

**INFANTRY  
MOS-SPECIFIC PHYSICAL STANDARDS  
ASSESSMENT CHECKLIST**

UNIT: \_\_\_\_\_

DATE: \_\_\_\_\_

**EVENT: MK-19 LIFT**

**MOSs:** 0302, 0311, 0331, 0341, 0351, 0352

**T&R EVENT(s):** 0300-TVEH-1001, Performance Step 1

**CONDITION:** Given a requirement to load or unload a tactical vehicle with weapons, conduct the functional movement similar to a clean and press to simulate required movements associated with weapon's mounting upon a tactical vehicle.

**STANDARD:** Perform a single lift of a mock-up MK19 from ground to overhead, wherein the elbows momentarily lock out.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.44C, Append F, par 6a(4), pg F-3)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.44C, Append F, par 6a, pg F-3,4)

YES NO

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3. Did the instructor properly observe momentary lock-out of the elbows and controlled descent motion of the mock-up MK-19? (NAVMC 3500.44C, Append F, par 6a(5), pg F-3,4)

YES NO

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4. Did the instructor ensure that all participating students wore the appropriate fighting load, within 10% (49 to 59.88 pounds) of the total weight (54.35 pounds)?

(NAVMC 3500.44C, Append F, par 5a, pg F-2,3)

YES NO

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5. Did the instructor properly evaluate each student, record students' performance, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.44C, Append F, par 6a, pg F-3; Training Command Implementation Letter DTG 29 SEP 15)  
YES NO

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**EVENT: GROUND CASUALTY EVACUATION**

**MOSs:** 0302, 0311, 0331, 0341, 0351, 0352

**T&R EVENT(s):** 0300-MED-1001, Performance Step 1

**CONDITION:** Given a casualty, while wearing a fighting load and carrying a service rifle, conduct the functional movements to simulate evacuating a ground casualty while receiving fire.

**STANDARD:** Beginning in a prone firing position, when given the command, sprint 25 meters to simulated casualty weighing 214 pounds (165 lb. casualty, 40 lb. weight vest, and 9 lb. modular tactical vest), and evacuate casualty 25 meters in 54 seconds or less with minimal interruption to the mission.

**EVENT COMPONENTS:**

1. Did the instructor ensure the appropriate distance of 25 meters was measured prior to conducting the event? (NAVMC 3500.44C, Append F, par 6b(1), pg F-4; Figure 2, pg F-6)

YES NO

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2. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? Did the instructor ensure the simulated casualty was set up with appropriate equipment and proper configuration? (NAVMC 3500.44C, Append F, par 6b(4), pg F-4, Figure F-1, pg F-5)

YES NO

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3. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.44C, Append F, par 6b, pg F-4,5)

YES NO

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4. Did the instructor ensure that all participating students wore the appropriate fighting load, within 10% (49 to 59.88 pounds) of the total weight (54.35 pounds), and carried the assigned individual weapon while executing the event? (NAVMC 3500.44C, Append F, par 5a, pg F-2,3)

YES NO

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5. Did the instructor properly evaluate each student, record students' performance, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.44C, Append F, par 6b, pg F-4; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: CROSS A WALL**

**MOSSs:** 0302, 0311, 0331, 0341, 0351, 0352

**T&R EVENT(s):** 0300-MOUT-1001, Performance Step 1

**CONDITION:** While wearing a fighting load and carrying a service rifle, scale a 56” wall unassisted.

**STANDARD:** Using whatever technique necessary, move 5 meters and cross a 56” wall in 30 seconds, unassisted, while maintaining all equipment.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.44C, Append F, par 6c(4), pg F-6, Figure 3, pg F-7)  
YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.44C, Append F, par 6c, pg F-6)  
YES NO

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3. Did the instructor ensure that all participating students wore the appropriate fighting load, within 10% (49 to 59.88 pounds) of the total weight (54.35 pounds), and carried the assigned individual weapon while executing the event? (NAVMC 3500.44C, Append F, par 5a, pg F-2)  
YES NO

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4. Did the instructor allow for Marines to modify the magazine pouches on the medium tactical vest?

