

**OFFICER AREAS OF CONCENTRATION
OCCUPATIONAL PHYSICAL ASSESSMENT TEST
PHYSICAL DEMAND CATEGORIES**

MOS	TITLE	PHYSICAL DEMANDS CATEGORY
11A	Infantry	HEAVY
12A	Engineer	HEAVY
13A	Field Artillery, General	HEAVY
14A	Air Defense Artillery Officer	SIGNIFICANT
15A	Aviation, General	HEAVY
15B	Aviation Combined Arms Operations	HEAVY
15C	Aviation All-Source Intelligence	HEAVY
15D	Aviation Maintenance Officer	HEAVY
17A	Cyber Warfare	MODERATE
18A	Special Forces	HEAVY
19A	Armor	HEAVY
25A	Signal, General	SIGNIFICANT
25G	Network Integration	MODERATE
25Z	Network Integration	MODERATE
27A	Judge Advocate General	MODERATE
27B	Military Judge	MODERATE
31A	Military Police	SIGNIFICANT
35D	All Source Intelligence	MODERATE
35E	Counter Intelligence (CI)	MODERATE
35F	Human Intelligence (HUMINT)	MODERATE
35G	Signals Intelligence/Electronic Warfare (SIGINT/EW)	MODERATE
36A	Financial Manager	MODERATE
37A	Psychological Operations	MODERATE
37X	Psychological Operations, Designated	MODERATE
38A	Civil Affairs (AA & USAR)	MODERATE
38G	Military Government (USAR Only)	MODERATE
38X	Civil Affairs, Designated	MODERATE
42B	Human Resources Officer	SIGNIFICANT
42C	Army Music	MODERATE
42H	Senior Human Resources Officer	SIGNIFICANT
56A	Command & Unit Chaplain	MODERATE
56D	Clinical Pastoral Educator	MODERATE
56X	Chaplain Candidate	MODERATE
60A	Operational Medicine	MODERATE
60B	Nuclear Medicine Officer	MODERATE
60C	Preventive Medicine Officer	MODERATE
60D	Occupational Medicine Officer	MODERATE

**OFFICER AREAS OF CONCENTRATION
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PHYSICAL DEMAND CATEGORIES**

60F	Pulmonary Disease/Critical Care Officer	MODERATE
60G	Gastroenterologist	MODERATE
60H	Cardiologist	MODERATE
60J	Obstetrician & Gynecologist	MODERATE
60K	Urologist	MODERATE
60L	Dermatologist	MODERATE
60M	Allergist, Clinical Immunologist	MODERATE
60N	Anesthesiologist	MODERATE
60P	Pediatrician	MODERATE
60Q	Pediatric Sub-Specialist	MODERATE
60R	Child Neurologist	MODERATE
60S	Ophthalmologist	MODERATE
60T	Otolaryngologist	MODERATE
60U	Child Psychiatrist	MODERATE
60V	Neurologist	MODERATE
60W	Psychiatrist	MODERATE
61A	Nephrologist	MODERATE
61B	Medical Oncologist/Hematologist	MODERATE
61C	Endocrinologist	MODERATE
61D	Rheumatologist	MODERATE
61E	Clinical Pharmacologist	MODERATE
61F	Internist	MODERATE
61G	Infectious Disease Officer	MODERATE
61H	Family Medicine	MODERATE
61J	General Surgeon	MODERATE
61K	Thoracic Surgeon	MODERATE
61L	Plastic Surgeon	MODERATE
61M	Orthopedic Surgeon	MODERATE
61N	Flight Surgeon	MODERATE
61P	Physiatrist	MODERATE
61Q	Radiation Oncologist	MODERATE
61R	Diagnostic Radiologist	MODERATE
61U	Pathologist	MODERATE
61W	Peripheral Vascular Surgeon	MODERATE
61Z	Neurosurgeon	MODERATE
62A	Emergency Physician	MODERATE
62B	Field Surgeon	MODERATE
63A	General Dentist	MODERATE
63B	Comprehensive Dentist	MODERATE
63D	Periodontist	MODERATE
63E	Endodontist	MODERATE
63F	Prosthodontist	MODERATE
63H	Public Health Dentist	MODERATE

