Effectiveness of Royal Malaysian Navy’s
Sea Training Program
For Work Performance Onboard Ship

Lt Kdr Ramli Bin Samsudin TLDM

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RAMLI BIN SAMSUDIN
UNIVERSITY OF MALAYA
SESSION 2008/2009
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<tr>
<td>ASTD</td>
<td>American Society for Training Development</td>
</tr>
<tr>
<td>BAT A 3023A</td>
<td>Trainee’s Performance Report Book</td>
</tr>
<tr>
<td>BJOC</td>
<td>Basic Junior Officer Course</td>
</tr>
<tr>
<td>CLP</td>
<td>Cawangan Latihan Pegawai</td>
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<td>DCFF</td>
<td>Damage Control and Fire Fighting</td>
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<tr>
<td>EEZ</td>
<td>Exclusive Economic Zone</td>
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<tr>
<td>GS</td>
<td>Graduate Scheme</td>
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<td>KDSI 1</td>
<td>KD SULTAN IDRIS 1</td>
</tr>
<tr>
<td>KTD</td>
<td>Kolej Tentera Darat</td>
</tr>
<tr>
<td>KTLD</td>
<td>Kolej Tentera Laut Diraja</td>
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<tr>
<td>MAF</td>
<td>The Malaysian Armed Forces</td>
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<tr>
<td>OOW</td>
<td>Officer of The Watch</td>
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<td>RMN</td>
<td>Royal Malaysian Navy</td>
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<tr>
<td>RMNTS</td>
<td>Royal Malaysian Navy Training System</td>
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<tr>
<td>ROR</td>
<td>Rules of The Road</td>
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<tr>
<td>UPNM</td>
<td>Universiti Pertahanan Nasional Malaysia</td>
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<tr>
<td>UTM</td>
<td>University of Technology, Malaysia</td>
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<tr>
<td>SPSS</td>
<td>Statistical Package for Social Science</td>
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Extensive boat handling training and further navigation training. 3 week Initial Sea Acquaint onboard a Royal Navy Warship. Critical Thinking presentations and assessments. Four-day, assessed maritime practical leadership exercise. Once you have essential military and maritime command skills under your belt, it’s time to become a specialist in the officer role you’ve chosen. Through a combination of time at sea and time in the classroom, this is when your Royal Navy career really starts to come into its own. All you need to do now is find the role that fits your skills and ambitions. Ready to join? Role finder. You might also like. Practise for recruitment test. The Navy SEAL training program will stress you beyond your limits to make sure you’re worthy to serve with the world's best fighting force. Be prepared, stay focused, make mature choices, and understand what you are volunteering for. SEAL training prepares you for the extreme physical and mental challenges of SEAL missions. If you’re up to the challenge, you’ll be in incredible physical shape and possess the confidence, determination and skills needed to succeed in today’s combat environment. Basic Underwater Demolition/SEAL Training. training either on board ship or training establishment. The journey that they had will allow them to accumulate experiences before serving on board. That was the main reason why most of the respondent in this study claimed that they have experience when asked about the type of knowledge that they possessed. Investigating the SECI model with another navy fleet due to the nature of the military and security issues. On top of that, time and cost constraints will come into the picture, as well. It was also difficult for the researcher to conduct the study with regard to the implication of gender differences with the SECI model because there were not many female personnel serving on board the RMN ships (observations were made. The Navy SEAL Category II workout routine is a more intense workout designed for those who have been involved with a routine physical fitness training program or those who have completed the requirements of Category I workout routine. Do not attempt this workout unless you can complete week 9 of Category I workout. Week 6: (5/6/6/6/4) miles (27 miles per week). Week 7: (6/6/6/6/6) miles (30 miles per week). For weeks 8 and 9 and beyond, it is not necessary to increase the distance of the runs; work on the speed of your 6-mile runs and try to get them down to 7:30 per mile or lower. If you wish to increase the distance of your runs, do it gradually no more than 1 mile per day increase for every week beyond week 9. Physical Training Schedule.