

Performance		Points	Males: Age 25 - 29 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	84	3:16	8:55	7:10	6:38	6:28
Outstanding	Medium	95	82	3:11	9:23	7:20	7:08	6:58
Outstanding	Low	90	77	3:06	9:38	7:30	7:38	7:28
Excellent	High	85	73	2:56	10:15	7:40	8:08	7:58
Excellent	Medium	80	69	2:47	10:30	7:50	8:23	8:13
Excellent	Low	75	67	2:37	10:52	8:00	8:53	8:43
Good	High	70	60	2:17	11:23	8:20	9:38	9:28
Good	Medium	65	51	1:58	12:15	8:40	10:38	10:28
Good	Low	60	44	1:38	12:53	9:00	11:38	11:28
Satisfactory	High	55	41	1:28	13:23	9:10	12:08	11:58
Satisfactory	Medium	50	38	1:18	13:45	9:20	12:23	12:13
Probationary		45	34	1:09	14:00	9:30	13:08	12:58

Navy Prt Operating Guide

Shasha Hu



Navy Prt Operating Guide:

Manuals Combined: USN/USMC Commander's Quick Reference Legal Handbook 2015, 2012 and 2009 Editions And The USMC Senior Enlisted Leader Smart Packet (2016) , Sample text NCIS REPORTING AND MILITARY JUSTICE INVESTIGATIONS REFERENCES a MCM RCM 303 b JAGMAN Chapter II c SECNAVINST 5430 107 series d SECNAVINST 1752 4A series e DODI 6495 02 COMMAND INQUIRY Suspected offenses may come to command attention in a variety of ways e g shore patrol civil law enforcement or phone call etc The commanding officer CO must conduct some form of inquiry into reported offenses that may be tried by court martial per reference a The degree of inquiry will depend on the nature validity and seriousness of the complaint See reference b MANDATORY REFERRAL TO NCIS Reference c mandates that certain incidents be referred to NCIS whether occurring on or off base and regardless of civilian investigation involvement These incidents include Actual suspected or alleged major criminal offenses punishable under the Uniform Code of Military Justice UCMJ by more than 1 year of confinement Non combat deaths when the cause of death is not medically attributable to disease or natural causes Fires or explosions of unknown origin affecting Department of the Navy DON property or property under DON control Theft or loss of ordnance or controlled substances Disappearance of a command member All instances of suspected fraud against the government within DON e g theft of government property bribery false claims for pay etc actual or suspected acts of espionage terrorism sabotage assassination and actual suspected or attempted defection of DON personnel Internal security incidents such as loss compromise or suspected compromise of classified information and national security cases and Suspected sex related offenses as defined under Articles 120 and 125 of the UCMJ WHEN NCIS DECLINES TO INVESTIGATE NCIS may at its discretion decline to conduct or continue any investigation but shall expeditiously inform the effected command A command may then request assistance from the local base security department or appropriate authority or pursue a command investigation pursuant to reference a **Command Fitness Coordinator Orientation Manual** ,1991 **Assessing Readiness in Military Women** Committee on Body Composition, Nutrition, and Health of Military Women, Food and Nutrition Board, Institute of Medicine, 1998-01-15 U S military personnel are required to adhere to standards of body composition fitness and appearance to achieve and maintain readiness that is the maintenance of optimum health and performance so they are ready for deployment at any moment In 1992 the Committee on Military Nutrition Research reviewed the existing standards and found among other things that the standards for body composition required for women to achieve an appearance goal seemed to conflict with those necessary to ensure the ability to perform many types of military tasks This report addresses that conflict and reviews and makes recommendations about current policies governing body composition and fitness as well as postpartum return to duty standards Military Recommended Dietary Allowances and physical activity and nutritional practices of military women to determine their individual and collective impact on the health fitness and readiness of active duty women **Airman's Guide** ,1948 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

A Guide to Federal Terms and Acronyms Don Philpott, 2017-12-20 Navigating government documents is a task that requires considerable knowledge of specialized terms and acronyms This required knowledge nearly amounts to knowing a completely different language To those who are not fluent the task can be overwhelming as federal departments fill their documents with acronyms abbreviations and terms that mean little or nothing to the outsider Would you be able to make sense of a document that described how the COTR reports to the CO regarding compliance with FAR GPRA SARA and FASA This is a common procedure in government contracting Would you have any clue what was being referred to if you came across MIL STD 129P It is the new standard for Military Shipping Label Requirements The sheer number of such terms makes mastering them nearly impossible But now these terms and their definitions are within reach This new edition of A

