

Results Content Validity Index

Test	n experts (9) in agreement	CVI ^{a)}	Pc ^{b)}	K ^{*c)}	Evaluation ^{d)}
Push-ups					
Carrying equipment	3	0.333	0.164	0.202	
Carrying hold	4	0.444	0.246	0.263	Fair
Lifting	5	0.556	0.246	0.410	Fair
Digging	4	0.444	0.246	0.263	Fair
Climbing	4	0.444	0.246	0.263	Fair
Sit-ups, crook lying					
Carrying equipment	1	0.111	0.018	0.095	
Carrying hold	1	0.111	0.018	0.095	
Lifting	2	0.222	0.070	0.163	
Digging	4	0.444	0.246	0.263	Fair
Climbing	4	0.444	0.246	0.263	Fair
Sit-ups, fixed feet					
Carrying equipment	1	0.111	0.018	0.095	
Carrying hold	1	0.111	0.018	0.095	
Lifting	1	0.111	0.018	0.095	
Digging	1	0.111	0.018	0.095	
Climbing	3	0.333	0.164	0.202	
Sit-ups, feet on bench					
Carrying equipment	1	0.111	0.018	0.095	
Carrying hold	1	0.111	0.018	0.095	
Lifting	2	0.222	0.070	0.163	
Digging	3	0.333	0.164	0.202	
Climbing	3	0.333	0.164	0.202	
Side-bridge					
Carrying equipment	6	0.667	0.164	0.601	Good
Carrying hold	5	0.556	0.246	0.410	Fair
Lifting	7	0.780	0.070	0.760	Excellent
Digging	6	0.667	0.164	0.601	Good
Climbing	5	0.556	0.246	0.410	Fair
Plank with 0 kg to 20 kg weight					
Carrying equipment	7	0.780	0.070	0.760	Excellent
Carrying hold	6	0.667	0.164	0.601	Good
Lifting	6	0.667	0.164	0.601	Good
Digging	6	0.667	0.164	0.601	Good
Climbing	4	0.444	0.246	0.263	Fair

Test	n experts (9) in agreement	CVI ^{a)}	Pc ^{b)}	K [*] c)	Evaluation ^{d)}
Back extension					
Carrying equipment	7	0.778	0.070	0.760	Excellent
Carrying hold	7	0.778	0.070	0.760	Excellent
Lifting	7	0.778	0.070	0.760	Excellent
Digging	7	0.778	0.070	0.760	Excellent
Climbing	2	0.222	0.070	0.163	
Pull-ups					
Carrying equipment	1	0.111	0.018	0.095	
Carrying hold	4	0.444	0.246	0.263	Fair
Lifting	7	0.778	0.070	0.760	Excellent
Digging	6	0.667	0.164	0.601	Good
Climbing	7	0.778	0.070	0.760	Excellent
Chins					
Carrying equipment	2	0.222	0.070	0.163	
Carrying hold	3	0.333	0.164	0.202	
Lifting	7	0.778	0.070	0.760	Excellent
Digging	4	0.444	0.246	0.263	Fair
Climbing	8	0.889	0.014	0.890	Excellent
Inclined chins					
Carrying equipment	2	0.222	0.070	0.163	
Carrying hold	2	0.222	0.070	0.163	
Lifting	6	0.667	0.164	0.601	Good
Digging	4	0.444	0.246	0.263	Fair
Climbing	7	0.778	0.070	0.760	Excellent
Dips					
Carrying equipment	0				
Carrying hold	0				
Lifting	2	0.222	0.070	0.163	
Digging	4	0.444	0.246	0.263	Fair
Climbing	4	0.444	0.246	0.263	Fair
Lunges with 10 kg to 50 kg on the shoulders					
Carrying equipment	8	0.889	0.014	0.890	Excellent
Carrying hold	7	0.778	0.070	0.760	Excellent
Lifting	8	0.889	0.014	0.890	Excellent
Digging	5	0.556	0.246	0.410	Fair
Climbing	6	0.667	0.164	0.601	Good

Test	n experts (9) in agreement	CVI ^{a)}	P _c ^{b)}	K _{*c)}	Evaluation ^{d)}
Vertical jump					
Carrying equipment	2	0.222	0.070	0.163	
Carrying hold	1	0.111	0.018	0.095	
Lifting	5	0.556	0.246	0.410	Fair
Digging	2	0.222	0.070	0.163	
Climbing	3	0.333	0.164	0.202	
Horizontal jump					
Carrying equipment	2	0.222	0.070	0.163	
Carrying hold	1	0.111	0.018	0.095	
Lifting	2	0.222	0.070	0.163	
Digging	1	0.111	0.018	0.095	
Climbing	1	0.111	0.018	0.095	
Ranger test					
Carrying equipment	9	1.0	0.002	1.0	Excellent
Carrying hold	8	0.889	0.014	0.890	Excellent
Lifting	8	0.889	0.014	0.890	Excellent
Digging	6	0.667	0.164	0.601	Good
Climbing	8	0.889	0.014	0.890	Excellent
Dead-lift with barbell					
Carrying equipment	6	0.667	0.164	0.601	Good
Carrying hold	8	0.889	0.014	0.890	Excellent
Lifting	9	1.0	0.002	1.0	Excellent
Digging	8	0.889	0.014	0.890	Excellent
Climbing	5	0.556	0.246	0.410	Fair
Dead-lift with kettlebells					
Carrying equipment	7	0.778	0.070	0.760	Excellent
Carrying hold	8	0.889	0.014	0.890	Excellent
Lifting	9	1.0	0.002	1.0	Excellent
Digging	8	0.889	0.014	0.890	Excellent
Climbing	6	0.667	0.164	0.601	Good
Isokai test					
Carrying equipment	6	0.667	0.164	0.601	Good
Carrying hold	8	0.889	0.014	0.890	Excellent
Lifting	9	1.0	0.002	1.0	Excellent
Digging	8	0.889	0.014	0.890	Excellent
Climbing	6	0.667	0.164	0.601	Good

