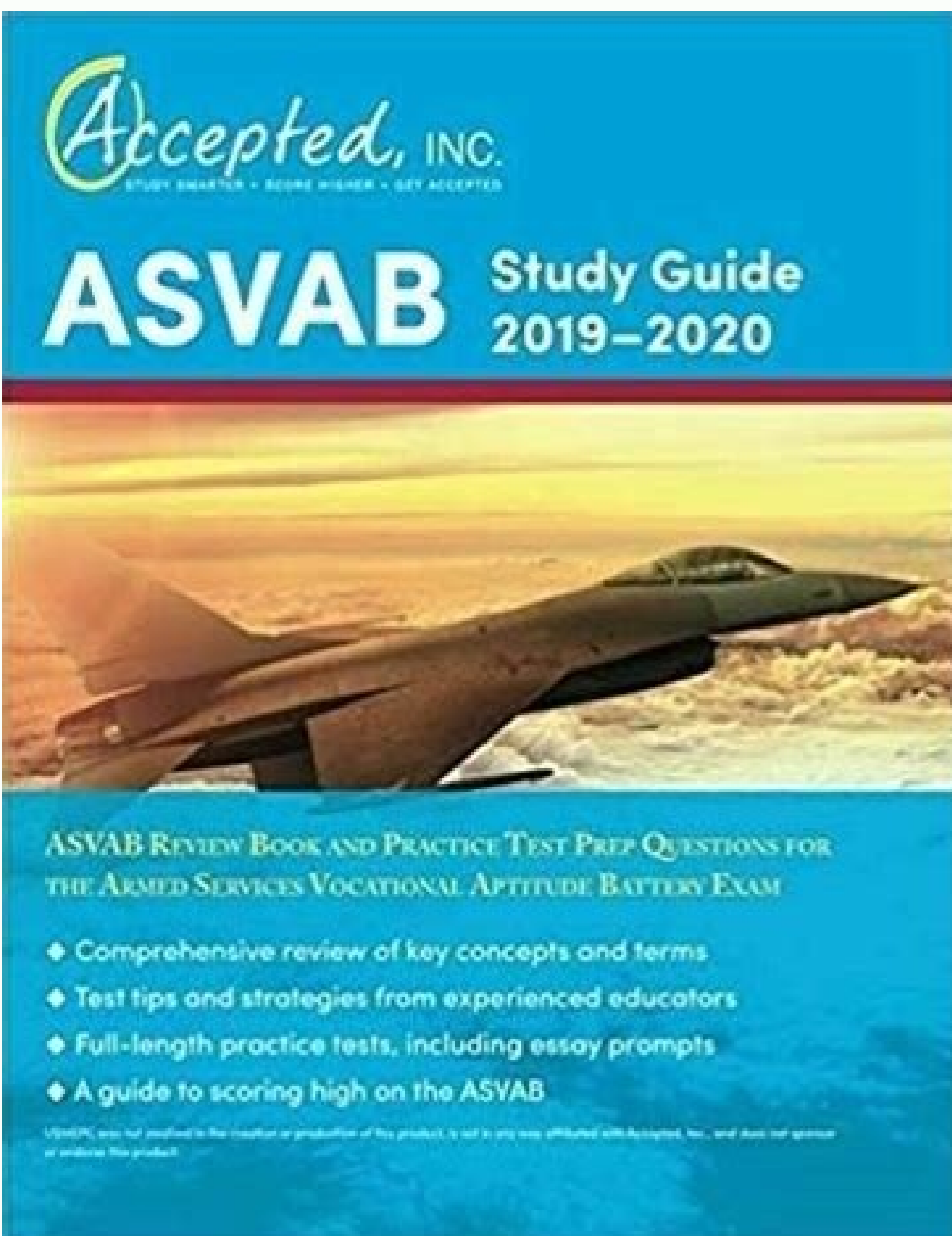
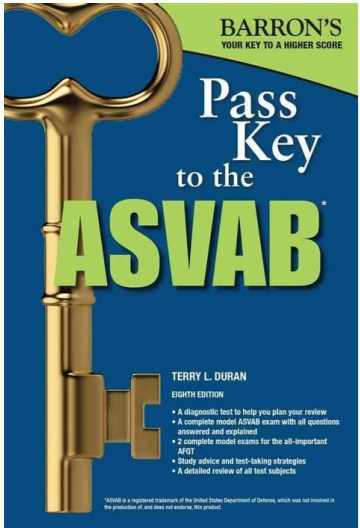


I'm not robot!

