any form of electronic media.

Any type of online misconduct such as; harassment, bullying, hazing, stalking, discrimination, or retaliation that undermines the dignity and respect of another individual, is not consistent with Army Values, will NOT be condoned and subject to criminal, disciplinary, and/or administrative action.

It is every individuals' (Soldier, Army Civilian, contractor, and Family member) duty to understand the laws and regulations pertaining to Online Conduct. It is every leader's responsibility to enforce those laws and regulations pertaining to Online Conduct.

For more information please refer to AR 600-20, Army Command Policy, para 1-4, 4-19, Chapter 7, and AR 600-100.

Inappropriate Relationships

Per Army Directive 2016-17 (Protecting Against Prohibited Relations During Recruiting and Entry-Level Training and IAW Department of Defense Instructions (DoDI) 1304.33 (Protecting Against Inappropriate Relations During Recruiting and Entry Level Training)).

The Army and all Army personnel (including any Army military, civilian, or contractor personnel) will treat each prospect, applicant, recruit, and trainee with dignity and respect as they pursue their aspiration of serving in the military. Army policy prohibits inappropriate relations between recruiters and prospects, applicants, and/or recruits and between trainers providing entry-level training and trainees. At a minimum and as required, the prospect, applicant, recruit, trainee, recruiter, or trainer will complete the following administrative actions. Commanders may add requirements to this list.

- (1) Trainers providing entry-level training will sign a DD Form 2982 that acknowledges their understanding of the prohibitions listed in paragraph 5d and their responsibilities regarding the policies to avoid the inappropriate behaviors and relations outlined in this directive. The DD Form 2982 will be recertified annually. The form will be locally filed and kept for 1 year after the trainer has left the unit.

(2) At the onset of the first training session, trainers will brief trainees on the policies in this directive and provide information that trainees can use to contact someone in leadership if they wish to report any issue related to a trainer's inappropriate conduct.

(3) Trainees will sign a DD Form 2983 to acknowledge their understanding and responsibilities as outlined in this directive no later than the first day of entry-level training. The DD Form 2983 will be locally filed and kept until 6 months after the trainee has left the unit.

ELECTRONIC DEVICES

Cellular phones will be placed on silent and stowed in the students backpack during lecture. The use of personal laptop computers during lecture is allowed but will be inspected for proper use. During leadership lab only, personal cellular phones may be placed on vibrate stowed in the left breast pocket. Violators will lose one letter grade for each infraction. EXAMPLE: 1st violation, an earned "A" would be reduced to an "A-".

Use of the issued "green book" (NSN: 7530-00-222-3521) is strongly suggested. Notes written in "green books" may be used during all examinations.

Special Needs

The American with Disabilities Act of 1990 requires universities to provide a "reasonable accommodation" to any individual who advises us of a physical or mental disability. If you have a physical or mental limitation that requires an accommodation or an academic adjustment, please arrange a meeting with me at your earliest convenience.

Office Hours and Appointments

I will meet with any student(s) during office hours to discuss assignments, issues, or concerns. I will also make adjustments to my schedule (to meet with you) beyond office hours, if necessary.

	(AM)	(PM)	
	INSTRUCTOR OFFICE HOURS	INSTRUCTOR OFFICE HOURS	ADDITIONAL APPOINTMENT HOURS
WEEK DAY	From – To	From – To	Special Instructions:
MONDAY	1030-1200	N/A	Must coordinate time(s) after 1700
TUESDAY	0930-1200	1330 – 1530	Must coordinate time(s) after 1700
WEDNESDAY	1030-1200	By Appt Only	Must coordinate time(s) after 1700
THURSDAY	1000-1030	1330-1530	Must coordinate time(s) after 1700
FRIDAY	By Appt Only	By Appt Only	Must coordinate time(s) after 1700

Course References

- Course Syllabus

MS 381-383 – **SOU ROTC – Raider Company**
SY 2019-20120

- ADP 6-0, Mission Command; May 2012
- ADP 6-22, Army Leadership; August 2012
- ADP 7-0, Training Units and Developing Leaders; August 2012

The following websites are useful resources for Army Leadership:

1. US Army Human Resources Command (URL is a secure web site; do a Google or Yahoo search)
 2. US Army Platoon Leader Forum <http://platoonleader.army.mil>
 3. US Army Combat Readiness/Safety Center <https://safety.army.mil/>
 4. Training and Doctrine Command <http://www.tradoc.army.mil/index.html>
 5. Army Publishing Directorate <http://www.apd.army.mil/the>
 6. Armed Forces Information Services (Current News Early Bird) <http://ebird.afis.osd.mil/>
 7. CompanyCommand.com <http://www.companycommand.com/>
 8. Platoon Leader.org <http://platoonleader.army.mil/>
 9. Army Study Guide <http://www.armystudyguide.com/index.html>
 10. United States Central Command <http://www.centcom.mil/>
 11. U.S. Army Sergeant Majors Academy <http://usasma.bliss.army.mil/>
- Army Power Point <http://ppt.armystudyguide.com/index.html>

Web Sites (Have Cadets establish accounts)

