

COLLEGE OF THE MARSHALL ISLANDS
COURSE OUTLINE

CIP No. 30.2901

MART 104

Alpha Number

Shipboard Life Skills

Course Title

Course Description

Designed to provide instruction in safety, health and hygiene in a shipboard environment.

Course prepared by:

Vocational

January 2014

	Hours per Week	Number of Weeks	Total Hours	Credits
Lecture	<u>5</u>	<u>16</u>	<u>80</u>	<u>5</u>
Laboratory	<u>5</u>	<u>16</u>	<u>80</u>	<u>2</u>
Clinical	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Seminar	<u> </u>	<u> </u>	<u> </u>	<u> </u>
Total Credit Hours				<u>7</u>

Purpose of Course: Degree Requirement
 Degree Elective
 General Education
 Certification X
 Developmental
 Other

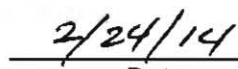
Prerequisite(s) Permission of Instructor


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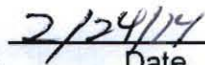
Signature, Curriculum Committee Chairperson


Date


Signature, Dean of Academic Affairs


Date


Signature, Vice President of Academic and Student Affairs


Date

Last Date reviewed or revised:

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I. Course Outcomes**A. General Learning Outcomes**

The student will:

1. Clean and maintain living and common areas (APP 4)
2. Attend classes and daily extracurricular activities with promptness and regularity (APP 3, 4)
3. Keep himself/herself clean and free from adulterating substances (APP 3, 4)
4. Maintain a healthy lifestyle (APP 4)

B. Student Learning Outcomes

Upon completion of this course, the student will be able to:

1. Sweep, swab, dust, scrub and otherwise clean bunk rooms, classrooms, galley, student mess and common areas
2. Punctually attend classes; participate in lessons, study sessions, tutoring and homework; promptly and fully complete assignments
3. Explain the negative physical effects of drugs, alcohol and other consciousness-altering substances and explain why their use is restricted or banned aboard ships
4. Make healthy nutrition choices, participate in exercise activities and generally improve personal fitness levels

II. Course Content

This course introduces the student to shipboard life skills.

1. Campus rules and routines
2. Study methods
3. Substance abuse awareness
4. Food, fitness and nutrition

III. Methods of Instruction

1. Classroom lecture
2. Independent and group study and practice
3. Computer-based learning systems
4. Simulated and actual practical work

IV. Equipment and Materials

1. Texts and reference materials
2. Training videos
3. Computers
4. Cleaning materials and supplies

V. Suggested Methods of Evaluation

1. Class participation
2. Quizzes
3. Examinations
4. Practical demonstrations
5. Instructor assessments

Letter grades will be assigned per CMI Grading System.