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5. Did the instructor properly evaluate each student, record students’ performance, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.44C, Append F, par 6c, pg F-6; Training Command Implementation Letter DTG 29 SEP 15)  
YES NO

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**EVENT: 300 METER RUSH TO OBJECTIVE**

**MOSs:** 0302, 0311

**T&R EVENT(s):** 0300-PAT-1005

**CONDITION:** Over flat terrain while wearing a fighting load, rush toward an enemy objective.

**STANDARD:** Rush 300 meters in under 3 minutes 56 seconds while wearing the fighting load.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.44C, Append F, par 7b (4), pg F-8)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.44C, Append F, par 7b, pg F-8)

YES NO

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3. Did the instructor properly set the course up in accordance with the reference? (NAVMC 3500.44C, Append F, par 7b(5) Fig F-4, pg F-8)

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4. Did the instructor ensure that all participating students wore the appropriate fighting load, within 10% (49 to 59.88 pounds) of the total weight (54.35 pounds), and carried the assigned individual weapon while executing the event? (NAVMC 3500.44C, Append F, par 5a, pg F-2,3)

YES NO

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5. Did the instructor properly evaluate each student, record students' performance, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.44C, Append F, par 7b, pg F-8; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: BREACH A DOOR**

**MOSSs:** 0302, 0351

**T&R EVENT(s):** 0300-DEMO-1009

**CONDITION:** Conducted outside with a target door and training hardware, breach a door.

**STANDARD:** While wearing a fighting load and carrying a service rifle, breach a door with a battering ram in 14 seconds.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.44C, Append F, par 7c (4), pg F-9)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.44C, Append F, par 7c, pg F-9)

YES NO

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3. Did the instructor ensure that all participating students wore the appropriate fighting load, within 10% (49 to 59.88 pounds) of the total weight (54.35 pounds), and carried the assigned individual weapon while executing the event? (NAVMC 3500.44C, Append F, par 5a, pg F-2,3)

YES NO

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4. Did the instructor properly evaluate each student, record students' performance, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.44C, Append F par 7c; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: 200 METER RUSH TO OBJECTIVE**

**MOSSs:** 0331

**T&R EVENT(s):** 0300-PAT-1005

**CONDITION:** Over flat terrain while wearing a fighting load, rush toward a support by fire position.

**STANDARD:** Rush 200 meters in under 2 minutes 11 seconds while wearing the fighting load and carrying a M240 a-bag and two 7.62 ammo cans.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.44C, Append F, par 7e (4), pg F-10)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.44C, Append F, par 7e, pg F-10)

YES NO

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3. Did the instructor properly set the course up in accordance with the reference? (NAVMC 3500.44C, Append F, par 7e(5), pg F-10; pg F-11, figure F-5)

YES NO

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4. Did the instructor ensure that all participating students wore the appropriate fighting load, within 10% (49 to 59.88 pounds) of the total weight (54.35 pounds), and carried the assigned individual weapon while executing the event? (NAVMC 3500.44C, Append F, par 5a, pg F-2,3)

YES NO

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5. Did the instructor properly evaluate each student, record students' performance, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.44C, Append F, par 7e; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: 200 METER RUSH TO OBJECTIVE**

**MOSS:** 0341

**T&R EVENT(s):** 0300-PAT-1005

**CONDITION:** Over flat terrain while wearing a fighting load, rush in support of a deliberate attack.

**STANDARD:** Rush 200 meters in under 1 minutes 45 seconds while wearing the fighting load and carrying a 60mm mortar tube in hand-held mode with 4 simulated mortar rounds in assault pack.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.44C, Append F, par 7f(4), pg F-11)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.44C, Append F, par 7f, pg F-11)

YES NO

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3. Did the instructor properly set the course up in accordance with the reference? (NAVMC 3500.44C, Append F, par 7f(5), pg F-12, Figure F-6)

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4. Did the instructor ensure that all participating students wore the appropriate fighting load, within 10% (49 to 59.88 pounds) of the total weight (54.35 pounds), and carried the assigned individual weapon while executing the event? (NAVMC 3500.44C, Append F, par 5a, pg F-2,3)

YES NO

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5. Did the instructor properly evaluate each student, record students' performance, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.44C, Append F, par 7f, pg F-11; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: 200 METER RUSH TO OBJECTIVE**

