

KSP Cadet Applicant Physical Test

The KSP Cadet 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)
- **2 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 2 min) | 20-25 | 26-31 | 32-36 | 37-40 | 41-45 | 46-50 | 51-55 | 56-60 | 61+ |
| 300 Meter Run (seconds) | 68 | 67 | 65 | 64 | 63 | 61 | 60 | 59 | <58 |
| Push Ups (repetitions in 2 min) | 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 |

You must score a **minimum of 20 out of 40 points for males and 15 out of 40 points for females** to pass and move on in the hiring process, but you must score a **minimum of “0” points** in each category to continue on to the next event. For example: If an applicant does twenty (20) sit ups, they will get “0” points but be allowed to continue on and try to make up the points in another category. If an applicant does nineteen (19) sit ups, they will fail that category and be sent home for not completing the physical standards test.

*Please note that applicants selected for the last cadet class scored between 35 - 40 points on their physical standards test.