

# Accessing The Semper Fit Distance Learning Courses Online



Go to:  
<http://www.marinenet.usmc.mil/portal/>

**Marines**  
The Few. The Proud.

**United States Marine Corps**  
**College of Continuing Education**  
**MarineNet**

CCE Home

**MarineNet Portal**

MarineNet Logon  
Logon Help  
Eligibility Criteria  
Computer Requirements  
Course Information  
LRCs/DLRCs  
How To Request a DLRC  
Guides and Tutorials  
Accessibility  
Give Us Your Feedback  
MarineNet Help Desk

**General Info**

**Programs**

**Faculty & Staff**

Security and Privacy  
Sitemap

**Related**

MCCDC Home  
TECOM Home  
EDCOM Home  
MCI Home  
Army Knowledge Online  
SMART  
VMET

**MarineNet** is your official gateway to exciting online courseware! It is your instant access to libraries of exciting and challenging online courses from any PC on base! Best of all... MarineNet will allow you to complete **required and annual training** without ever having to step into a classroom!

**What does MarineNet do for you? It provides:**

- Promotion Bonus Points and ACE Accreditation!
- Private Industry Certification!
- Electronic training courses!
- 24/7 access to courses!
- Detailed tracking of learning progress!
- Opportunity to take online exams!
- MarineNet Training Management accounts to provide concise records management and custom reporting ability!
- Instant course feedback!
- Course completion and test results automatically passed to TECOM Information Management System (TIMS) and MCTFS!

**Ready to begin marineNet?** [Click here](#) to go to the MarineNet logon page.

**MarineNet Logon**

**Want to become a Training Manager?** View the **TM Guide**

**Need a TM (Training Manager) Account?** **Apply as TM**

**Not sure where to start?** Start by using the left navigation bar to access MarineNet.

**Will your computer support courseware?** Check out the [hardware and software requirements](#) and test your computer for suitability.

**Experiencing difficulties?** Click on the [MarineNet Help Desk](#) link to submit a trouble request. The help desk may be reached by phone at **(888) 4DL-USMC (435-8762)**, DSN 995-6049 or Commercial (301) 995-6049 during the hours of 0800 - 1900 EST Monday - Friday.

**Newest Courses Now Available!**

**Special Notice**

**ATTENTION: Please be sure to update your Email Address in your MarineNet account as soon as possible!** This is the primary method of communication to the users.

**New course has been released:** Incidental Motor Vehicle Operators (Phase 1, HMMWV)

**Opening soon:** MarineNet Learning Resource Center, Marine Corps Combat Engineer School, Courthouse Bay, NC, Bldg. BB12, 2<sup>nd</sup> Deck.

The MarineNet System will be unavailable due to **scheduled maintenance** on the following dates: **27 Sep, 25 Oct, 29 Nov, 27 Dec.** We apologize for any inconvenience.

**Self-Education Bonus Promotion Points and Reserve Retirement Credits Available**

**View Promotion Points**

- **Review the MarineNet online courses** that can improve your cutting score. There are no enrollment restrictions for these courses. (Note that parts of the Course Catalog, enroll, and begin your learning.
- Your enrollment and completion of these courses through MarineNet will be **automatically passed** to your Marine On Line (MOL) Education page.

unit leader, and individual Marine with **resources to develop, plan, and execute predeployment training** in accordance with Marine Corps doctrine and approved standards. (Note that parts of the PTP toolkit are currently under construction and not all links are available. Please use what is available and check back for updates.)

The PTP toolkit on MarineNet is the "one-stop shop" for deploying units and Marines. It provides:

For unit leaders:

- Lesson Plans
- Training & Logistics Plans

Click on "MarineNet Logon"

# MarineNet

Welcome to MarineNet  
Log on to access Distance Learning and online courses

**Log on to access courses**

SSN:

Password:

Marines returning from deployment who have accessed courseware through a Deployable LRC need to be revalidated in Marinenet. Please log on using your SSN and date of birth (YYYYMMDD)

- [Log on as Guest](#)  
Provides view-only access to Course Catalog.
- [New User](#)  
Students who are new to MarineNet click here.
- [Forgot your Password?](#)  
Assistance with a forgotten password
- [Need Help?](#)  
View the Online Help Guide.

[PRIVACY ACT STATEMENT](#)

[US DEPARTMENT OF DEFENSE WARNING STATEMENT](#)

If you already have a MarineNet account, enter your log in information here.

New Users must register by clicking here.

# MarineNet

Welcome, Linda F Desens!

