

Military/Armed Services Prep Project

Requirements:

- Exploratory response entry to different branches (1-2 pages to following prompt: “Which branch do I choose to pursue and why? Compare/contrast your choice branch with the others.”)
- ASVAB Study Guide/Practice Test Completion
- Military (select branch) Fitness Test Workout Plan and Completion (with video evidence of work)
- Evidence of contact with military recruitment officer
- Reflection essay on entrance into military (1-2 pages to following prompt: “You have done a portion of the work to bring you closer to a career in military service. How do you feel about your upcoming experience and what you have just encountered? What are your hopes/areas of excitement/fears?”).

ASVAB Resources

Step 1: Open a web-enabled laptop and read through this page:

<http://www.tutormemath.net/assets/asvab-extra-sample-test-1.pdf>

Answer each question and look at the answer (directly below each question).

Do you understand: What the question is asking? How to answer the question? Why the chosen answer is the correct answer?

Step 2: Print and take the ASVAB Practice (Listed on mrmartinwhs.weebly.com under “Unit 1”)

Note: This is a MASSIVE file (over 40 pages). Please note that when printing, don't make anyone too mad about wasting all of their paper/ink.

The file includes:

- An answer key (don't look at that until the end...no peeking!)
- The test with ALL parts. This is a PRACTICE. That means split it up but be mindful of the time. Not doing so well? Use it to PRACTICE, I have some more I can give you later on.

Military Fitness Test Requirements

Army:

Gender	Push-Ups (in 2 min.)	Sit-Ups (in 2 min.)	2-Mile Run
Male	35	47	16:36
Female	13	47	19:42

Note: There are some new tests they are beta-testing including a 240 lb. dummy drag, agility drills, and others. Check them out and try them!

Navy:

The Navy scoring is a little more complicated, take a look at on your own to get the full story.

Push-Ups (in 2 min.)	Sit-Ups (in 2 min.)	1.5-Mile Run
42-91	54-109	12:15-8:15

Air Force:

Gender	Pull-Ups	Push-Ups (in 2 min.)	Sit-Ups (in 2 min.)	2-Mile Run	1.5 Mile Run
Male	0-10	45-75	50-80	16:45-13:30	11:57-8:08
Female	0-5	27-40	50-75	19:45-15:00	13:56-10:55

Marine Corps.:

Gender	Pull-Ups	Sit-Ups (in 2 min.)	Mile Run
Male	2	35	13:30 (1.5 Miles)
Female	12 Second Flexed Arm Hang	35	10:30 (1 Mile)

Coast Guard

Gender	Push-Ups (60 sec.)	Sit-Ups (60 sec.)	1.5-Mile Run	Sit & Reach
Male	29	38	12:51	16.5 inches
Female	15	32	15:26	19.29 inches

All must tread water for 5 minutes and jump off 5 ft. platform into a pool and then swim 100m.

Notes for Recruitment Officer Meeting

Date/Time of Meeting:

Method of Communication (email, phone, in-person):

Recruitment Officer's Name:

Evidence of Meeting (screenshot of phone call screen, emails, or signed by Recruitment Officer):

Write down at least five questions you had about the enlistment/training process going into your meeting?

What was discussed at the meeting? Give a detailed summary.

Were your questions answered during the meeting? (Y/N) Explain

What additional questions do you have about the college application/search process?

Fitness Test Improvement Plan

Step 1: Measure yourself in three crucial areas of your field’s test (Push-Ups, Sit-Ups, and 2-mile run for instance). See where you stand now. Keep evidence (videos, screenshots of running app, etc.).

Step 2: Create goals for yourselves over the next month or so. What do you want to reach by the end of our unit?

Step 3: After working on your fitness throughout the unit, do a final test of your three work areas with evidence. How’d you do?

REMEMBER: You must have EVIDENCE of your beginning and end score for each of the three areas.

IDEAS: For the run, a screenshot of the “Nike Running” or “Mapmyrun” app.
For other movements: a video of you completing the timed workout.

Fitness Area	Beginning Score Date:	Unit-End Goal	Final Score Date:
1			
2			
3			

Military/Armed Services Prep Project Rubric

Graded Area	Score
Exploratory Essay (Which branch and why?)	/20
ASVAB Test Preparation	/20
Fitness Plan/Execution	/15
Recruitment Officer Meeting	/15
Reflection Response (Feelings about upcoming experiences)	/20
Meeting Preparedness	/5
Cooperation/Participation	/5

Total: /100