Guide to Federal Terms and Acronyms presents a glossary of key definitions used by the federal government. It is updated to include new acronyms and terminology from various federal government departments. It covers the most common terms, acronyms, and abbreviations used by each major agency, presenting definitions and explanations in a user-friendly and accessible way. This is an essential tool for anyone who works with federal government information. *Career Compass, Second Edition* Douglas H. Rau, 2025-10-01. Since the release of the first edition of *Career Compass* more than two decades ago, the landscape of a Navy officer's career has transformed significantly, adapting to societal changes while upholding the Navy's core values of service and excellence. This fully revised second edition offers updated insights into the evolving culture, communication strategies, career opportunities, and management practices, all while reinforcing the enduring importance of exceptional performance. This new edition includes crucial updates on mentoring, graduate education, sea/shore rotations, Washington duty, fitness reports, and career planning tools, including strategies for engaging with community detailers. It highlights the principles that will keep every officer, from midshipman to admiral, eligible and competitive for promotion and command while also remaining competent and capable of performing the necessary duties supporting the requirements of naval service. Drawing on more than twenty years of experience mentoring midshipmen and junior officers, author Douglas H. Rau presents this guide as a vital resource for aspiring officers looking to navigate their Navy careers with purpose, foresight, and success. *Safetyline*, 1997. FIELD MEDICAL SERVICE TECHNICIAN STUDENT HANDBOOK VERSION 4.1 With Block 1 & 2 Student Outlines And Visual Presentations, Over 2,300 total pages. **OVERVIEW** Tactical Combat Casualty Care (TCCC) was developed to emphasize the need for continued improvement in combat pre-hospital care. The Committee on Tactical Combat Casualty Care (CoTCCC) was established in 2001 and is part of the Defense Health Board. CoTCCC is a standing multi-service committee charged with monitoring medical developments in regards to practice, technology, pharmacology, and doctrine. New concepts in hemorrhage control, airway management, fluid resuscitation, analgesia, antibiotics, and other lifesaving techniques are important steps in providing the best possible care for our Marines and Sailors in combat. The TCCC guidelines are published every 4 years in the *Prehospital Trauma Life Support* manual. It has been recognized that TCCC guidelines and curriculum will need to change more often than the 4-year cycle of the PHTLS textbook publication. The National Association of Emergency Medical Technicians (NAEMT) will include the updated TCCC guidelines and curriculum on its website as they are approved as a way to help get this new information out to the combat medical personnel in the military that need it. **PRINCIPLES OF TACTICAL COMBAT CASUALTY CARE** TCCC. The principles of Tactical Combat Casualty Care are fundamentally different from those of traditional civilian trauma care, where most medical providers and medics train. These differences are based on both the unique patterns and types of wounds that are suffered in combat and the tactical conditions medical personnel face in combat. Unique combat wounds and tactical conditions make it difficult to determine which intervention to perform at what time. Besides addressing a casualty's medical condition, responding medical

personnel must also address the tactical problems faced while providing care in combat. A medically correct intervention at the wrong time may lead to further casualties. Put another way, good medicine may be a bad tactical decision which can get the rescuer and the casualty killed. To successfully navigate these issues, medical providers must have skills and training oriented to combat trauma care as opposed to civilian trauma care. The specifics of casualty care in the tactical setting will depend on the tactical situation, the injuries sustained by the casualty, the knowledge and skills of the first responder, and the medical equipment at hand. In contrast to a hospital Emergency Department setting where the patient IS the mission, on the battlefield care of casualties sustained is only PART of the mission. TCCC recognizes this fact and structures its guidelines to accomplish three primary goals: 1. Treat the casualty, 2. Prevent additional casualties, 3. Complete the mission. In thinking about the management of combat casualties, it is helpful to divide care into three distinct phases, each with its own characteristics and limitations.

Weight Management Institute of Medicine, Food and Nutrition Board, Committee on Military Nutrition Research, Subcommittee on Military Weight Management, 2003-12-01. The primary purpose of fitness and body composition standards in the U.S. Armed Forces has always been to select individuals best suited to the physical demands of military service based on the assumption that proper body weight and composition supports good health, physical fitness, and appropriate military appearance. The current epidemic of overweight and obesity in the United States affects the military services. The pool of available recruits is reduced because of failure to meet body composition standards for entry into the services, and a high percentage of individuals exceeding military weight for height standards at the time of entry into the service leave the military before completing their term of enlistment. To aid in developing strategies for prevention and remediation of overweight in military personnel, the U.S. Army Medical Research and Materiel Command requested the Committee on Military Nutrition Research to review the scientific evidence for factors that influence body weight, optimal components of a weight loss and weight maintenance program, and the role of gender, age, and ethnicity in weight management.

