

USNSCC Physical Readiness Test (PRT) Standards – Updated 15 OCT 2023

Plank				
Female & Male				
Age	Level 2	Level 3	Level 4	Level 5
10	45 sec.	1:00	1:40	2:10
11	50 sec.	1:05	1:45	2:20
12	55 sec.	1:10	1:50	2:30
13	1:05	1:15	1:55	2:40
14	1:10	1:20	2:00	2:50
15	1:15	1:25	2:05	3:00
16	1:20	1:30	2:10	3:10
17/18	1:20	1:30	2:10	3:10

Push-Ups									
Female					Male				
Age	Level 2	Level 3	Level 4	Level 5	Age	Level 2	Level 3	Level 4	Level 5
10*	7	9	13	20	10	10	12	14	22
11	6	7	11	19	11	11	14	15	27
12	4	5	10	20	12	11	15	18	31
13	6	7	11	21	13	13	20	24	39
14	6	7	10	20	14	16	20	24	40
15	9	10	15	20	15	22	25	30	42
16	9	10	12	24	16	24	25	30	44
17/18	9	10	16	25	17/18	28	30	37	53

* The requirement for push-ups for 10-year-old females is higher than for 11-year-old females.

1-Mile Run									
Female					Male				
Age	Level 2	Level 3	Level 4	Level 5	Age	Level 2	Level 3	Level 4	Level 5
10	14:00	13:00	11:22	9:19	10	12:50	11:40	9:48	7:57
11	13:40	12:42	11:17	9:02	11	12:35	11:25	9:20	7:32
12	13:20	12:24	11:05	8:23	12	11:35	10:22	8:40	7:11
13	12:55	12:15	10:23	8:13	13	10:55	9:45	8:06	6:50
14	12:30	12:00	10:06	7:59	14	10:40	9:30	7:44	6:26
15	12:20	11:45	9:58	8:08	15	10:25	9:15	7:30	6:20
16	12:30	12:15	10:31	8:23	16	10:00	9:00	7:10	6:08
17/18	12:30	12:15	10:22	8:15	17/18	9:45	8:45	7:04	6:06

Navy Prt Manual

Yicheng Fang



Navy Prt Manual:

USMC FIELD MEDICAL SERVICE TECHNICIAN FMST TCCC Manual , The FIELD MEDICAL SERVICE TECHNICIAN provides medical and dental services for personnel in field units also provides technical and administrative assistance to support the mission and functions of the Navy and Marine Corps field units Maintains organizational level AMAL s and ADAL s Assits in the procurement and distribution of supplies and equipment for field use and combat areas Maintains field treatment facilities Renders first aid and emergency medical and dental treatment to unt personnel combatants Coordinates and performs medical evacuation procedures Ensures observance of field sanitary measures and preventive measures in specialized warfare Conducts first aid and health education training programs

COURSE DESCRIPTION During this 8 week course you will have a mix of classroom and field training Emphasis is placed on learning field medicine by using the principles of Tactical Combat Casualty Care TCCC This includes familiarization with USMC organization and procedures logistics and administrative support in a field environment Additionally training will include general military subjects individual and small unit tactics military drills physical training conditioning and weapons familiarization with the opportunity to fire the rifle Completion of FMST results in the student receiving Navy Enlisted Classification HM 8404

MEDICAL SPECIFIC CONTENT PREVENTIVE MEDICINE Treat Dehydration FMST 201 Treat Environmental Heat Injuries FMST 202 Manage Environmental Cold Injuries FMST 203 Perform Care of the Feet FMST 204 Perform Water Purification for Individual Use FMST 205 Supervise Field Waste Disposal FMST 206 Manage Envenomation Injuries FMST 207 Review Questions

COMBAT MEDICINE Introduction to Tactical Combat Casualty Care FMST 401 Manage Shock Casualties FMST 402 Manage Hemorrhage FMST 403 Maintain Airway FMST 404 Perform Emergency Cricothyroidotomy FMST 405 Manage Respiratory Trauma FMST 406 Manage Abdominal Injuries FMST 407 Manage Musculoskeletal Injuries FMST 408 Manage Head Neck and Face Injuries FMST 409 Tactical Fluid Resuscitation FMST 410 Perform Casualty Assessment FMST 411 Medication Appendix Review Questions

COMPONENTS OF FIELD MEDICINE Blast Related Injuries FMST 501 Traumatic Brain Injury TBI FMST 502 Manage Burn Casualties FMST 503 Conduct Triage FMST 504 Coordinate Casualty Tactical Evacuation FMST 505 Perform Aid Station Procedures FMST 506 Medical Support for Military Operations in Urban Terrain

MOUT FMST 507 Review Questions

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,1992 **Personnelman 2** Donald K. Dukes,1990 **All Hands** ,1989

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web the single coil of a single phase induction motor does not produce a rotating magnetic field but a pulsating field reaching maximum intensity at 0 o and 180 o electrical figure below single phase stator produces a nonrotating pulsating magnetic field another view is that the single coil excited by a single phase current produces two

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web sep 16 2022 parts of single phase motor rotor the rotor is a single phase motor comprises of the squirrel cage structure which rotates around the stator stator the stator of single phase motor consists of two winding main and auxiliary winding the current flow through fan due to high thermal and

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web single phase power is a two wire alternating current ac power circuit typically there is one power wire the phase wire

and one neutral wire with current flowing between the power wire through the load and the neutral wire three phase power is a three wire ac power circuit with each phase ac signal 120 electrical degrees apart

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web dec 15 2021 figure 1 a single phase induction motor stator produces a pulsating magnetic field rather than a rotating one as in a three phase motor this means there is no torque when the rotor is stationary once it is moving the currents induced in the rotor create a magnetic field that interacts with the pulsating field to produce a torque and thus