

**OHIO PEACE OFFICER BASIC TRAINING PROGRAM
PHYSICAL FITNESS STANDARDS
(50TH Percentile*)**

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* Modified
1.5 Mile Run	14:33	18:05
	Males (60+)	*Females (60+)
Sit-ups (1 min)	20	8
Push-ups (1 min)	15	8* Modified
1.5 Mile Run	16:19	20:08

*Based on, The Cooper Institute, Physical Fitness Specialist Course and Certification, 2002, pp 108-123