



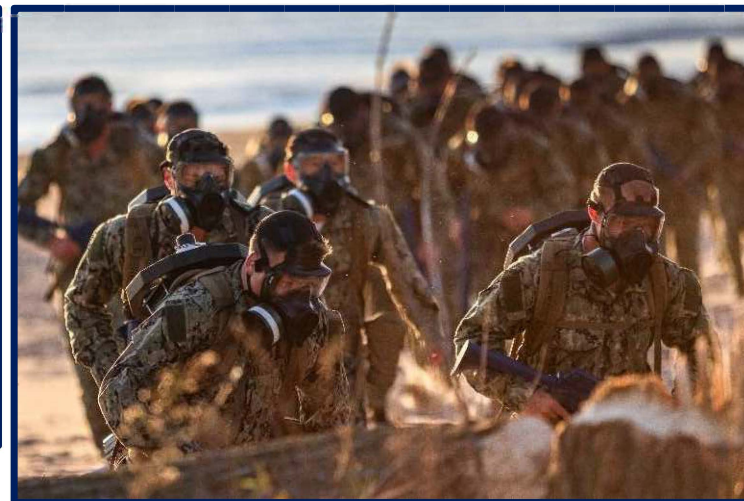
# PREP/ASC Topics of Instruction

- ORM
- EOD STRIKE Human Performance Program

- Mindset
- Nutrition
- Movement
- Recovery



- Navy War College: Introductory Enlisted Professional Military Education Course
- PMK-EE
- Ethics
- Aquatic Competency
- In Water Practicals (IWPs)
- Dive Physics
- Anatomy and Physiology of Diving
- Introduction to Navy 3M System







# ASC Graded Events

- MILPERSMAN PST
- Human Performance Test:  
Broad Jump, Pro Shuttle, 25lb Pull-up, Max-rep Body Weight bench, 3-rep max Dead Lift, 300 yd shuttle, 3-mile run, 800m swim
- Academic Assessments: Dive Physics, Dive Medicine, 3M, Cumulative
- Peer Ranking
- Ruck: 6-mile ruck with 55lb in under 75 min
- 2K fin swim: under 45 min
- IWP (weighted tank tread/gear check)
- 5 advanced aquatic adaptability skills
- CPR

