

OHIO PEACE OFFICER BASIC TRAINING PROGRAM

PHYSICAL FITNESS REQUIREMENTS

Age and Gender Minimum Scores		
	Males (<29) 15%	Females (<29) 15%
Sit-ups (1 min.) Push-ups (1 min.) 1.5 Mile Run	32 19 14:34	23 9 17:49
	Males (30-39) 15%	Females (30-39) 15%
Sit-ups (1 min.) Push-ups (1 min.) 1.5 Mile Run	28 15 15:13	18 7 18:37
	Males (40-49) 15%	Females (40-49) 15%
Sit-ups (1 min.) Push-ups (1 min.) 1.5 Mile Run	22 10 15:58	13 5 19:32
	Males (50-59) 15%	Females (50-59) 15%
Sit-ups (1 min.) Push-ups (1 min.) 1.5 Mile Run	17 7 17:38	7 4 (modified) 21:31
	Males (60+) 15%	Females (60+) 15%
Sit-ups (1 min.) Push-ups (1 min.) 1.5 Mile Run	13 5 20:12	2 1 (modified) 23:32

15th percentile based on the Cooper Institute standards.