

**LOW ALTITUDE AIR DEFENSE
MOS-SPECIFIC PHYSICAL STANDARDS
ASSESSMENT CHECKLIST**

UNIT: _____

DATE: _____

EVENT: MK-19 LIFT

MOSs: 7204, 7212

T&R EVENT(s): 7204-BLDO-1041, 7212-BGNR-1033

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 3500.57A w/ Ch 1, Append B, par 6b(4), pg B-3)

YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.57A w/ Ch 1, Append B, par 6b, pg B-2-3)

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 3500.57A w/ Ch 1, Append B, par 6b(5)(d), pg B-3)

YES NO

4. Did the instructor properly evaluate each student, and does unit SOP afford remedial opportunities within the remainder of the training schedule? (NAVMC 3500.57A w/ Ch 1, Append B, par 6b, pg B-2-3, Training Command implementation Letter DTG 29 SEP 15)

YES NO

EVENT: GROUND CASUALTY EVACUATION

MOSSs: 7204, 7212

T&R EVENT(s): 7204-BLDO-1042, 7212-BGNR-1042

CONDITION: Given a casualty, while wearing a fighting load and carrying a service rifle, conduct the functional movements to simulate evaluating 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 3500.57A w/ Ch 1, Append B, par 6c, pg B-4)

YES NO

2. Did the instructor ensure that all equipment required to conduct the event was serviceable and within standards prior to the evolution? (NAVMC 3500.57A w/ Ch 1, Append B, par 6c, pg B-4)

YES NO

3. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.57A w/ Ch 1, Append B, par 6c, pg B-4)

YES NO

4. Did the instructor ensure that all participating students wore the appropriate fighting load, and carried the service rifle while executing the event? (NAVMC 3500.57A w/ Ch 1, Append B, par 6c, pg B-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 3500.57A w/ Ch 1, Append B, par 6c, pg B-4, Training Command implementation Letter DTG 29 SEP 15)

YES NO

EVENT: CONDUCT A FORCED MARCH

MOSs: 7204, 7212

T&R EVENT(s): 7204-AIRS-1504, 7212-AIRS-1402

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 15 kilometer movement in 4 hours or less, while carrying assault load, and Stinger Missile specific 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 3500.57A w/ Ch 1, Append B, par 6a (4), pg B-2)
YES NO

2. Did the instructor properly explain and demonstrate the standard for the event prior to evaluating students? (NAVMC 3500.57A w/ Ch 1, Append B, par 6a, pg B-2)
YES NO

3. Did the instructor properly select the course and ensure the Stinger specific load was passes between two team members at pre-determined intervals in accordance with the reference? (NAVMC 3500.57A w/ Ch 1, Append B, par 6a (2) (5), pg B-2)

4. Did the instructor ensure that all participating students wore the appropriate assault load and carried the assigned individual weapon and Stinger specific load while executing the event? (NAVMC 3500.57A w/ Ch 1, Append B, par 6a (4), pg B-2)
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
