

Military Recruiter Visits happen at lunch in the commons. Dates for 2021-22 School Year:

- Wednesday, September 29
- Wednesday, November 17
- Wednesday, March 2
- Wednesday, April 27

ASVAB is offered at RMHS on October 14, 2021 at RMHS. Register at <https://tinyurl.com/RMHS-ASVAB21>

ASVAB

The Armed Services Vocational Aptitude Battery is the most widely used multiple-aptitude test battery in the world. As an aptitude test, the ASVAB measures your strengths, weaknesses, and potential for future success. The ASVAB also provides you with career information for various civilian and military occupations and is an indicator for success in future endeavors whether you choose to go to college, vocational school, or a military career. Information for students & parents can be found at www.asvabprogram.com

ASVAB test scores are broken down by the individual sub-tests and composites of the sub-tests including:

Subtest	Minutes	Questions	Description
General Science	11	25	Measures knowledge of physical and biological sciences
Arithmetic Reasoning	36	30	Measures ability to solve arithmetic word problems
Word Knowledge	11	35	Measures ability to select the correct meaning of words presented in context, and identify synonyms
Paragraph Comprehension	13	15	Measures ability to obtain information from written material
Mathematics Knowledge	24	25	Measures knowledge of high school mathematics principles
Electronics Information	9	20	Tests knowledge of electricity and electronics
Auto and Shop Information	11	25	Measures knowledge of automobiles, tools, and shop terminology and practices
Mechanical Comprehension	19	25	Measures knowledge of mechanical and physical principles, and ability to visualize how illustrated objects work
Assembling Objects	15	25	Measures skill in spatial ability, or the ability to comprehend and remember relationships among objects. Including looking at separate pieces of an object and mentally fit them together.

Total number of items: 200

Test Time: 134 minutes

Administrative Time: 46 minutes

Total Test Time: 180 minutes



Your ASVAB Score can be Critical

One of the most critical of these scores is the Armed Forces Qualification Test, which is used to determine if you are qualified to join the military service. Each service determines the qualification AFQT score for enlisting in their service.

The AFQT is comprised of your test results in Arithmetic Reasoning (AR), Math Knowledge (MK), and Verbal Composite (VE) x 2. Your Verbal Composite score is a combination of your Word Knowledge and Paragraph Comprehension scores. Check out the following AFQT qualifying scores for each branch of service.

Service Branch	Required AFQT Score*
Army	31
Navy	35
Marines	32
Air Force	36
Coast Guard	40

*** These scores are subject to change without notice.**

In addition, your scores on the other ASVAB composite tests will determine your career field or military occupation eligibility. Since enlistment bonuses are usually tied to your choice of occupations, the better the score, the more opportunities you have. But keep in mind, it is impossible to literally "ace" the ASVAB, so your goal should be to simply do your best.

TIP: Be sure you are ready before you take the ASVAB -- use the www.Military.com ASVAB practice tests or the <https://www.asvabprogram.com/> Overview guide's practice questions to find the areas you may need to work on. Or see <http://www.military.com/join-armed-forces/asvab> for detailed test prep.

Ace Any Military PFT

Physical Fitness Test Standards for Each Branch

by Stew Smith at <http://www.military.com/military-fitness/fitness-test-prep/physical-fitness-test-standards>

Usually after writing about military physical fitness tests (PFT), I receive several emails about the specific standards of each age group in a particular branch of service for a male or female. I have located several reference links for more information on what exercises, standards for sex and age, and recommended scores to receive the highest scores.

The physical fitness tests of all branches of the military and other special units have differing exercises, standards, and distances in runs and swims. This article is a one-stop location for answers to the many different PFTs in our Department of Defense.

Army Physical Fitness Test

The basic Army physical fitness test consists of a two-mile run, sit-ups and push-ups. See the "Army Fitness Workout Plan" article on how to ace the APFT and for guidance on getting in shape to score an outstanding score of 300. The Army Rangers require their candidates to score the following prior to attending Ranger School.

