



# Navy Officer Development School

# Officer Development School



## **Purpose:**

The purpose of this course is to provide Staff Corps Officers and Nuclear Power Instructors/Engineers with training necessary to prepare them to function in their role as newly commissioned Naval Officer. It provides a basic introduction into fundamental aspects of leadership while providing a working knowledge of available references.

## **Scope:**

**Academics:** 5 weeks of instruction in Naval Leadership, Naval Administration, Naval Organization, Sea Power, Military Law, Military Indoctrination, Naval Warfare and Damage Control. It also provides

leadership training through the Division Officer Leadership Course, which is held during the last two weeks of the course.

## **Physical Training**

While at ODS you will complete three PRT's (an In PRT, Mid PRT, and Out PRT). Physical Training will include two to three days of strength and conditioning exercises to include, pushups, sit-ups, and various other exercises. Students will run three to four days per week. For the first two weeks students will run approximately 1.5 miles each run day. During week three and part of week four students will run approximately three miles each run day. During the remainder of week four and all of week five students will run four miles each run day.

## **Academic Training**

ODS is designed to prepare you for your future as a commissioned officer by providing the basic knowledge of the naval profession and its related military, academic and nautical subjects. It will provide moral, mental and physical development, and instill the highest ideals of duty, honor and loyalty. The training you will receive during your 5 weeks at ODS is divided into 8 units of instruction.



1. **Military Indoctrination:** During military indoctrination you will be taught basic military customs and courtesies, basic uniform assembly and requirements, inspection procedures and training requirements.
2. **Seamanship:** Seamanship training at ODS familiarizes you with naval terminology, equipment and various platform operations.
3. **Damage Control:** The damage control curriculum is designed to familiarize you with the types of damage, which can occur in the naval environment due to accidents, warfare and nautical disasters. Damage control also includes instruction in fire fighting theory and prevention of different kinds of fires common to sea, shore and air commands. It also includes principles of chemical, biological and radiological warfare defense. Practical demonstrations of flooding control are given in a mock-up of a shipboard space.
4. **Naval Leadership:** Subjects include leadership qualities, motivational theories, team building, management skills, decision making, goal setting and action planning, communication processes and public speaking skills. You will have many opportunities through practical application to demonstrate leadership skills.
5. **Division Officer:** Subjects include military rank structure, performance evaluations, educational programs, enlisted records, classified material handling, naval correspondence, officer designations, promotions, pay and allowances, junior officer administrative duties and advancement.
6. **Military Law:** Subjects introduced include the Military Code of Conduct, The Geneva Convention, the Uniform Code of Military Justice, investigations, non-judicial punishment, court-martial procedures, apprehensions, jurisdiction, pretrial restraints, administrative discharges and claims.
7. **Naval Warfare:** During this phase you will study the equipment, shipboard spaces and weapons used in various operations. Amphibious, Mine, Strike, Electronic, Submarine, Surface and Air warfare tactics will be studied. You'll also examine the problems of detection and learn the weapons systems used in various types of combat.
8. **Special Emphasis Program:** Subjects include suicide awareness and prevention, Drug and Alcohol Program Advisor (DAPA), Human Resources and Safety Programs, counterespionage and AIDS briefings. It also covers programs such as Tricare, Military Benefits Association, Navy Marine Corps Relief Society and the Montgomery GI Bill.

## Military Training

Military training at Officer Development School is comprised of the following categories:

**Physical Training:** There are three Physical Fitness Assessments (PFA) at ODS, the Indoctrination PFA, Mid-PFA and the Out-PFA. The passing requirements are Satisfactory-Medium for the In-PFA, Satisfactory-High for the Mid-PFA and Good-Low for the Out-PFA. Refer to OPNAV INST 6110.1H (Physical Readiness Program) for an outline on how the PFA is conducted and the number of sit-ups, push-ups and run time required to pass.

**Room & Locker Inspection (RLP):** A Officer's room is subject to inspection anytime. To ensure cleanliness and maintain standards, room inspections occur at regular intervals in lieu of zone inspections. Rooms are to be maintained in accordance with the daily room standards.

**Personnel Inspection (PI):** Each Officer will be inspected for proper uniform, haircut, shave, knowledge, hygiene and general military appearance.

**Drill:** Approximately 40 hours are spent learning and practicing drill for graduation. Officer's also march to and from every evolution.

**Graduation/Commissioning Ceremony:** Your final exercise as an Officer is the Graduation Ceremony.

# Getting Started

You've done your research. You've read up on America's Navy, exploring this site and other recommended sites of interest. And now that you're ready to take the next step, here's what to do.

The process is simple. Below, the steps are laid out for you – from talking to a recruiter to getting mom and dad on board to taking the Oath of Enlistment and moving on to your initial training.

**Step 1:** Talk to a Recruiter

**Step 2:** Share with Mom and Dad

**Step 3:** Put in Your Application

**Step 4:** Get Processed

**Step 5:** Begin Training

## Step 1: Talk to a Recruiter

At this point, it's common to have questions about everything from qualifications and life in the Navy to benefits and even career and job areas that have piqued your interest. So it's time to get answers by contacting your local recruiter. Your recruiter will fill in any gaps and talk with you about available career options and education opportunities as well as any other points you wish to discuss.

Your recruiter will also outline the different ways you can join the Navy.

## Step 2: Share With Family and Friends

The idea of joining the military can make loved ones a little bit uneasy. So, be sure to talk to them about the Navy, its advantages, and why joining the Navy will give you the opportunities of a lifetime. Introduce them to [NAVYForMoms.com](http://NAVYForMoms.com). This online community is a great place to share thoughts and questions with those who have loved ones serving in the Navy. Also, feel free to invite your recruiter to meet with your family. He or she can easily answer more detailed questions.

## Step 3: Put in Your Application

Now, it's time to apply. In applying to be an Officer candidate, you must provide all of the above plus:

- Birth certificate
- Social Security card
- Citizenship certificate (if applicable)

- High school diploma
- Complete list of places you've worked
- Four character references
- List of all the places you've visited outside of the U.S.
- List of all the places you've lived
- Any information involving the police and drug use
- College transcripts
- Medical/dental certifications and licenses (if applicable)

Once you've made the cut, you're officially a recruit in America's Navy. Next, you'll schedule a date to visit your local MEPS.

## **Step 4: Get Processed**

### **Take Your Physical**

It's like taking a physical with your regular doctor. First, you'll discuss with the doctor any medical conditions you may have. Next, you'll take a series of basic tests including blood and urine work, hearing and visual exams, and simple flexibility tests. Your height and weight will also be documented. Finally, you'll talk with the doctor about your medical history to make sure you're healthy enough to join the Navy.

### **Narrow Your Interests**

After your physical, you'll head to a Career Classifier to choose your Navy career. Remember when you jotted down a few career opportunities in Step 1? Pull out that list here. Based on those interests, your ASVAB and physical results, a counselor will help match you up with the right job.

If you need help figuring out what you're into and what you might be good at, start with Navy Life Ops. It's a straightforward quiz that will point you to some Navy careers based on your likes and dislikes.

## **Step 5: Begin Training**

It's immensely important that every man and woman who serves in the Navy is at the top of his or her game within his or her career fields. So training is unparalleled. In-depth. Hands-on. And challenging.