

Alterations of this form are not authorized

EXHIBIT 1**Physical Screening Test: Diver/EOD/SEAL/SWCC/UCT**

Minimum standards only. Maximum effort is required for all exercises and must be reported on the physical fitness screening test form.

	Exercise	Number	EOD/SEAL SWCC Time	Diver/ UCT Time
1	MASK/FIN/SNORKEL SWIM (EOD/Divers ONLY): Applicant will swim 50 meters with mask, fins and snorkel to show waterborne confidence. No time limit.			
2	SWIM: In swimwear, swim nonstop 500 yards utilizing the side or breaststroke. Applicant may push off pool sides during turns.		12 MIN 30 SEC	14 MIN
3	10-minute rest period			
4	PUSH-UPS: The exercise will be performed with the back straight, head-up, and knees together. Applicants will lower themselves to the ground, bending their elbows and keeping their body straight, until they touch their chest to the ground. They will then push their body up, keeping their back straight and locking their elbows. They will count each repetition aloud as they complete a push-up.	42	2 MIN	2 MIN
5	2 minute rest period			
6	SIT-UPS: The exercise will be performed with the hands clasped behind the head, knees bent at approximately 120 degree angle, and feet together and held flat against the ground by an assistant. Applicants will raise their upper body to an upright position and attempt to touch their knees to their forehead (left knee and right knee on altering counts) prior to lowering their upper body to the ground. Repetition will be counted aloud by applicants as they reach the up position.	50	2 MIN	2 MIN
7	2-minute rest period			
8	PULL-UPS: The exercise will be performed by grasping the pull-up bar and hanging straight down. Hands should be placed on the bar with palms away, at shoulder width. Repetitions will be counted aloud by applicants each time they pull their chin over the bar. Applicants shall not swing or bicycle their feet and must maintain a vertical position during exercise.	6	N/A	N/A
9	10-minute rest period			
10	RUN 1.5 MILES: SEAL candidates must wear full-length trousers and either combat boots or high top boondocker shoes. EOD/Diver/SWCC candidates wear sneakers and shorts.		11 MIN 30 SEC	12 MIN 45 SEC

Note: Applicants for Special Operations Officer training must complete the physical screening test for EOD.

I have been briefed on the physical screening test required for Diving/Salvage and Explosive Ordnance Disposal, and understand the requirements for passing this test upon reporting to Diving/Salvage School.

Typed/Printed Name of Applicant	Signature of Applicant	Applicant's SSN
Typed/Printed Name of Recruiter	Signature of Recruiter	Date