

**ENLISTED MILITARY OCCUPATIONAL SPECIALTIES  
OCCUPATIONAL PHYSICAL ASSESSMENT TEST  
PHYSICAL DEMAND CATEGORIES**

<b>MOS</b>	<b>TITLE</b>	<b>PHYSICAL DEMANDS CATEGORY</b>
00Z	Sergeant Major Nominative	MODERATE
09B	Trainee Unassigned	MODERATE
09C	Trainee Language	MODERATE
09D	College Trainee	MODERATE
09E	Trainee Language, Fort Allen PR	MODERATE
09J	GED Completion Program	MODERATE
09L	Interpreter/Translator	MODERATE
09M	March 2 Success	MODERATE
09N	Nurse Corps Candidate	MODERATE
09Q	Army Legal Immigrant Healthcare Professional Officer Candidate	MODERATE
09R	Simultaneous Member Program	MODERATE
09S	Commissioned Officer Candidate	MODERATE
09T	College Student Army National Guard Officer Program	MODERATE
09U	Unqualified In Authorized Army MOS	MODERATE
09W	Warrant Officer Candidate	MODERATE
11B	Infantryman	HEAVY
11C	Indirect Fire Infantryman	HEAVY
11X	Infantry Recruit	HEAVY
11Z	Infantry Senior Sergeant	MODERATE
12A	Engineer Senior Sergeant	MODERATE
12B	Combat Engineer	HEAVY
12C	Bridge Crewmember	HEAVY
12D	Diver	HEAVY
12G	Quarrying Specialist (RC)	SIGNIFICANT
12H	Construction Engineering Supervisor	MODERATE
12K	Plumber	MODERATE
12M	Firefighter	SIGNIFICANT
12N	Horizontal Construction Engineer	MODERATE
12P	Prime Power Production Specialist	HEAVY
12Q	Power Line Distribution Specialist (RC)	MODERATE
12R	Interior Electrician	MODERATE
12T	Technical Engineer	MODERATE
12V	Concrete & Asphalt Equipment Operator (RC)	SIGNIFICANT
12W	Carpentry & Masonry Specialist	MODERATE
12X	General Engineering Supervisor	MODERATE
12Y	Geospatial Engineer	MODERATE
12Z	Combat Engineering Senior Sergeant	MODERATE
13B	Cannon Crewmember	HEAVY

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13D	Field Artillery Automated Tactical Data System Specialist	MODERATE
13F	Joint Fire Support Specialist	SIGNIFICANT
13J	Fire Control Specialist	MODERATE
13M	Multiple Launch Rocket System (MLRS)/High Mobility Artillery Rocket Syst Em (HIMARS) Crewmember	MODERATE
13P	Multiple Launch Rocket System (MLRS) Operational Fire Direction Specialist	MODERATE
13R	Field Artillery Firefinder Radar Operator	MODERATE
13T	Field Artillery Surveyor/Meteorological Crewmember	MODERATE
13X	Field Artillery Computer Systems Specialist	MODERATE
13Z	Field Artillery Senior Sergeant	MODERATE
14E	Patriot Fire Control Enhanced Operator/Maintainer	MODERATE
14G	Air Defense Battle Management System Operator	MODERATE
14H	Air Defense Enhanced Early Warning Operator	MODERATE
14P	Air & Missile Defense (AMD) Crewmember	SIGNIFICANT
14S	Avenger Crewmember	SIGNIFICANT
14T	Patriot Launching Station Enhanced Operator/Maintainer	MODERATE
14X	Space and Missile Defense Operations	MODERATE
14Z	Air Defense Artillery Senior Sergeant	MODERATE
15B	Aircraft Powerplant Repairer	SIGNIFICANT
15D	Aircraft Powertrain Repairer	SIGNIFICANT
15E	Unmanned Aircraft Systems Repairer	SIGNIFICANT
15F	Aircraft Electrician	SIGNIFICANT
15G	Aircraft Structural Repairer	MODERATE
15H	Aircraft Pneudraulics Repairer	MODERATE
15J	OH-58D Armament/Electrical/Avionics Systems Repairer	SIGNIFICANT
15K	Aircraft Components Repair Supervisor	MODERATE
15L	Armament/Electrical/Avionics Repair Supervisor (Arm/Elect/Avionics Rep Supv)	MODERATE
15N	Avionic Mechanic	SIGNIFICANT
15P	Aviation Operations Specialist	MODERATE
15Q	Air Traffic Control Operator	MODERATE
15R	AH-64 Attack Helicopter Repairer	SIGNIFICANT
15S	OH-58D Helicopter Repairer	SIGNIFICANT
15T	UH-60 Helicopter Repairer	SIGNIFICANT
15U	CH-47 Helicopter Repairer	SIGNIFICANT
15V	Observation/Scout Helicopter Repairer (RC)	HEAVY

