

SSC GD Physical and Medical Test Details 2025

Let us have a look at the full list of SSC GD Constable Syllabus Topics for each section:

I. Physical Efficiency Test (PET) and Physical Standard Test (PST):

The Commission will shortlist candidates for PET/ PST according to their performance in the CBE. **Physical Efficiency Tests** (PETs) and Physical Standard Tests (PSTs) will be administered at various locations determined by CAPFs. At the DME, candidates' qualifications and documentation will be thoroughly scrutinized. As a result, candidates must verify their eligibility as specified in this notification before taking the CBE/ PST/ PET. Candidates who are declared eligible based on height parameters will have their PET (race) followed by biometric/technology-aided identification during the PET/ PST. After qualifying PET (race) before PST, CAPFs PET/ PST Boards will scrutinize candidates' eligibility for any relaxation, such as age, height, and chest measurement.

Physical Efficiency Test (PET):

Candidates have to clear the race within the following time limits:

Male	Female	Remarks
5 km in 24 minutes	1.6 km in 8.5 minutes	For aspirants of other than the Ladakh Region
1.6 km in 6.5 minutes	800 meters in 4 minutes	For aspirants of the Ladakh Region

Physical Standards Test (PST):

The candidates looking forward to the SSC GD Constable recruitment have to make sure that they meet the required measurements for the Physical Standards Test.

Item & Gender	Measurement
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Height (Male)	170 cm
Height (Female)	157 cm

Chest (Male)	Expanded 80 cm, Minimum Expansion of 5 cm
Weight (Male & Female)	Proportionate as per the height and medical standard for the candidates.

II. Medical Examination:

From the pool of candidates who qualify for the PET/ PST, some candidates will be shortlisted for the Detailed Medical Examination (DME). The SSC will verify the applicable documents at the time of DME. A few of them are mentioned below.

- Matriculation/ Secondary Examination Certificate to prove age, name, and educational qualification.
- Domicile Certificate/ Permanent Resident Certificate (PRC) issued by the competent authority.
- Valid NCC Certificate, if applicable.