



PETE SESSIONS

U.S. CONGRESSMAN FOR TEXAS 17TH



Candidate Fitness Assessment Form

Candidate Fitness Assessment Admissions Maximum Performance Scores:

Basketball Throw – 102 feet for men and 66 feet for women

The basketball throw measures ability to generate shoulder power, body coordination, and balance from a stationary position.

Pull Ups – 18 for men and 7 for women

Cadence Pull-Ups measure muscular strength and endurance of the shoulder and back.

Shuttle Run – 7.8 seconds for men and 8.6 seconds for women The 40-yard shuttle run measures the ability to move rapidly while changing directions, which is an indicator of anaerobic power, agility and quickness.

Sit-ups – 95 for both men and women

Modified sit-ups measure abdominal/core muscular strength and endurance.

Push-ups – 75 for men and 50 for women

The push-up event measures upper body muscular endurance.

1-mile run – 5:20 for men and 6:00 for women

The run measures aerobic capacity to do physical work.

*The six test events of the CFA are administered consecutively in less than a 40-minute time period.