**MOSS:** 0351

**T&R EVENT(s):** 0300-PAT-1005

**CONDITION:** Over flat terrain while wearing a fighting load, rush in support of a deliberate attack.

**STANDARD:** Rush 200 meters in under 1 minutes 40 seconds while wearing the fighting load and carrying a Shoulder launched Multipurpose Assault Weapon (SMAW) and SMAW rocket.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.44C, Append F, par 7g(4), pg F-12)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.44C, Append F, par 7g, pg F-12)

YES NO

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3. Did the instructor properly set the course up in accordance with the reference? (NAVMC 3500.44C, Append F, par 7g(5), pg F-13, Figure F-7)

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4. Did the instructor ensure that all participating students wore the appropriate fighting load, within 10% (49 to 59.88 pounds) of the total weight (54.35 pounds), and carried the assigned individual weapon while executing the event? (NAVMC 3500.44C, Append F, par 5a, pg F-2,3)

YES NO

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5. Did the instructor properly evaluate each student, record students' performance, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.44C, Append F, par 7g, pg F-12; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: 200 METER RUSH TO OBJECTIVE**

**MOSs:** 0352

**T&R EVENT(s):** 0300-PAT-1005

**CONDITION:** Over flat terrain while wearing a fighting load, rush in support of a deliberate attack.

**STANDARD:** Rush 200 meters in under 1 minutes 43 seconds while wearing the fighting load and carrying a javelin missile simulation round (MSR).

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.44C, Append F, par 7h(4), pg F-13, 14)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.44C, Append F, par 7h, pg F-13, 14)

YES NO

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3. Did the instructor properly set the course up in accordance with the reference? (NAVMC 3500.44C, Append F, par 7h(5), pg F-14)

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4. Did the instructor ensure that all participating students wore the appropriate fighting load, within 10% (49 to 59.88 pounds) of the total weight (54.35 pounds), carried the assigned individual weapon, and the javelin MSR while executing the event? (NAVMC 3500.44C, Append F, par 5a, pg F-2,3)

YES NO

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5. Did the instructor properly evaluate each student, record students' performance, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.44C, Append F, par 7h, pg F-13; Training Command Implementation Letter DTG 29 SEP 15)

YES NO

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**EVENT: LEAD A FORCED MARCH**

**MOSs:** 0302

**T&R EVENT(s):** 0302-OPS-1008

**CONDITION:** On relatively flat terrain, within the context of the local area, and making every effort to mitigate the effects of adverse weather conditions, when possible.

**STANDARD:** : Conduct a 20 kilometer movement in 5 hours or less, while carrying assault load.

**EVENT COMPONENTS:**

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.44C, Append F, par 7a(4), pg F-7)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.44C, Append F, par 7a(3), pg F-7)

YES NO

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3. Did the instructor properly select the course in accordance with the reference? (NAVMC 3500.44C, Append F, par 7a(2), pg F-7)

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4. Did the instructor ensure that all participating students wore the appropriate approach march load weighing 105 pounds and carried the assigned individual weapon while executing the event? (NAVMC 3500.44C, Append F, par 5c, pg F-3)

YES NO

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**EVENT: CONDUCT A FORCED MARCH**

**MOSs:** 0311, 0331, 0341, 0351, 0352

**T&R EVENT(s):** 0300-COND-1001

**CONDITION:** On relatively flat terrain, within the context of the local area, and making every effort to mitigate the effects of adverse weather conditions, when possible.

STANDARD: Conduct a 20 kilometer movement in 5 hours or less, while carrying assault load, individual weapon system, and MOS specific equipment.

EVENT COMPONENTS:

1. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.44C, Append F, par 7d(4), pg F-9)

YES NO

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2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.44C, Append F, par 7d(3), pg F-9)

YES NO

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3. Did the instructor properly select the course in accordance with the reference? (NAVMC 3500.44C, Append F, par 7d(2), pg F-9)

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4. Did the instructor ensure that all participating students wore the appropriate assault load and carried the assigned individual weapon while executing the event? (NAVMC 3500.44C, Append F, par 5c, pg F-3)

YES NO

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