Which of the following answers is the best approximation of 122.684×10.013 ?

[explanation](#)

- A 13
- B 125
- C 1227
- D 12270



The AFQT score is computed as follows:

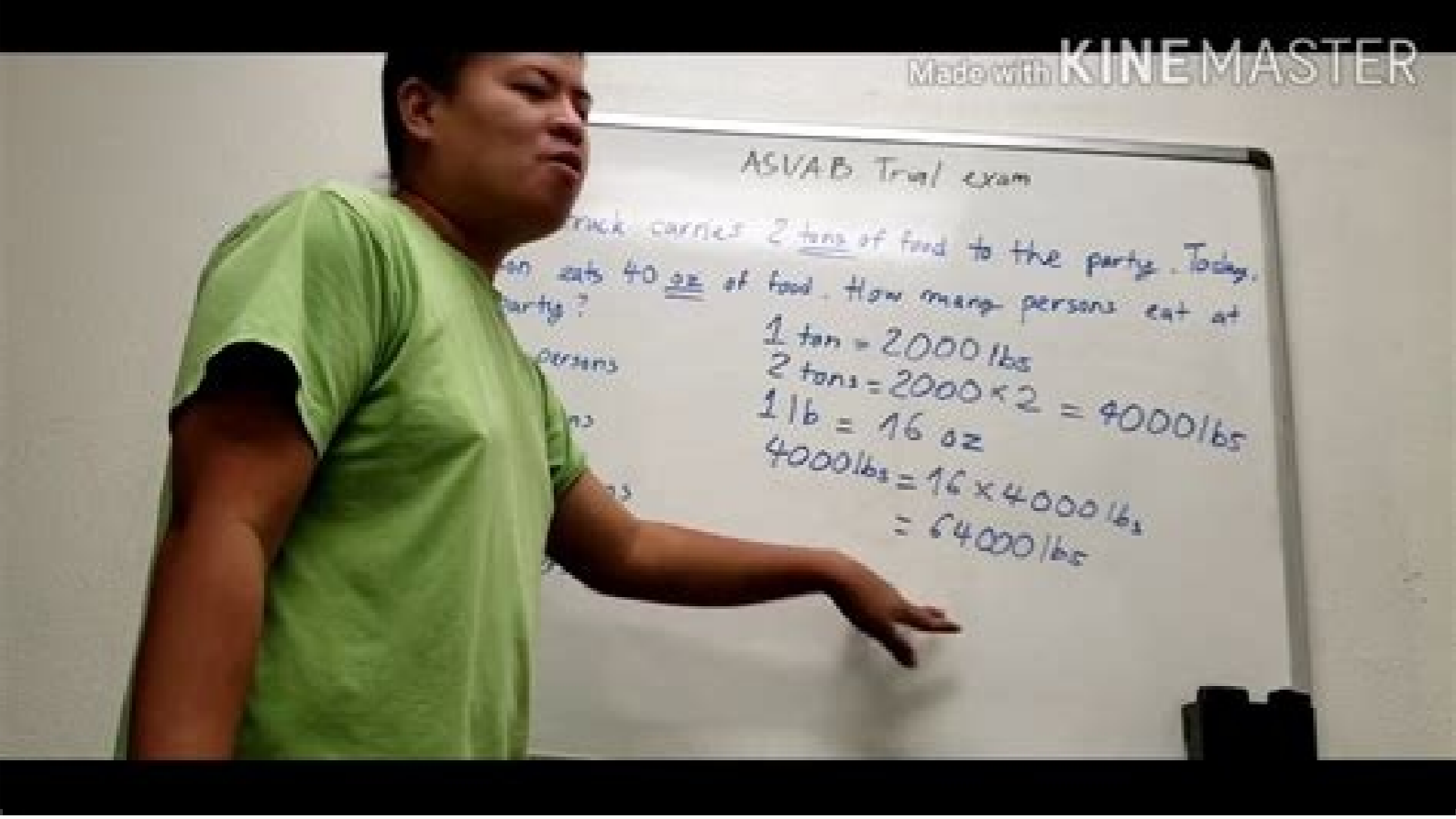
- First, Work Knowledge and Paragraph Comprehension are combined to create Verbal Expression (VE).
- Next, a "weighted score" of Arithmetic Reasoning (AR) and Mechanical Comprehension (MC) is calculated. (This means that the level of difficulty of the questions is taken into consideration.)
- Then, the AFQT score is calculated according to the formula: $VE \times 2 + AR + MC$. Finally, the AFQT score is converted into a "percentile score," which ranges between 1-99 points (1=lowest, 99=highest).

