This physical aptitude test reflects the physical demands associated with work performed at Covenant Transport as an over-the-road driver.

Throughout the screening process, your heart rate and blood pressure will be monitored. As a safety measure and per our testing procedure, your screen will be stopped if your heart rate meets or exceeds 90% of your age predicted maximum \((220 - \text{age}) \times 0.9\). This is considered a failed test.

**FREQUENTLY ASKED QUESTIONS ABOUT THE COVENANT PHYSICAL APTITUDE TEST:**

**What should I wear during my Physical Aptitude Test?**

Wear comfortable clothes which allow you to bend and stoop comfortably, and wear sturdy shoes for traction.

**Why am I asked to participate?**

The work associated with “trucking” are vigorous and challenging. We want to make certain that you can perform the required demands of the job safely.

**What if I feel the Physical Aptitude Test demands are beyond my current physical capabilities?**

Under no circumstances should you proceed if you feel the demands of the Physical Aptitude Test are beyond your current physical capabilities. Please inform the screener if this is a concern.

**What if I am unable to pass the Physical Aptitude Test?**

If you are unable to pass the Physical Aptitude Test, you will not be considered for employment at this time. After 90 days, however, you may request to return to orientation (which you must complete in full), and retry the Physical Aptitude Test.

**What happens when I pass the Physical Aptitude Test?**

Upon passing the Physical Aptitude Test, you will proceed with your training.