Test	n experts (9) in agreement	CVI ^{a)}	P _c ^{b)}	K _{*c)}	Evaluation ^{d)}
Incremental lift					
Carrying equipment	4	0.444	0.246	0.263	Fair
Carrying hold	8	0.889	0.014	0.890	Excellent
Lifting	9	1.0	0.002	1.0	Excellent
Digging	6	0.667	0.164	0.601	Good
Climbing	3	0.333	0.164	0.202	
Box lift					
Carrying equipment	3	0.333	0.164	0.202	
Carrying hold	7	0.780	0.070	0.760	Excellent
Lifting	9	1.0	0.002	1.0	Excellent
Digging	5	0.556	0.246	0.410	Fair
Climbing	3	0.333	0.164	0.202	
Handgrip					
Carrying equipment	0				
Carrying hold	7	0.778	0.070	0.760	Excellent
Lifting	7	0.778	0.070	0.760	Excellent
Digging	6	0.667	0.164	0.601	Good
Climbing	6	0.667	0.164	0.601	Good
Leg press, isometric					
Carrying equipment	3	0.333	0.164	0.202	
Carrying hold	3	0.333	0.164	0.202	
Lifting	5	0.556	0.246	0.410	Fair
Digging	3	0.333	0.164	0.202	
Climbing	3	0.333	0.164	0.202	
Leg press, dynamic					
Carrying equipment	5	0.556	0.246	0.410	Fair
Carrying hold	6	0.667	0.164	0.601	Good
Lifting	9	1.0	0.002	1.0	Excellent
Digging	6	0.667	0.164	0.601	Good
Climbing	6	0.667	0.164	0.601	Good
Chest press, isometric					
Carrying equipment	1	0.111	0.018	0.095	
Carrying hold	1	0.111	0.018	0.095	
Lifting	1	0.111	0.018	0.095	
Digging	1	0.111	0.018	0.095	
Climbing	1	0.111	0.018	0.095	

Test	n experts (9) in agreement	CVI ^{a)}	Pc ^{b)}	K ^{*c)}	Evaluation ^{d)}
Chest press, dynamic					
Carrying equipment	1	0.111	0.018	0.095	
Carrying hold	1	0.111	0.018	0.095	
Lifting	3	0.333	0.164	0.202	
Digging	3	0.333	0.164	0.202	
Climbing	1	0.111	0.018	0.095	
Elbow-flex					
Carrying equipment	0				
Carrying hold	6	0.667	0.164	0.601	Good
Lifting	3	0.333	0.164	0.202	
Digging	3	0.333	0.164	0.202	
Climbing	1	0.111	0.018	0.095	
Bent arm hang					
Carrying equipment	1	0.111	0.018	0.095	
Carrying hold	5	0.556	0.246	0.410	Fair
Lifting	2	0.222	0.070	0.163	
Digging	2	0.222	0.070	0.163	
Climbing	5	0.556	0.246	0.410	Fair
Bench press					
Carrying equipment	1	0.111	0.018	0.095	
Carrying hold	1	0.111	0.018	0.095	
Lifting	3	0.333	0.164	0.202	
Digging	2	0.222	0.070	0.163	
Climbing	1	0.111	0.018	0.095	
Shoulder press					
Carrying equipment	1	0.111	0.018	0.095	
Carrying hold	2	0.222	0.070	0.163	
Lifting	5	0.556	0.246	0.410	Fair
Digging	3	0.333	0.164	0.202	
Climbing	2	0.222	0.070	0.163	
Loaded squat					
Carrying equipment	6	0.667	0.164	0.601	Good
Carrying hold	6	0.667	0.164	0.601	Good
Lifting	9	1.0	0.002	1.0	Excellent
Digging	6	0.667	0.164	0.601	Good
Climbing	8	0.889	0.014	0.890	Excellent

a) CVI, content validity index.

b) pc (probability of a chance occurrence) was computed using the formula for a binomial random variable, with one specific outcome: $pc = [N!/A!(N-A)!] \cdot .5^N$ where N = number of experts and A = Number agreeing on good relevance.

c) $k^* = \text{kappa}$ designating agreement on relevance: $k^* = (\text{CVI} - \text{pc}) / (1 - \text{pc})$.

d) Evaluation criteria for kappa, using guidelines described in Cicchetti and Sparrow (1981) and Fleiss (1981): Fair = k of .40 to .59; Good = k of .60 to .74; and Excellent = k > .74.