COLLEGE OF THE MARSHALL ISLANDS
COURSE OUTLINE

CIP No. 30.2901

MART 104
Alpha Number

Course Title: Shipboard Life Skills

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

Course prepared by: Vocational
Course prepared by: January 2014

<table>
<thead>
<tr>
<th>Lecture</th>
<th>Laboratoy</th>
<th>Clinical</th>
<th>Seminar</th>
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<tbody>
<tr>
<td>Hours per Week</td>
<td>Number of Weeks</td>
<td>Total Hours</td>
<td>Credits</td>
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<tr>
<td>5</td>
<td>5</td>
<td>16</td>
<td>16</td>
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Total Credit Hours: 7

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

Prerequisite(s):
- Permission of Instructor

Signature, Curriculum Committee Chairperson

Signature, Dean of Academic Affairs

Signature, Vice President of Academic and Student Affairs

Last Date reviewed or revised: __________
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.