- <https://rotc.blackboard.com>
- <https://atn.army.mil/>
- <https://login.milsuite.mil/>
- <http://cape.army.mil>
- <http://www.preventsexualassault.army.mil/>
- <http://www.army.mil/readyandresilient>
- <http://csf2.army.mil/>
- <http://www.armyg1.army.mil/hr/suicide/>
- <http://www.ChooseMyPlate.gov>
- <https://www.choosemyplate.gov/SuperTracker/default.aspx>
- <http://www.army.mil/media/amp/?bctid=114827147001>
- <http://bands.army.mil/music/>
- <http://www.timemanagementhelp.com/college.htm>
- <http://www.history.army.mil/moh/index.html>
- <http://www.army.mil/values/warrior.html>
- http://www.goarmy.com/about/ranks_and_insignia.jsp
- <http://www.bbc.co.uk/ethics/war>
- <http://www.youtube.com/user/usarmy>
- <http://platoonleader.army.mil/>

NOTE: Some of these supplemental training materials/sites may require account set-up prior to gaining access to their resources.

SOU Cares

SOU has a wide range of resources to help you succeed. Our faculty, staff, and administration are dedicated to providing you with the best possible support. The SOU Cares Report allows us to connect you with staff members who can assist with concerns, including financial, health, mental health, wellbeing, legal concerns, family concerns, harassment, assault, study skills, time management, etc. You are also welcome to use the SOU Cares Report to share concerns about yourself, a friend, or a classmate at <https://inside.sou.edu/ssi/index.html>. These concerns can include reports related to academic integrity, harassment, bias, or assault. Reports related to sexual misconduct or sexual assault can be made anonymously or confidentially. Student Support and Intervention provides recourse for students through the Student Code of Conduct, Title IX, Affirmative Action, and other applicable policies, regulations, and laws.

Academic Honesty Statement and Code of Student Conduct

Students are expected to maintain academic integrity and honesty in completion of all work for this class. According to SOU's Student Code of Conduct: "Acts of academic misconduct involve the use or attempted use of any method that enables a student to misrepresent the quality or integrity of his or her academic work and are prohibited".

Such acts include, but are not limited to: copying from the work of another, and/or allowing another student to copy from one's own work; unauthorized use of materials during exams; intentional or unintentional failure to acknowledge the ideas or words of another that have been taken from any published or unpublished source; placing one's name on papers, reports, or other documents that are the work of another individual; submission of work resulting from inappropriate collaboration or assistance; submission of the same paper or project for separate courses without prior authorization by faculty members; and/or knowingly aiding in or inciting the academic dishonesty of another.

Any incident of academic dishonesty will be subject to disciplinary action(s) as outlined in SOU's Code of Student Conduct:

<https://inside.sou.edu/assets/policies/CodeofStudentConduct.pdf>

In case of loss, theft, destruction or dispute over authorship, always retain a copy of any work you produce and submit for grades. Retain all written work that has been graded and handed back to you.

Emergency Notifications

SOU is committed to a safe community. Student, faculty and staff emails are automatically enrolled in SOU Alert, the campus emergency communication system. In the event of emergency, closure, or other significant disruption to campus operations, such as inclement weather, messages are delivered via SOU Alert. To ensure timely notification, students, faculty, staff are strongly encouraged to visit InsideSOU to register their cell phone numbers and/or add family members to the system. Campus Public Safety is available 24 hours/day by

dialling 541-552-6911. CPS responds to safety concerns, incidents, and emergencies and can provide safety escorts to on-campus locations. CPS works in collaboration with Ashland Police and Fire.

Statement on Title IX and Mandatory Reporting

Federal law requires that employees of institutions of higher learning (faculty, staff and administrators) report to a Title IX officer any time they become aware that a student is a victim or perpetrator of gender-based bias, sexual harassment, sexual assault, domestic violence, or stalking. Further, Oregon law requires a mandatory report to law enforcement of any physical or emotional abuse of a child or other protected person, including elders and people with disabilities, or when a child or other protected person is perceived to be in danger of physical or emotional abuse. If you are the victim of sexual or physical abuse and wish to make a confidential disclosure please use the confidential advising available at <https://inside.sou.edu/ssi/confidential-advisors.html>, or use Southern Oregon University's Anonymous Harassment, Violence, and Interpersonal Misconduct Reporting Form: https://jfe.qualtrics.com/form/SV_7R7CCBciGNL473L

SOU Academic Support/Disability Resources:

To support students with disabilities in acquiring accessible books and materials, and in planning their study and time management strategies, SOU requires all professors to include information regarding Academic Support and Disability Resources on course syllabi. It is the policy of Southern Oregon University that no otherwise qualified person shall, solely by reason of disability, be denied access to, participation in, or benefits of any service, program, or activity operated by the University. Qualified persons shall receive reasonable accommodation/modification needed to ensure equal access to employment, educational opportunities, programs, and activities in the most appropriate, integrated setting, except when such accommodation creates undue hardship on the part of the provider. These policies comply with Section 504 of the Rehabilitation Act of 1974, the Americans with Disabilities Act of 1990, and other applicable federal and state regulations that prohibit discrimination on the basis of disability.

If you are in need of support because of a documented disability (whether it be learning, mobility, psychiatric, health-related, or sensory) you may be eligible for academic or other accommodations through Disability Resources. See the Disability Resources webpage at <https://inside.sou.edu/dr/index.html> for more information or to schedule an appointment. If you are already working with Disability Resources, make sure to request your accommodations for this course as quickly as possible to ensure that you have the best possible access.