The Hardest Place Wesley Morgan, 2022-03-01. COLBY AWARD WINNER. One of the most important books to come out of the Afghanistan war. Foreign Policy. A saga of courage and futility, of valor and error and heartbreak. Rick Atkinson, author of the Liberation Trilogy and *The British Are Coming*. Of the many battlefields on which U.S. troops and intelligence operatives fought in Afghanistan, one remote corner of the country stands as a microcosm of the American campaign: the Pech and its tributary valleys in Kunar and Nuristan. The area's rugged, steep terrain and thick forests made it a natural hiding spot for local insurgents and international terrorists alike, and it came to represent both the valor and futility of America's two-decade-long Afghan war. Drawing on reporting trips, hundreds of interviews, and documentary research, Wesley Morgan reveals the history of the war in this iconic region, captures the culture and reality of the conflict through both American and Afghan eyes, and reports on the snowballing missteps, some kept secret from even the troops fighting there, that doomed the American mission. *The Hardest Place* is the story of one of the twenty-first century's most unforgiving

battlefields and a portrait of the American military that fought there **Monthly Catalogue, United States Public Documents** ,1993 **Monthly Catalog of United States Government Publications** ,1993 **Guide for Line Officers Performing Supply Duties** United States. Bureau of Naval Personnel,1966 PUBLICATIONS COMBINED: FIELD MEDICAL SERVICE OFFICER STUDENT HANDBOOK, SERVICE TECHNICIAN HANDBOOK (THREE VERSIONS), OUTLINES, FLEET MEDICAL POCKET REFERENCE, FIELD HYGIENE & SANITATION AND MUCH MORE ,2019-03-05 Over 3 000 total pages Contents FIELD MEDICAL SERVICE OFFICER STUDENT HANDBOOK FIELD MEDICAL SERVICE TECHNICIAN STUDENT HANDBOOK Version 4 1 Block 1 Student Outlines For Version 4 1 Block 2 Student Outlines For Version 4 1 FIELD MEDICAL SERVICE TECHNICIAN STUDENT HANDBOOK Version 4 0 FIELD MEDICAL SERVICE TECHNICIAN STUDENT HANDBOOK June 2013 FMST STUDY GUIDE 2015 Fleet Medicine Pocket Reference 2016 MCRP 4 11 1D FIELD HYGIENE AND SANITATION PREVENTION AND TREATMENT OF FIELD RELATED INJURIES STUDENT HANDOUT CASUALTY EVALUATION AND EVACUATION STUDENT HANDOUT COMBAT LIFESAVER TACTICAL COMBAT CASUALTY CARE STUDENT HANDOUT Combat Lifesaver Tactical Combat Casualty Care Instructor Course Student Handbook Command Philosophy My philosophy is basic provide the highest quality service possible to every person you encounter We are an institution of higher learning we need to be the best with everything we do We are preparing the next generation of heroes for the greatest fighting force on the planet the 8404 Hospital Corpsman assigned to the United States Marine Corps They operate at the tip of the spear providing combat medicine to our operational forces they are critical to the success of the Navy ask for help before it s too late in all aspects of your life and career If you see a problem fix it or bring it to the attention of someone who can Don t ignore it Supporting each other is just as important as supporting the mission Continue the relentless pursuit of customer satisfaction feedback is a valuable tool in life and career Basic military courtesy should be a part of everyday life Always strive to do the right thing even when no one is looking or when tempted to take the easy wrong As a leader I believe all members of the team are important Our civilian shipmates are essential to the success of our mission As a military leader I believe as the Sailor creed says I proudly serve my country s Navy combat team with Honor Courage and Commitment I am committed to excellence and the fair treatment of all I cannot over emphasize the importance of leadership from E 1 to O 6 everyone has a part I expect officers to lead from the front by setting the example Be sure that regularly scheduled performance counseling sessions are conducted for military and civilian employees Cover the good which should be sustained as well as the areas which need improvement Although I like to be informed I believe in allowing leaders to lead managers to manage A big part of my job is to provide you the support systems necessary for you to accomplish your mission Tell me what you need and don t worry how it will be resourced Let me worry about that *Military Requirements for Petty Officers Third and Second Class* ,2001 **Joint Force Quarterly** ,2006 **Guide to Reference Books** Constance Mabel Winchell,1956 *Body Composition and Physical Performance* Institute of Medicine,Committee on

Military Nutrition Research,1992-02-01 This book surveys the entire field of body composition as it relates to performance It includes a clear definition of terminology and a discussion of the various methods for measuring body composition The authored papers represent a state of the art review of this controversial field and address questions such as What is a better measure of body composition body fat or lean body mass Does being overweight for one s height really affect performance The book also addresses the issue of physical appearance as it relates to body fatness and performance It includes an in depth discussion of many of the topics of interest to those involved in sports medicine and exercise physiology *Resources*

in Education ,1985

Unveiling the Magic of Words: A Review of "**Navy Prt Operating Guide**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Navy Prt Operating Guide**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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