A candidate who scores a 50 on the AFQT scores in the 50th percentile, which is the average ASVAB score.

ASVAB Norms

The AFQT percentiles are based on a sample of 18-23 year olds who took the ASVAB test as part of a national norming study conducted in 1997. This sample has served as a reference group for all ASVAB scores since 2004.

An ASVAB percentile score indicates the percentage of examinees in a reference group that scored at or below that specific score. For example, an AFQT score of 82 indicates that the examinee's "raw score" is identical or better than 82% of the scores achieved by those who participated in the national representative sample.



Most common word knowledge asvab. How to study for the word knowledge asvab.

Men know numbers—usually useless ones. I remember the score of the first test I took in fifth grade (59, open book), the number of home runs George Foster hit in 1977 (52, and I like Mike Schmidt), the miles my car has on it right now (173,482.6), and the points I scored during my eighth-grade basketball season (2). But when I need to recall the important numbers, the life-and-death digits, my brainpan turns into a colander. BMI, HDL, LDL, PSA, blood pressure, blood sugar, resting heart rate, target heart rate—I can't keep it all straight. So I asked the experts: Which numbers are essential to a man's health and as memorable as Heather Graham's measurements (36-28-34)? Here they are: seven numbers that won't win you any bar bets, but can help you lose weight, prevent prostate cancer, and beat heart disease like Vince Ferragamo's career passing yardage (11,336) never could. **24 Almonds.** Eat them before dinner, and you'll lose weight. A Purdue University study showed that people who ate nuts high in monounsaturated fat felt full an hour and a half longer than the sissies who ate rice cakes. "With 9 grams of monounsaturated fat, an ounce of almonds is enough to keep most guys from going ballistic at dinner, the time when they're most likely to overeat," says Elizabeth Ward, R.D., a nutritional consultant in Massachusetts. And odds are the weight you lose will stay off. Researchers found that of two groups of people who lost weight, those eating a diet high in monounsaturated fats were still slim after 18 months, while those going low-fat quickly porked up again. How to nail that number: Wash the nuts down with 8 ounces of water; this will keep you from eating more than 24 before their appetite-suppressing powers can kick in. "The fluid expands the fiber in the nuts to help you feel fuller," says Ward. **7.30 Mile.** Check your watch at the end of a mile run. If it shows 7 minutes, 30 seconds or less, you're at low risk of a heart attack, says Paul D. Thompson, M.D., director of preventive cardiology at Hartford Hospital, in Connecticut. "Poor exercise performance is one of the best predictors of heart-disease risk," says Dr. Thompson, who analyzed research from the Cooper Institute of Aerobics. "The faster you can run, the longer you'll live." And the greater your heart's stroke volume—the blood pumped per beat. "Even if you had a heart attack, a greater stroke volume would probably mean you'd survive it," says Dr. Thompson. How to nail that number: Practice quarter-mile intervals. Run a little faster than your mile pace for a quarter of a mile, then walk for 3 minutes. Repeat seven more times. Do this twice a week. "Quarter-mile intervals are best because you're using a combination of speed and endurance, which makes you faster," says Dr. Thompson. **3 days a week.** That's how often you have to lift weights to help prevent diabetes. Finnish researchers found that when men at risk of diabetes trained with weights three times a week, their sensitivity to insulin improved by 23 percent, compared with no change in those training aerobically. Insulin sensitivity is key to helping your body process sugar (glucose). "Unlike endurance training, resistance training results in an increase in muscle mass. More muscle may help increase glucose disposal," says Edward Horton, M.D., director of clinical research at the Joslin Diabetes Center in Boston. How to nail that number: Do the circuit-training program used in the Finnish research: Go to a gym and train the large muscle groups—back, abs, arms, and legs—by doing eight to 10 repetitions at each exercise station, resting for 30 seconds, and then moving on to the next station. Repeat two more times for a total of three sets. **10 Minutes.