

Lorain County Community College Police Academy

Physical Fitness Requirements

These are the minimum requirements for entrance into the Academy, and the minimum that must be met at the final assessment in the Academy.

	Males (age 29 and younger)		Females (age 29 and younger)	
	ENTRANCE MINIMUM	FINAL ASSESSMENT	ENTRANCE MINIMUM	FINAL ASSESSMENT
Sit-ups (1 min.)	32	40	23	35
Push-ups (1 min.)	19	33	9	18
1.5 Mile Run	14:34	11:58	17:49	14:07
	Males (age 30-39)		Females (age 30-39)	
	ENTRANCE MINIMUM	FINAL ASSESSMENT	ENTRANCE MINIMUM	FINAL ASSESSMENT
Sit-ups (1 min.)	28	36	18	27
Push-ups (1 min.)	15	27	7	14
1.5 Mile Run	15:13	12:25	18:37	14:34
	Males (age 40-49)		Females (age 40-49)	
	ENTRANCE MINIMUM	FINAL ASSESSMENT	ENTRANCE MINIMUM	FINAL ASSESSMENT
Sit-ups (1 min.)	22	31	13	22
Push-ups (1 min.)	10	21	5	11
1.5 Mile Run	15:58	13:11	19:32	15:24
	Males (age 50-59)		Females (age 50-59)	
	ENTRANCE MINIMUM	FINAL ASSESSMENT	ENTRANCE MINIMUM	FINAL ASSESSMENT
Sit-ups (1 min.)	17	26	7	17
Push-ups (1 min.)	7	15	4 (modified)	13 (modified)
1.5 Mile Run	17:38	14:16	21:31	17:13
	Males (age 60+)		Females (age 60+)	
	ENTRANCE MINIMUM	FINAL ASSESSMENT	ENTRANCE MINIMUM	FINAL ASSESSMENT
Sit-ups (1 min.)	13	20	2	8
Push-ups (1 min.)	5	15	1 (modified)	8 (modified)
1.5 Mile Run	20:12	15:56	23:32	18:52

Students must pass each event at the final assessment in order to be eligible for the state certification exam.