MEDICAL OFFICER TRAINING AND DEVELOPMENT

Physicians, dentists and nurses are all commissioned as Officers in America's Navy. At Officer Development School, their talents are combined with leadership skills to form a strong foundation for a successful career as a Navy Officer.

In order to know what it means to be a Navy Officer, it helps to understand the types.

Unrestricted Line Officers are eligible to command ships, submarines, aircraft squadrons, fleets and shore bases. **Restricted Line Officers** are designated for duties in aviation, engineering, aerospace engineering or special duty. **Limited Duty Officers** are former Enlisted Sailors who are commissioned based on extensive training and experience in their jobs.

Staff Corps Officers are specialists in career fields which are professions unto themselves, and include health-care roles such as **physicians, dentists, nurses, clinical care providers, hospital administrators and those in health care science.** These officers are usually commissioned through a five-week course at Officer Development School in Newport, R.I.

Officer Development School (ODS)
Officer Development School is a five-week program located at Naval Station Newport in Rhode Island. ODS trains already-commissioned Officers who are pursuing careers in a specific field of study such as nuclear engineering, chaplaincy, oceanography or health care.

ODS provides a comprehensive and intense introduction to the responsibilities of Navy Staff Corps Officers. Here they learn about the military structure of the U.S. Navy, its rich history of traditions and customs, leadership development and military etiquette.

In short, that's all you need to know to begin a Navy Health Care career filled with endless opportunities. Generous benefits. And the chance to make a difference in the world.

Academics
During your five weeks at ODS, you'll receive instruction in:

- Naval Leadership
- Naval Administration
- Naval Organization
- Sea Power
- Military Law
- Military Indoctrination
- Naval Warfare
- Damage Control
- Seamanship
- Division Officer
- Special Emphasis Program

You will also receive 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 Physical Readiness Tests (PRTs) – In PRT, Mid PRT and Out PRT.

Physical Training will include two to three days of strength and conditioning exercises, which include push-ups, sit-ups and various other exercises.

You will run three to four days a week. For the first two weeks, you will run approximately 1.5 miles each run day. During weeks three through five, you will run approximately three miles each run day. All running is on paved roads.

Please note: It pays to be in peak physical condition when reporting for ODS.

READY TO TAKE THE NEXT STEPS?

Once you're inspired, better informed and seriously interested, here's how to proceed:

1. TALK TO YOUR RECRUITER

- Find a local recruiter at **navy.com/locator**
- Ask questions
- Discuss your long-term goals
- Review your qualifications
- Go over relevant financial incentives and bonuses

2. APPLY FOR THE POSITION

- Go to **navy.com/apply**, follow the link at the bottom and complete the online application
- Provide personal information that includes your birth certificate, social security card and professional details (if applicable)
- Pass a full medical examination
- Participate in a precommitment interview
- Take the Defense Language Aptitude Battery (DLAB) test

3. COMPLETE YOUR DEGREE

- Finish your medical, dental or nursing degree at the accredited school of your choice. Let the Navy cover most (or all) of the expense

4. BEGIN YOUR TRAINING

- Attend Officer Development School (5 weeks) in Newport, R.I.
- From there, you're ready to start serving as a Navy Medical Officer and respected leader

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