

## CVE Applicant Physical Test

The CVE Applicant Physical Test phase is worth 40 points of the 100 points available in the testing process. The Physical Test phase consists of five individual events designed to measure strength, muscular endurance, anaerobic power and cardiovascular endurance. Your score is based on a maximum effort performance for each test. Each event is scored individually, but all 5 events are totaled to give you an overall score. The cumulative scoring allows a lower score on one test that can be compensated by a higher score on a subsequent test. You will be ranked based on the total points accumulated during the 5 tests.

### The five testing events

- **Bench press** (based on body weight percentage)
- **1 minute sit-up test**
- **300 meter run**
- **2 minute push-up test**
- **1.5 mile run**

KSP Physical Performance Points Distribution									
EVENT	0 pts	1 pts	2 pts	3 pts	4 pts	5 pts	6 pts	7 pts	8 pts
Bench Press (% body weight)	55.30%	59.70%	64%	68.50%	73%	80%	85%	90%	100%
Sit Ups (repetitions in 1min)	13-15	16-17	18	19-24	25-29	30-34	35-39	40-44	45+
300 Meter Run (seconds)	68	67	65	64	63	61	60	59	<58
Push Ups (repetitions in 2min)	14-16	17-19	20-22	23-24	25-34	35-40	41-49	50-54	55+
1.5 Mile Run (min:sec)	17:35 to 17:56	17:13 to 17:34	16:45 to 17:12	16:16 to 16:44	14:01 to 16:15	13:01 to 14:00	12:01 to 13:00	11:01 to 12:00	<11:00