



OHIO PEACE OFFICER BASIC TRAINING PROGRAM PHYSICAL FITNESS REQUIREMENTS

Age and Gender Minimum Scores

| | Males (<-29) | Females (<-29) |
|-------------------------|------------------------|--------------------------|
| Sit-ups (1 min) | 40 | 35 |
| Push-ups (1 min) | 33 | 18 |
| 1.5 Mile Run | 11:58 | 14:15 |
| | Males (30-39) | Females (30-39) |
| Sit-ups (1 min) | 36 | 27 |
| Push-ups (1 min) | 27 | 14 |
| 1.5 Mile Run | 12:25 | 15:14 |
| | Males (40-49) | Females (40-49) |
| Sit-ups (1 min) | 31 | 22 |
| Push-ups (1 min) | 21 | 11 |
| 1.5 Mile Run | 13:05 | 16:13 |
| | Males (50-59) | Females (50-59) |
| Sit-ups (1 min) | 26 | 17 |
| Push-ups (1 min) | 15 | 13* |
| 1.5 Mile Run | 14:33 | 18:05 |
| | Males (60+) | Females (60+) |
| Sit-ups (1 min) | 20 | 8 |
| Push-ups (1 min) | 15 | 8* |
| 1.5 Mile Run | 16:19 | 20:08 |

*Modified form per OPOTC Lesson Plan