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15W	Unmanned Aircraft Systems Operator	SIGNIFICANT
15Y	AH-64D Armament/Electrical/Avionic Systems Repairer	HEAVY
15Z	Aircraft Senior Sergeant	MODERATE
17C	Cyber Operations Specialist	MODERATE
18B	Special Forces Weapons Sergeant	HEAVY
18C	Special Forces Engineer Sergeant	HEAVY
18D	Special Forces Medical Sergeant	HEAVY
18E	Special Forces Communications Sergeant	HEAVY
18F	Special Forces Assistant Operations & Intelligence Sergeant	HEAVY
18X	Special Forces Recruit	HEAVY
18Z	Special Forces Senior Sergeant	MODERATE
19D	Cavalry Scout	HEAVY
19K	M1 Armor Crewman	HEAVY
19Z	Armor Senior Sergeant	MODERATE
25B	Information Technology Specialist	MODERATE
25C	Radio Operator-Maintainer	MODERATE
25D	Cyber Network Defender	MODERATE
25E	Electromagnetic Spectrum Manager	MODERATE
25L	Cable Systems Installer-Maintainer	SIGNIFICANT
25M	Multimedia Illustrator	MODERATE
25N	Nodal Network Systems Operator-Maintainer	MODERATE
25P	Microwave Systems Operator-Maintainer	MODERATE
25Q	Multichannel Transmission Systems Operator-Maintainer	MODERATE
25R	Visual Information Equipment Operator-Maintainer	SIGNIFICANT
25S	Satellite Communication Systems Operator-Maintainer	MODERATE
25T	Satellite/Microwave Systems Chief	MODERATE
25U	Signal Support Systems Specialist	MODERATE
25V	Combat Documentation/Production Specialist	MODERATE
25W	Telecommunications Operations Chief	MODERATE
25X	Chief Signal NCO	MODERATE
25Z	Visual Information Operations Chief	MODERATE
27D	Paralegal Specialist	MODERATE
29E	Electronic Warfare Specialist	MODERATE
31B	Military Police	SIGNIFICANT
31D	CID Special Agent	MODERATE
31E	Internment/Resettlement Specialist	MODERATE
31K	Military Working Dog (MWD) Handler	SIGNIFICANT
35F	Intelligence Analyst	MODERATE

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35G	Geospatial Intelligence Imagery Analyst	MODERATE
35L	Counter Intelligence Agent	MODERATE
35M	Human Intelligence Collector	MODERATE
35N	Signals Intelligence Analyst	MODERATE
35P	Cryptologic Linguist	MODERATE
35Q	Cryptologic Network Warfare Specialist	MODERATE
35S	Signals Collector/Analyst	MODERATE
35T	Military Intelligence Systems Maintainer/Integrator	MODERATE
35V	Signals Intelligence (SIGINT) Senior Sergeant/SIGINT Chief	MODERATE
35X	Intelligence Senior Sergeant/Chief Intelligence Sergeant	MODERATE
35Y	Chief Counter Intelligence/Human Intelligence Sergeant	MODERATE
35Z	Intelligence Sergeant Major	MODERATE
36B	Financial Management Technician	MODERATE
37F	Psychological Operations Specialist	MODERATE
38B	Civil Affairs Specialist	MODERATE
42A	Human Resources Specialist	SIGNIFICANT
42R	Musician	SIGNIFICANT
42S	Special Band Musician	SIGNIFICANT
46Q	Public Affairs Specialist	MODERATE
46R	Public Affairs Broadcast Specialist	MODERATE
46Z	Chief Public Affairs NCO	MODERATE
51C	Acquisition, Logistics & Technology (AI&T) Contracting NCO	MODERATE
56M	Religious Affairs Specialist	MODERATE
68A	Biomedical Equipment Specialist	MODERATE
68B	Orthopedic Specialist	MODERATE
68C	Practical Nursing Specialist	MODERATE
68D	Operating Room Specialist	MODERATE
68E	Dental Specialist	MODERATE
68F	Physical Therapy Specialist	MODERATE
68G	Patient Administration Specialist	MODERATE
68H	Optical Laboratory Specialist	MODERATE
68J	Medical Logistics Specialist	MODERATE
68K	Medical Laboratory Specialist	MODERATE
68L	Occupational Therapy Specialist	MODERATE
68M	Nutrition Care Specialist	MODERATE
68N	Cardiovascular Specialist	MODERATE
68P	Radiology Specialist	MODERATE
68Q	Pharmacy Specialist	MODERATE

