**ABSTRACT**

The United States Army enlists Military Occupational Specialties (MOS) by physical demand rating (PDR) from 1 (light) to 7 (very heavy). Army enlisted Military Occupational Specialties (MOS) and PDR are based on physical strength, endurance, and capacity that are required in the occupational skill and provide a 6-digit serial number to index functional capacity of each occupational skill. The purpose of this study was to compare physical, physiological, and strength characteristics of enlisted female Soldiers by Physical Demand Rating and PULHES factor.

**RESULTS**

- **Body Fat (%):**
  - P2: 28.7±4.3 vs P3: 25.0±2.5, p=0.027

- **Aerobic Capacity (W/kg):**
  - P2: 5.8±0.5 vs P3: 5.9±0.1, p=0.027

- **Lactate Threshold (%VO2Max):**
  - P2: 81.1±6.7 vs P3: 85.6±2.5, p=0.027

**SUMMARY AND CONCLUSIONS**

- Future research should investigate characteristics related to unique tactical tasks and physiological demands.

**REFERENCES**

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