Ranger PFT	Minimum Scores	Recommended Scores
Push-ups in 2:00	49	80+
Sit-ups in 2:00	59	80+
Pull-ups	6	12+
Two-mile run	15:12	Sub 13:00
5 Mile run	40:00	35:00
16-mile hike w/65lb pack	5 hours 20 minutes	4-5 hours
15-meter swim with gear	P/F	P/F

Navy Physical Fitness Test

Navy Physical readiness tests, with associated height/weight/body fat measurements, are conducted twice each fiscal year. The test is designed to measure flexibility, muscular endurance and aerobic capacity. The Navy physical fitness test consists of a 1.5-mile run, sit-ups and push-ups. Also swimming 500m for time is an option for the 1.5-mile run. This is a standard PT test used by other branches and many law enforcement agencies across the United States.

The Navy SEALs, Navy SWCC, Divers, and SAR swimmers naturally have more water-based fitness tests and training. See the Navy website for more details.

Air Force Physical Fitness Test

During initial entry processing, both men and women are required to pass a Physical Fitness test that measures cardiovascular endurance, muscular strength and endurance and mobility. The test consists of the two-mile run, push-ups and sit-ups. In addition to initial entry physical fitness requirements, the Air Force has an annual fitness test requiring a passing score in a 1.5-mile run, push-ups and sit-ups.

While at BMT (Basic Military Training) you will perform physical conditioning five days a week with alternating days of muscular endurance exercises and aerobic running. Boot Camp will be much easier for you if you prepare in advance and are able to meet the following fitness level before you arrive at BMT. To graduate boot camp you must meet the minimum requirements for each event.



--Continued on the back--

Continued ...military physical fitness test

The following chart shows physical fitness achievement levels as well as the minimum requirements for graduating Air Force Basic Military Training:

Males	Run (2 miles)	Run (1.5 mile)	Push-ups	Sit-ups	Pull-ups
Liberator (minimum graduation standard)	16:45 min.	11:57 min.	45	50	0
Thunderbolt (honor graduate standard)	14:15 min.	8:55 min.	62	70	4
Warhawk (extraordinary - highest standard)	13:30 min.	8:08 min.	75	80	10
Females					
Liberator (minimum graduation standard)	19:45 min.	13:56 min.	27	50	0
Thunderbolt (honor graduate standard)	16:00 min.	11:33 min.	37	60	2
Warhawk (extraordinary --highest standard)	15:00 min.	10:55 min.	40	75	5



Marine Corps Physical Fitness Test

The Physical Fitness Test is administered every six months. All Marines are provided time to train and are expected to maintain an adequate degree of physical fitness. The standard physical fitness test consists of three events that measure cardiovascular endurance, muscular strength, endurance, and mobility.

Male Marines will perform "dead-hang" pull-ups, abdominal crunches, and a three-mile run. Female Marines will complete the "flexed-arm" hang, abdominal crunches, and a three-mile run with a pull-up option.

Coast Guard Physical Fitness Test

Physical fitness requirements in the Coast Guard are directly linked to On the Job requirements. Coast Guard men and women who are rescue swimmers, small boat crew members, etc., must comply with the specific physical standards set forth by their position, but here are the standards for the "Navy PFT" plus 12 minute swim.

SPECIFIC PFT REQUIREMENTS ARE:

Event	Male	Female
Push-ups (60 sec)	29	15
Sit-ups (60 sec)	38	32
Run (1.5 mile)	12:51	15.26"
Sit and Reach*	16.50 "	19.29"
Complete Swim Circuit Test	Tread water 5 minutes	
	Jump off 5ft platform into pool, swim 100 meters	

This article should help you find the standards you should reach prior to joining the military. It is always recommended to never strive for the minimum physical standards when seeking a profession that requires a fit body to perhaps save your life or the lives of your comrades. If you are seeking to get back into shape and want to be as fit as one of the above military members, check with your doctor before starting any fitness program.