# Ohio Peace Officer Basic Training Program

## Physical Fitness Requirements

<table>
<thead>
<tr>
<th>Age and Gender</th>
<th>Minimum Scores</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Males (≤29)</td>
</tr>
<tr>
<td>Sit-ups (1 min.)</td>
<td>40</td>
</tr>
<tr>
<td>Push-ups (1 min.)</td>
<td>33</td>
</tr>
<tr>
<td>1.5 Mile Run</td>
<td>11:58</td>
</tr>
<tr>
<td>Males (30-39)</td>
<td>36</td>
</tr>
<tr>
<td>Push-ups (1 min.)</td>
<td>27</td>
</tr>
<tr>
<td>1.5 Mile Run</td>
<td>12:25</td>
</tr>
<tr>
<td>Males (40-49)</td>
<td>31</td>
</tr>
<tr>
<td>Push-ups (1 min.)</td>
<td>21</td>
</tr>
<tr>
<td>1.5 Mile Run</td>
<td>13:05</td>
</tr>
<tr>
<td>Males (50-59)</td>
<td>26</td>
</tr>
<tr>
<td>Push-ups (1 min.)</td>
<td>15</td>
</tr>
<tr>
<td>1.5 Mile Run</td>
<td>14:33</td>
</tr>
<tr>
<td>Males (60+)</td>
<td>20</td>
</tr>
<tr>
<td>Push-ups (1 min.)</td>
<td>15</td>
</tr>
<tr>
<td>1.5 Mile Run</td>
<td>16:19</td>
</tr>
</tbody>
</table>

*Modified form per OPOTC Lesson Plan*