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68R	Veterinary Food Inspection Specialist	MODERATE
68S	Preventive Medicine Specialist	MODERATE
68T	Animal Care Specialist	MODERATE
68U	Ear, Nose & Throat (ENT) Specialist	MODERATE
68V	Respiratory Specialist	MODERATE
68W	Health Care Specialist	SIGNIFICANT
68X	Behavioral Health Specialist	MODERATE
68Y	Eye Specialist	MODERATE
68Z	Chief Medical NCO	MODERATE
74D	Chemical, Biological, Radiological & Nuclear (CBRN) Specialist	MODERATE
79R	Recruiter	MODERATE
79S	Career Counselor	MODERATE
79T	Recruiting & retention NCO (Army National Guard of the United States)	MODERATE
79V	Retention & Transition NCO, USAR	MODERATE
88H	Cargo Specialist	HEAVY
88K	Watercraft Operator	HEAVY
88L	Watercraft Engineer	SIGNIFICANT
88M	Motor Transport Operator	HEAVY
88N	Transportation Management Coordinator	SIGNIFICANT
88U	Railway Specialist (RC)	MODERATE
88Z	Transportation Senior Sergeant	MODERATE
89A	Ammunition Stock Control & Accounting Specialist	MODERATE
89B	Ammunition Specialist	MODERATE
89D	Explosive Ordnance Disposal Specialist	MODERATE
91A	M1 Abrams Tank System Maintainer	MODERATE
91B	Wheeled Vehicle Mechanic	MODERATE
91C	Utilities Equipment Repairer	MODERATE
91D	Tactical Power Generation Specialist	MODERATE
91E	Allied Trades Specialist	MODERATE
91F	Small Arms/Towed Artillery Repairer	MODERATE
91G	Fire Control Repairer	MODERATE
91H	Track Vehicle Repairer	MODERATE
91J	Quartermaster & Chemical Equipment Repairer	MODERATE
91L	Construction Equipment Repairer	MODERATE
91M	Bradley Fighting Vehicle System Maintainer	MODERATE
91P	Artillery Mechanic	MODERATE
91S	Stryker Systems Maintainer	MODERATE
91X	Maintenance Supervisor	MODERATE
91Z	Mechanical Maintenance Supervisor	MODERATE
92A	Automated Logistical Specialist	SIGNIFICANT

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92F	Petroleum Supply Specialist	SIGNIFICANT
92G	Culinary Specialist	SIGNIFICANT
92L	Petroleum Laboratory Specialist	MODERATE
92M	Mortuary Affairs Specialist	HEAVY
92R	Parachute Rigger	SIGNIFICANT
92S	Shower & Laundry Specialist (S&L SPC)	SIGNIFICANT
92W	Water Treatment Specialist	SIGNIFICANT
92Y	Unit Supply Specialist	MODERATE
92Z	Senior Noncommissioned Logistician	MODERATE
94A	Land Combat Electronic Missile System Repairer	MODERATE
94D	Air Traffic Control Equipment Repairer	MODERATE
94E	Radio Equipment Repairer	MODERATE
94F	Computer Detection Systems Repairer	MODERATE
94H	Test, Measurement, & Diagnostic Equipment (TMDE) Maintenance Support Specialist	MODERATE
94M	Radar Repairer	MODERATE
94P	Multiple Launch Rocket System Repairer	MODERATE
94R	Avionic & Survivability Equipment Repairer	MODERATE
94S	Patriot System Repairer	MODERATE
94T	Short Range Air Defense System Repairer	MODERATE
94W	Electronic Maintenance Supervisor	MODERATE
94Y	Integrated Family of Test Equipment (IFTE) Operator & Maintainer	MODERATE
94Z	Senior Electronic Maintenance Supervisor	MODERATE