Midshipmen are provided the opportunity in laboratory to develop personally while participating in activities as a team leader or team member. Naval Science Laboratories are a blend of academic lectures on naval theory and naval administration and practical training in physical readiness, military discipline, and an appreciation of the customs and traditions of the Naval Service. Approximately two hours each week, usually held on Wednesdays at 16:00 (4 p.m.) at the SUNY Maritime College campus each semester. All NROTC midshipmen, STA-21 and MECEP students are required to attend.

NAVY 1101. NAVAL ORIENTATION. (0 Credits)
NAVY 1102. HISTORY OF SEA POWER. (3 Credits)
NAVY 2200. NAVAL LABORATORY II. (0 Credits)
NAVY 2201. NAVAL LEADERSHIP I. (2 Credits)
A comprehensive study of organizational behavior and management in the context of the naval organization. Senior year, fall semester, for Navy Option midshipmen. (Maritime NVSC 401.) Degree credit through CBA.
NAVY 2202. MARINE ENGINEERING. (3 Credits)
NAVY 2204. NAVIGATION AND NAVAL OPERATION I. (3 Credits)
Piloting and celestial navigation including theory, principles, procedures, the use of charts, visual and electronic aids, and the theory and operation of magnetic and gyro compasses. Celestial navigation is covered in depth. Practical skills are developed. Topics include tides, currents, effects of wind and weather, plotting, use of navigation system, and day's work in navigation. Required of all Navy Option NROTC midshipmen. Sophomore year, spring semester. Degree credit through CBA. (Maritime NVSC 211).
NAVY 3300. NAVAL LABORATORY III. (0 Credits)
NAVY 3302. NAVAL OPERATIONS. (0 Credits)
NAVY 3303. NAVAL SHIP SYS I (ENGINEERING). (3 Credits)
NAVY 3304. NAVAL WEAPONS SYSTEMS. (3 Credits)
Modern naval weapons, attention is given to airborne, surface systems. The facets of command, control, integration. Required of all Navy Option, CBA. (Maritime NYSC 303)
NAVY 3311. EVOLUTION OF WARFARE. (3 Credits)
NAVY 3312. AMPHIBIOUS WARFARE. (3 Credits)
NAVY 4400. NAVAL LABORATORY IV. (0 Credits)
NAVY 4402. NAVAL LEADERSHIP II. (3 Credits)
NAVY 4403. NAVIGATION & NAVAL OPER II. (3 Credits)