**OFFICER AREAS OF CONCENTRATION
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PHYSICAL DEMAND CATEGORIES**

63K	Pediatric Dentist	MODERATE
63M	Orthodontist	MODERATE
63N	Oral & Maxillofacial Surgeon	MODERATE
63P	Oral Pathologist	MODERATE
63R	Executive Dentist	MODERATE
64A	Field Veterinary Service	MODERATE
64B	Veterinary Preventive Medicine	MODERATE
64C	Veterinary Laboratory Animal Medicine	MODERATE
64D	Veterinary Pathology	MODERATE
64E	Veterinary Biomedical Scientist	MODERATE
64F	Veterinary Clinical Medicine	MODERATE
64Z	Senior Veterinarian (Immaterial)	MODERATE
65A	Occupational Therapy	MODERATE
65B	Physical Therapy	MODERATE
65C	Dietitian	MODERATE
65D	Physician Assistant	MODERATE
65X	Specialist Allied Operations	MODERATE
66B	Army Public Health Nurse	MODERATE
66C	Psychiatric/Behavioral Health Nurse	MODERATE
66E	Perioperative Nurse	MODERATE
66F	Nurse Anesthetist	MODERATE
66G	Obstetrics & Gynecology	MODERATE
66H	Medical-Surgical Nurse	MODERATE
66N	Generalist Nurse	MODERATE
66P	Family Nurse Practitioner	MODERATE
66R	Psychiatric/Behavioral Health Nurse Practitioner	MODERATE
66S	Critical Care Nursing	MODERATE
66T	Emergency Nursing	MODERATE
66W	Certified Nurse Midwife	MODERATE
67A	Health Services	MODERATE
67B	Laboratory Sciences	MODERATE
67C	Preventive Medicine Sciences	MODERATE
67D	Behavioral Sciences	MODERATE
67E	Pharmacy	MODERATE
67F	Optometry	MODERATE
67G	Podiatry	MODERATE
67J	Aeromedical Evacuation	MODERATE
74A	Chemical, Biological, Radiological & Nuclear (CBRN)	MODERATE
88A	Transportation, General	HEAVY
90A	Logistics	MODERATE

**OFFICER AREAS OF CONCENTRATION
OCCUPATIONAL PHYSICAL ASSESSMENT TEST
PHYSICAL DEMAND CATEGORIES**

91A	Maintenance & Munitions Materiel Officer	MODERATE
92A	Quartermaster, General	HEAVY

**WARRANT OFFICER MILITARY OCCUPATIONAL SPECIALTIES
OCCUPATIONAL PHYSICAL ASSESSMENT TEST
PHYSICAL DEMAND CATEGORIES**

MOS	TITLE	PHYSICAL DEMANDS CATEGORY
120A	Construction Engineering Technician	MODERATE
125D	Geospatial Engineering Technician	MODERATE
131A	Field Artillery Targeting Technician	MODERATE
140A	Command & Control Systems Integrator	MODERATE
140E	Air & Missile Defense (AMD) Systems Tactician/Technician	MODERATE
140X	Air Defense Artillery (ADA) Immaterial	MODERATE
150A	Air Traffic & Air Space Management Technician	MODERATE
150U	Unmanned Aircraft Systems Operations Technician	MODERATE
151A	Aviation Maintenance Technician (Nonrated)	MODERATE
152B	OH-58A/C Scout Pilot (RC)	HEAVY
152C	OH-6 Pilot	HEAVY
152D	OH-58D Pilot	HEAVY
152E	AH-64E Pilot	HEAVY
152F	AH-64A Attack Pilot	HEAVY
152H	AH-64D Attack Pilot	HEAVY
153A	Rotary Wing Aviator (Aircraft Nonspecific)	HEAVY
153B	UH-1 Pilot (RC)	MODERATE
153D	UH-60 Pilot	HEAVY
153E	Mh-60 Pilot	HEAVY
153L	UH-72A Pilot	HEAVY
153M	UH-60M Pilot	HEAVY
154C	CH-47D Pilot	HEAVY
154E	MH-47 Pilot	HEAVY
154F	CH-47F Pilot	HEAVY
155A	Fixed Wing Aviator (Aircraft Nonspecific)	MODERATE
155E	C-12 Pilot	MODERATE
155F	Jet Aircraft Pilot	MODERATE
155G	O-5A/EO-5B/RC-7 Pilot	MODERATE
170A	Cyber Operations Technician	MODERATE
180A	Special Forces Warrant Officer	MODERATE
255A	Information Services Technician	MODERATE
255N	Network Management Technician	MODERATE
255S	Information Protection Technician	MODERATE
255Z	Senior Network Operations Technician	MODERATE
270A	Legal Administrator	MODERATE
290A	Electronic Warfare Technician	MODERATE
311A	Cid Special Agent	MODERATE
350F	All Source Intelligence Technician	MODERATE
350G	Geospatial Intelligence Imagery Technician	MODERATE