** Spend this amount of time icing after a run to save your knees from osteoarthritis. Weight-bearing exercises, such as running or playing basketball, draw blood and a lubricant called synovial fluid to your joints. And that's good—while you're exercising. But if extra synovial fluid and blood stick around too long, the cartilage can crack, and osteoarthritis will eventually develop. That's why post-exercise icing is so critical. "The ice makes the extra fluid run away from your joints, and then your lymphatic system filters it out," says Kevin Olds, C.S.C.S., M.S.P.T., a physical therapist in Memphis. How to nail that number: Keep a few instant cold packs in your gym bag. (Cramer cold packs are \$18 for a box of 16.) In a pinch, put a cold can of soda just below the kneecap, right on the patellar tendon, says Olds. "That's where the joint line is." **8 Ounces of OJ.** Drink this much at breakfast, lunch, and dinner to prevent a stroke. Downing OJ—the not-from-concentrate kind—daily is still the easiest way to boost your high-density lipoprotein (HDL) cholesterol and in turn lower your stroke risk. When Columbia University researchers measured the HDL levels of 1,444 people, they found that those with the highest levels had a significantly reduced risk of an ischemic stroke, the type that affects most men. "HDL cholesterol is the garbage truck of circulation," says Dr. Thompson. "If you have a lot of garbage trucks, they can remove all the trash." This includes the "trash" that causes impotence. How to nail that number: Make it easier to stomach. If the acidity of OJ is too much, try Tropicana Pure Premium Low Acid orange juice. Missed a glass? Snack on a Hershey's Special Dark chocolate bar (the regular, 1.45-ounce size), the amount of chocolate Pennsylvania State University researchers found increased HDL levels by 4 percent. **6 Pullups.** A fit man who weighs between 170 and 200 pounds should be able to do this many. (If you're lighter, it's 10. Heavier? Four.) "The pullup is the perfect exercise to gauge your strength because it forces you to lift your entire body," says Michael Mejia, C.S.C.S., exercise advisor to Men's Health. "Men who can do this many shouldn't really encounter too many situations that they can't physically accomplish." But six means six perfect pullups. Keep your hands shoulder-width apart, palms facing out, and legs together. When your chin completely clears the bar, pause for a count of two, then slowly lower yourself and repeat. How to nail that number: Place a bench under the bar and do negative pullups. Stand on the bench, grasp the bar, and then bend your legs so your feet hang free. Take 5 seconds to lower yourself until your arms are straight. Step back on the bench and repeat three more times. Do two to three sets twice a week. "These will develop your muscles enough so that you'll eventually be able to lift yourself," says Mejia. **2 Servings of fish.** Put this on your weekly menu to help cancer-proof your prostate. Researchers at the Karolinska Institute in Stockholm studied the diets of 6,272 men and found that those who ate no fish had as much as a three-times-higher risk of prostate cancer than those who ate it regularly. The omega-3 fatty acids in fish help inhibit prostate-cancer growth, says Alicia Wolk, M.D., the study author. Tuna, salmon, and sardines are all swimming in omega-3s. How to nail that number: If Mrs. Paul's is your idea of deep-sea dining, take Coromega fish-oil supplements. You get a healthy dose of omega-3s—350 milligrams (mg) EPA and 230 mg DHA—in a ketchup-packet-sized portion of orange-flavored cream. **Watch Next** ASVAB Mathematics Knowledge Study Guide The Armed Services Vocational Aptitude Battery (ASVAB) is an important step candidates need to take before they will be allowed to enlist in any military branch. Among the ten tests in the battery is the mathematics test which will be one of the four tests used to determine your eligibility to enlist. What Is Involved in the Registration Process? Be prepared to disclose in-depth, private information about your marital status, education, health, drug use, and arrest record. You will need to provide this information before your recruiter can authorize you to take the ASVAB. Check Out Mometrix's ASVAB Printed Study Guide Get practice questions, video tutorials, and detailed study lessons Get Your Study Guide In some cases, your responses to these questions will not be enough for a recruiter to make a conclusive decision about whether or not