

SSC CPO Physical Test - All about PST and PET

Are you preparing for the SSC CPO Exam, aiming for a fulfilling career in the Central Armed Police Forces and Delhi Police? If that's the case, mastering the SSC CPO Physical Test and understanding its syllabus along with the exam pattern is crucial for your success. In this comprehensive blog on the SSC CPO Physical Test, we've compiled all the necessary information you'll need. By examining

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, we will provide you with a detailed breakdown of the SSC CPO Physical Test, along with the syllabus and exam pattern. So, get ready and let's begin this journey together, ensuring you're fully prepared to face the challenges ahead.

SSC CPO Physical Test - Overview

The selection process for

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CPO includes several stages: Paper I, Physical Standard Test (PST)/Physical Endurance Test (PET), Paper II, and Detailed Medical Examination (DME). It's important to note that completion of each stage is mandatory. These exams are the pathway to a career in the respected Central Armed Police Forces and Delhi Police.

PST/PET will not carry any marks but will be of a qualifying/elimination nature. Moreover, It's worth noting that Ex-Servicemen applicants are exempt from the PET. However, all Ex-Servicemen must pass the written exams and meet the specified physical standards. Further in this blog, we will explore the SSC CPO Physical Test in detail. Here, you will discover a thorough breakdown of all the essential information about the SSC CPO Physical test, along with the syllabus and exam pattern.

SSC CPO Physical Test - Physical Standard Test

After passing Paper 1 of the SSC CPO exam, you will advance to the next stage: the Physical Standard Test (PST). During this stage, your body measurements will be assessed to determine your suitability for the role. Below is a table detailing the measurements required for male and female candidates:

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Category	Height	Chest	
		Unexpanded	Expanded
Male candidates except those listed at serial numbers (ii) and (iii)	170	80	85
Candidates from the hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Ladakh regions, North-Eastern States, and Sikkim.	165	80	85
All candidates belonging to Scheduled Tribes	162.5	77	82
All Female candidates except those listed at serial numbers (v) and (vi)	157	-	-
Female candidates belonging to Hill areas of Garhwal, Kumaon, Himachal Pradesh, Gorkhas, Dogras, Marathas, Kashmir Valley, Leh & Ladakh regions, NorthEastern States and Sikkim	155	-	-
All female candidates belonging to Scheduled Tribes	154	-	-

It is crucial to emphasize that weight should correspond proportionately to height for all positions. Additionally, it's important to highlight that there is no minimum requirement for chest measurement for female candidates. Now that you are familiar with the Physical Standard Test (PST), let's proceed to understand the Physical Endurance Test (PET).

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SSC CPO Physical Test - Physical Endurance Test

This test evaluates your physical fitness and endurance. Qualifying in Paper 1 is a prerequisite for appearing in the PET, making this stage critical in the SSC CPO selection process. The Physical Endurance Test requirements differ for male and female candidates.

Physical Endurance Test

Activity	Males	Females
Race	100 M & 1.6 Kms	100 M, 800 M
Long Jump	3.65 M	2.7 M
High Jump	1.2 M	0.9 M
Shot put	4.5 M	

[Source: KD Live]

Physical Endurance Test for Male Candidates:

- 100-meter race to be completed in 16 seconds.
- 1.6 kms race to be completed in 6.5 minutes.
- Long Jump: 3.65 meters in 3 chances.
- High Jump: 1.2 meters in 3 chances.
- Shot put (16 Lbs): 4.5 meters in 3 chances.

Physical Endurance Test for Female Candidates:

- 100-meter race to be completed in 18 seconds.
- 800-meter race to be completed in 4 minutes.
- Long Jump: 2.7 meters in 3 chances.
- High Jump: 0.9 meters in 3 chances.

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Now that we have covered the whole of the SSC CPO Physical Test, how about we take a look at the SSC CPO Syllabus and exam pattern for the same?

SSC CPO Exam Pattern

Understanding the exam pattern is crucial for effective preparation. It's important to analyze the exam pattern for the following reasons:

1. It forms the foundation for your preparation and performance.
2. It provides a structured roadmap for your preparation journey.
3. Understanding the exam pattern boosts your confidence for the actual exam.

With this understanding, let's delve into the SSC CPO exam pattern. The exam consists of two papers. Firstly, there's Paper I, a Computer Based Test (CBT) followed by a Physical Standard Test (PST)/Physical Endurance Test (PET). Subsequently, there's Paper II, another Computer Based Test. Finally, the Detailed Medical Examination (DME) concludes the process.

For a comprehensive breakdown of Paper I and Paper II, please refer to the infographic provided below.

SSC CPO EXAM PATTERN

Lets begin to prepare for the exams in the given chronology!

			Number of Questios/ Maximum Marks	Time Duration
 Paper 1 + Paper 2	General Intelligence & Reasoning + English Comprehension	General Knowledge & General Awareness + Quantitative Aptitude	200/200	120 minutes
	English language and Comprehension		200/200	120 minutes
+ PST & PET DME	As mentioned in the notification.		-	-

[Source: KD Live]

Further, explore our detailed blog on the

[SSC CPO Exam Pattern](#)

for deeper insights.

SSC CPO Syllabus

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After grasping the exam pattern, it's crucial to understand the detailed syllabus to guide your study plan, resource selection, and time management effectively. The SSC CPO examination comprises four subjects:

- General Intelligence and Reasoning
- General Knowledge and General Awareness
- Quantitative Aptitude
- English Comprehension

It's important to note that Paper 1 includes all these subjects, while Paper 2 focuses solely on English Language and Comprehension. For an in-depth understanding of each subject, you can refer to our blog, "

[SSC CPO Syllabus](#)

SSC CPO Marking Scheme

After comprehending the SSC CPO syllabus and exam pattern, let's explore the marking scheme.

- Paper 1 includes 200 questions, totalling 200 marks, with each of the four subjects carrying equal weightage, amounting to 50 marks each.
- Similarly, Paper II comprises a single subject with 200 questions, and accounting for 200 marks.
- Each correct answer will earn you 1 mark, and there will be no penalty for questions left unattempted.
- Moreover, it's crucial to note that in both Paper I and Paper II, there will be a negative marking of 0.25 marks for each incorrect answer.

SSC CPO Marks Normalization

Now that you have a solid understanding of the SSC CPO syllabus, exam pattern, and marking scheme, what comes next? Well, it's time to explore the fascinating concept of marks normalization. Picture yourself in a competitive exam where different shifts have varying levels of difficulty. This discrepancy can make direct score comparisons unfair. Normalization steps in to address this issue. It's a statistical technique that evens out these differences, ensuring a fair evaluation for all candidates.

In the SSC domain, normalization follows a formula outlined in

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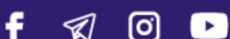
. Normalized scores play a crucial role in determining final merit and cut-off marks. Additionally, National Cadet Corps (NCC) certificate holders receive bonus marks in Papers I and II, which are added to their normalized scores, providing them with a competitive advantage.

We trust this blog has offered you valuable insights into the SSC CPO Physical Test. It's important to note that each subject in the SSC CPO Physical Test is equally significant, so strive for excellence in every area to enhance your chances of success in the exam. For further details on the SSC CPO exam, explore our blog posts, exclusively on

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Stay focused and motivated as you progress towards achieving your goals!

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