**WARRANT OFFICER MILITARY OCCUPATIONAL SPECIALTIES
OCCUPATIONAL PHYSICAL ASSESSMENT TEST
PHYSICAL DEMAND CATEGORIES**

351L	Counterintelligence Technician	MODERATE
351M	Human Intelligence Collection Technician	MODERATE
351Y	Area Intelligence Technician	MODERATE
351Z	Attache Technician	MODERATE
352N	Signals Intelligence Analysis Technician	MODERATE
352S	Signals Collection Technician	MODERATE
353T	Intelligence Systems Integration & Maintenance Technician	MODERATE
420A	Human Resources Technician	SIGNIFICANT
420C	Bandmaster	MODERATE
640A	Food Safety Officer	MODERATE
670A	Health Services Maintenance Technician	MODERATE
740A	Chemical, Biological, Radiological & Nuclear (CBRN) Warrant Officer	MODERATE
880A	Marine Deck Officer	MODERATE
881A	Marine Engineering Officer	MODERATE
882A	Mobility Officer	MODERATE
890A	Ammunition Technician	MODERATE
913A	Armament Systems Maintenance Warrant Officer	MODERATE
914A	Allied Trades Warrant Officer	MODERATE
915A	Automotive Maintenance Warrant Officer	MODERATE
915E	Senior Automotive Maintenance Warrant Officer/Senior Ordnance Logistics Warrant Officer	MODERATE
919A	Engineer Equipment Maintenance Warrant Officer	MODERATE
920A	Property Accounting Technician	MODERATE
920B	Supply Systems Technician	MODERATE
921A	Airdrop Systems Technician	MODERATE
922A	Food Service Technician	MODERATE
923A	Petroleum Technician	MODERATE
948B	Electronic Systems Maintenance Warrant Officer	MODERATE
948D	Electronic Missile Systems Maintenance Warrant Officer	MODERATE
948E	Senior Electronics Maintenance Warrant Officer	MODERATE

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

MOS	TITLE	PHYSICAL DEMANDS CATEGORY
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

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

13D	Field Artillery Automated Tactical Data System Specialist	MODERATE
13F	Joint Fire Support Specialist	HEAVY
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

**ENLISTED MILITARY OCCUPATIONAL SPECIALTIES
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PHYSICAL DEMAND CATEGORIES**

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
35G	Geospatial Intelligence Imagery Analyst	MODERATE

**ENLISTED MILITARY OCCUPATIONAL SPECIALTIES
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PHYSICAL DEMAND CATEGORIES**

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
68R	Veterinary Food Inspection Specialist	MODERATE
68S	Preventive Medicine Specialist	MODERATE
68T	Animal Care Specialist	MODERATE

**ENLISTED MILITARY OCCUPATIONAL SPECIALTIES
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PHYSICAL DEMAND CATEGORIES**

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
92F	Petroleum Supply Specialist	SIGNIFICANT
92G	Culinary Specialist	SIGNIFICANT
92L	Petroleum Laboratory Specialist	MODERATE
92M	Mortuary Affairs Specialist	HEAVY

**ENLISTED MILITARY OCCUPATIONAL SPECIALTIES
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PHYSICAL DEMAND CATEGORIES**

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