- Home
- Course Catalog**
- Enrollments
- Transcripts
- Library
- Account Information
- Help
- Log Off

## Maximizing Your Distance Learning Experience

Take this short 30-minute tour to explore how you approach learning new information. Search for course code DI1500A.



### ATTENTION: Training Officers and Unit Leaders !!!

MarineNet Training Manager account provides capabilities to manage your entire unit's distance learning.

- Manage enrollments
- Proctor online examinations
- Construct custom reports

A Training Manager account is the key to optimizing your unit's training activities. Request your unit's account by completing a [MarineNet support request](#). Please provide your unit's Name, RUC, MCC, location, and Commanding Officer's point of contact information.

**Need Help?** The MarineNet help desk may be reached by phone at 1-888-4DL-USMC (435-8762), DSN 995-6049 or Commercial 301-995-6049 during the hours of 0800 - 1900 EST Monday - Friday.

The **MarineNet Course Catalog** has been reorganized to help you focus your learning. Every course is listed under one or more of the following headings:

- Military Occupational Specialty (MOS) Training Courses
- Professional Military Education Courses
- Functional Specialty Training Courses
- Annual and Required Training Courses
- Joint and Interservice Courses
- Family and Personal Readiness Courses
- Personal Development Courses
- Business and Leadership Courses
- Computers and Information Technology Courses

Best of all...many MarineNet courses have been validated by Marine Corps resident schools to ensure they meet proper learning standards.



**MarineNet**  
SMART, AGILE, EXPEDITIONARY

Click on Course Catalog.

# MarineNet

Welcome, Linda F. Desens!

## Course Catalog

### All Course Categories

- [Military Occupational Specialty \(MOS\) Training Courses](#)
- [Professional Military Education Courses](#)
- [Functional Specialty Training Courses](#)
- [Annual and Required Training Courses](#)
- [Joint and Interservice Courses](#)
- [Family and Personal Readiness Courses](#)
- [Personal Development Courses](#)
- [Business and Leadership Courses](#)
- [Computer and Information Technology Courses](#)
- [Marine On Line \(MOL\) Recorded Online Courses](#)
- [Military Occupational Specialty \(MOS\) Roadmap Courses](#)
- [Predeployment Training Program \(PTP\)](#)
- [Desktop Application Courses](#)

### Actions

- [Course Catalog List](#)
- [New Search](#)

- Home
- Course Catalog
- Enrollments
- Transcripts
- Library
- Account Information
- Help
- Log Off

Click on Family and Personal Readiness Courses

- Home
- Course Catalog
- Enrollments
- Transcripts
- Library
- Account Information
- Help
- Log Off

## Course Catalog

[All Course Categories](#) ▶ [Family and Personal Readiness Courses](#)

- [Fitness](#)
- [Key Volunteer Training](#)
- [L.I.N.K.S. Online Training](#)
- [Readiness](#)
- [Single Marine Program](#)
- [Spouses Learning Series \(Personal\)](#)
- [Spouses Learning Series \(Professional\)](#)

### Actions

- [Course Catalog List](#)
- [New Search](#)

Click on Fitness

# MarineNet

Welcome, Guest!

## Course Catalog

To request/launch training or to view a course summary, click the Course Title.

[All Course Categories](#) ▶ [Family and Personal Readiness Courses](#) ▶ [Fitness](#)

Course Code	Course Title	ACE Accredited	Course Type
CI060816D	<a href="#">Semper Fit: Suicide Prevention (Beta)</a>	No	Web
SFALDRUG	<a href="#">Semper Fit: Alcohol and Drug Recognition, Abuse, and Prevention (Beta)</a>	No	Web
SFFITNESS	<a href="#">Semper Fit: Fitness</a>	No	Web
SFHYPERT	<a href="#">Semper Fit: Hypertension/High Cholesterol (Beta)</a>	No	Web
SFINJURY	<a href="#">Semper Fit: Injury Prevention (Beta)</a>	No	Web
SFNUTRIT	<a href="#">Semper Fit: Nutrition (Beta)</a>	No	Web
SFSXHEALTH	<a href="#">Semper Fit: Sexual Health (Beta)</a>	No	Web
SFTOCESS	<a href="#">Semper Fit: Tobacco Cessation (Beta)</a>	No	Web

### Actions

- [Return to Prior Course Category](#)
- [Return to All Course Categories](#)
- [New Search](#)

- [Home](#)
- [Course Catalog](#)
- [Log Off](#)

Click on desired course

# MarineNet

Welcome, Linda F Desens!

