

**COMBAT ENGINEER
MOS-SPECIFIC PHYSICAL STANDARDS
ASSESSMENT CHECKLIST**

UNIT: _____

DATE: _____

EVENT: MK-19 LIFT

MOSs: 1302, 1371, 1372

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

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

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

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

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

EVENT: GROUND CASUALTY EVACUATION

MOSs: 1302, 1371, 1372

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

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

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

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

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

EVENT: 150 METER ANTI-PERSONNEL OBSTACLE BREACHING SYSTEM (APOBS) RUSH

MOSs: 1302, 1371

T&R EVENT(s): 1302-MOBL-1004, 1371-MOBL-1003

CONDITION: Given terrain that is flat and free of debris, and associated equipment, simulate the employment of the APOBS in support of a deliberate attack.

STANDARD: Run/rush 150 meters in under 1 minute and 12 seconds while wearing the fighting load and carrying an inert APOBS front or rear 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 3500.12B, Append D par 5g(4), pg D-8)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.12B, Append D par 5g(3), pg D-8)

YES NO

3. Did the instructor ensure that all participating students wore the appropriate utility uniform with fighting load? (NAVMC 3500.12B, Append D par 5a, pg D-2)

YES NO

4. Did the instructor ensure proper distance and spacing of cones for agility course lane(s)? (NAVMC 3500.12B, Append D par 5g(5b) , pg D-8)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: CONDUCT A BREACH INTO A BUILDING

MOSs: 1302, 1371

T&R EVENT(s): 1302-MOBL-1006, 1371-MOBL-1001

CONDITION: Given associated equipment, conduct assault breaching into buildings with a battering ram.

STANDARD: Breach the door within five attempts or 14 seconds, whichever comes first.

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 3500.12B, Append D, par 5f(4), pg D-7)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.12B, Append D, par 5f(3), pg D-7)

YES NO

3. Did the instructor ensure that all participating students wore the appropriate utility uniform with fighting load? (NAVMC 3500.12B, Append D par 5a, pg D-2)

YES NO

4. Did the instructor ensure each student was allowed no more or less than five attempts and/or 30 seconds to complete that task to standard? (NAVMC 3500.12B, Append D, par 5f(3), pg D-7)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: HESCO LIFT

MOSs: 1302, 1371

T&R EVENT(s): 1302-CMOB-1001, Performance Step 8
1371-SURV-1001, Performance Step 2

CONDITION: Given associated equipment and crew, conduct the functional movement similar to a clean and press to simulate placing structural materials while constructing survivability positions.

STANDARD: With an Olympic barbell, perform a single clean and press of 100lbs wherein the elbows are momentarily locked 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 3500.12B, Append D, par 5b(4), pg D-4)
YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.12B, Append D, par 5b(3), pg D-4)
YES NO

3. Did the instructor ensure that all participating students wore the appropriate utility uniform with blouse removed? (NAVMC 3500.12B, Append D, par 5b, pg D-3)
YES NO

4. Did the instructor properly observe momentary lock out of the elbows and a controlled descending motion? (NAVMC 3500.12B, Append D, par 5b(5d), pg D-5)
YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: VECHICLE CASUALTY EVACUATION

MOSs: 1372

T&R EVENT(s): 1372-MOBL-1008, Performance Step 7

CONDITION: Given associated equipment and crew, conduct the functional movement similar to a clean and press to simulate placing structural materials while constructing survivability positions.

STANDARD: With an Olympic barbell, perform a single ground to overhead lift of 115lbs wherein the elbows are momentarily locked 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 3500.12B, Append D, par 5d(4), pg D-6)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.12B, Append D, par 5d(3), pg D-5)

YES NO

3. Did the instructor ensure that all participating students wore the appropriate utility uniform with blouse removed? (NAVMC 3500.12B, Append D, par 5b, pg D-3)

YES NO

4. Did the instructor properly observe momentary lock out of the elbows and a controlled descending motion? (NAVMC 3500.12B, Append D, par 5d(5d), pg D-6)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: OPEN COMMANDER'S HATCH

MOSs: 1372

T&R EVENT(s): 1372-MOBL-1001, Performance Step 1

CONDITION: Given associated Assault Breacher Vehicle (ABV), equipment, and crew, conduct the functional movement similar of a one-handed overhead press to open and secure the ABV Commander's station.

STANDARD: Using a one-handed, overhead press, open and secure the Commander's station hatch within 30 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 3500.12B, Append D, par 5c(4), pg D-5)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.12B, Append D, par 5c(3), pg D-5)

YES NO

3. Did the instructor ensure that all participating students wore the appropriate fighting load with Combat Vehicle Crewman suit when executing the event? (NAVMC 3500.12B, Append D, par 5a(2), pg D-3)

YES NO

4. Did the instructor ensure that all participating students began in a seated position within the driver's station of the ABV, and used one hand to open the Commander's hatch? (NAVMC 3500.12B, Append D, par 5c(5), pg D-5)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: BATTERY LIFT

MOSs: 1372

T&R EVENT(s): 1372-MANT-1001, Performance Step 4

CONDITION: Given appropriate equipment, simulate loading batteries into the Assault Breacher Vehicle (ABV).

STANDARD: Lift a mock-up ABV battery three times from the ground to chin level and back to the ground within 1 minute 50 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 3500.12B, Append D, par 5e(4), pg D-6)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.12B, Append D, par 5e(3), pg D-6)

YES NO

3. Did the instructor ensure that all participating students wore the appropriate fighting load with Combat Vehicle Crewman suit when executing the event? (NAVMC 3500.12B, Append D, par 5a(2), pg D-3)

YES NO

4. Did the instructor ensure that all participating students lifted the mock-up battery from the ground to a point wherein the bottom of the battery breaks the plane of the Marine's chin, and then lowered the battery in a fluid, controlled manner? (NAVMC 3500.12B, Append D, par 5e(5b), pg D-7)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (Training Command Implementation Letter DTG 29 SEP 15)

YES NO

EVENT: TOWBAR LIFT

MOSs: 1372

T&R EVENT(s): 1372-MANT-1002, Performance Step 5

CONDITION: Given associated equipment, conduct the functional movement similar to a deadlift to simulate lifting and holding a tow bar in place for vehicle recovery operations.

STANDARD: With an Olympic bar, perform a single deadlift with a total of 150lbs and hold at knuckle height for 30 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 3500.12B, Append D, par 5a(4), pg D-3)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.12B, Append D, par 5a(3), pg D-3)

YES NO

3. Did the instructor ensure that all participating students wore the appropriate utility uniform with blouse removed? (NAVMC 3500.12B, Append D, par 5b, pg D-3)

YES NO

4. Did the instructor properly observe a proper deadlift with a full 30 second hold at the top? (NAVMC 3500.12B, Append D, par 5a(5), pg D-3,4)

YES NO

5. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.121 Ch 1, Append G, par 6a, pg G-3, 4; Training Command implementation Letter DTG 29 SEP 15)

YES NO