you qualify. In this case, they may also require you to complete a physical exam and/or the first four tests of the ASVAB, including the mathematics test. Since there is this possibility that you will be tested during this initial screening, you should make sure to study and prepare yourself as if you were definitely going to be taking the test. What Should I Expect on the Day of the Test? On the day of the test, you should show up to the testing location at least 15 minutes before your actual appointment in order to check in. Bring a valid, government-issued photo ID such as a passport, driver's license, state issued ID, or military ID. If you arrive late, you will not be allowed to take the test so don't underestimate the importance of showing up 15 minutes early. The entire test lasts about two and a half hours, including the mechanical comprehension section which lasts 20 minutes. If you finish sooner than that, you will be allowed to go on to the next section but once you leave a section, you can't return to it. So make sure you have double checked your work and are confident in all of your answers before moving on. What Kind of Math Will Be on the ASVAB Mathematics Section? All 16 questions on the mathematics test will be based on high school level math so it will be more advanced than the arithmetic section but it should still all be concepts that you have encountered either in high school or while preparing for your GED. Even if the material is familiar to you and seems easy, remember that there are no calculators on this test so you also need to be able to calculate in your head or by hand fast enough to get through all the questions within the time limit. What Is the Minimum Score Needed on the Mathematics Test? Check Out Mometrix's ASVAB Flashcards Get complex subjects broken down into easily understandable concepts Get Your Flashcards The mathematics test is included in the Armed Forces Qualification Tests (AFQT) set along with arithmetic reasoning, paragraph comprehension, and word knowledge. So you will get a cumulative score for this set of tests ranging from 1 to 100. Your score represents your percentile ranking compared to other candidates taking the test. For example, if your AFQT score is 62, that means you performed better than 62% of people who took the test. The minimum AFQT score needed will depend on which branch of the military you are applying to as well as whether you have a high school diploma or a GED. In general, those who hold a GED will need to achieve a higher minimum score than those who have a high school diploma. The absolute highest required score is a 65 (this is the requirement for GED holders enlisting in the Air Force). What Should I Study for the Mathematics Test? Even though you might have seen most of the math on this test already, it will still benefit you to review the material and refresh your memory. Math involves a lot of specific formulas and processes and you won't have a calculator so you also need practice performing computations by hand quickly enough to get through the questions within the time limit. Your best bet is to use a well-designed study aid like the Mometrix Study Guide. This will give you a comprehensive overview of the math you'll need to know, complete with clear, easy-to-follow explanations. Even more to your benefit, it includes a lot of practice questions that you can use to prepare yourself for the test. Make sure to time yourself when you do these practice questions and, above all, make sure you do not use a calculator so you get used to working under the same conditions you're going to use on test day. You can also use Mometrix Flashcards to further improve your memory of the formulas and rules that you'll need to know. These flashcards also come with additional practice questions of their own so you'll have no shortage practice to prepare you for the ASVAB. ASVAB Test Online Prep Course If you want to be fully prepared, Mometrix offers an online ASVAB Prep Course. The course is designed to provide you with any and every resource you might want while studying. The ASVAB Course includes: In-Depth Lessons Covering all the Topics 800+ ASVAB Practice Questions Over 200 Video Tutorials More than 450 Electronic Flashcards Money-back Guarantee Free Mobile Access and More! The ASVAB Prep Course is designed to help any learner get everything they need to prepare for their ASVAB exam; click below to check it out.



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