## Course Summary

### Computer-Based Training

- Home
- Course Catalog
- Enrollments
- Transcripts
- Library
- Account Information
- Help
- Log Off

<b>Course Code:</b>	CI060816D
<b>Course Title:</b>	Semper Fit: Suicide Prevention (Beta)
<b>Credit Hours:</b>	1
<b>Course Type:</b>	Web
<b>Course Status:</b>	Active
<b>Access Level:</b>	1
<b>Prerequisites:</b>	None
<b>Course Description:</b>	This interactive course presents an understanding of suicide and its warning signs. It also includes resources for further assistance and advice.  Areas covered include the impact of suicide on the personal and unit levels, how to identify it in a Marine, and general guidance on what to do to respond to suicidal behavior.
<b>Designed For:</b>	The target audience for the Suicide Prevention course consists primarily of Marines from active or reserve components. This course also targets Marine family members, retirees, and civilian Marines.
<b>Study Hours:</b>	1
<b>Reserve Credits:</b>	
<b>ACE Accredited:</b>	No
<b>MCI Course:</b>	No

### Actions

- [Enroll in Course](#)
- [Return to Course Catalog](#)

Click on Enroll in Course



# MarineNet

Welcome, Linda F Desens!

## Enroll in Course

<b>Course Code</b>	CI060816D
<b>Course Title</b>	Semper Fit: Suicide Prevention (Beta)
<b>SSN</b>	578966516
<b>Student Name</b>	Linda F Desens
<b>Date Submitted</b>	09/21/2006

### Actions

- [Return to Course Detail](#)

- Home
- Course Catalog
- Enrollments
- Transcripts
- Library
- Account Information
- Help
- Log Off

Confirm Enrollment

Click on Confirm Enrollment.

# MarineNet

Welcome, Linda F Desens!

## Enrollment

Thank you. The Enrollment for Linda F Desens has been accepted. If this is a web based course then you may begin at any time. To start taking the course, you'll need to navigate to the course detail from your enrollments section, where there will be an option to launch the course.

### Actions

- [Course Summary](#)

- Home
- Course Catalog
- Enrollments
- Transcripts
- Library
- Account Information
- Help
- Log Off

Click on "navigate to the course detail"

# MarineNet

Welcome, Linda F Desens!

## Course Summary

### Computer-Based Training

### Actions

- [Launch Course](#)

**Course Code:** CID60816D  
**Course Title:** Semper Fit: Suicide Prevention (Beta)  
**Credit Hours:** 1  
**Course Type:** Web  
**Course Status:** Active  
**Access Level:** 1  
**Prerequisites:** None

**Course Description:** This interactive course presents an understanding of suicide and its warning signs. It also includes resources for further assistance and advice.  
Areas covered include the impact of suicide on the personal and unit levels, how to identify it in a Marine, and general guidance on what to do to respond to suicidal behavior.

**Designed For:** The target audience for the Suicide Prevention course consists primarily of Marines from active or reserve components. This course also targets Marine family members, retirees, and civilian Marines.

**Study Hours:** 1  
**Reserve Credits:**  
**ACE Accredited:** No  
**MCI Course:** No

- Home
- Course Catalog
- Enrollments
- Transcripts
- Library
- Account Information
- Help
- Log Off

Click on Launch Course

# MarineNet

Welcome, Linda F Desens!

## Transcripts

To sort the results, click the Sort Order criteria and click "GO".  
Click the Course Title for transcript detail.  
Click the History Status (**Completed/Passed**) to Print/View Certificate.  
To request official transcripts, please go to the [MCI Online](#) webpage.

### Actions

- [New Search](#)
- [Print Preview](#)

Sort Order:  Course Code  Course Title  History Status  Completion Date

Course Code	Course Title	MCI Course	History Status	Completion Date	Grade
C1060816D	<a href="#">Semper Fit: Suicide Prevention (Beta)</a>	No	<i>Passed</i>	09/21/2006	-
DI1754A	<a href="#">L.I.N.K.S. - Lifestyles Insights, Networking, Knowledge and Skills (LINKS)</a>	No	<i>Not Attempted</i>		-

- Home
- Course Catalog
- Enrollments
- Transcripts**
- Library
- Account Information
- Help
- Log Off

Once you have completed the course, you can click on transcripts to see your record of completion.

Click on a course for your certificate.

# United States Marine Corps



*This is to certify that*



*Has completed*

*Semper Fit: Suicide Prevention (Beta)  
Course Number: CI060816D*

*Given through the  
Marine Corps Distance Learning Network  
on 21 September 2006*

Semper Fidelis,

A handwritten signature in black ink that reads "T.K. Kerrigan".

T.K. Kerrigan  
Colonel, U.S. Marine Corps  
Director  
College of Continuing Education

Cert No. 223984