



Ohio University Police Department Entry Fitness Requirements (85% of OPOTA Requirements)

Age and Gender Minimum Scores

Sit-ups (1 min.) Push-ups (1.min.) 1.5 Mile Run	Males (≤ 29) 34 28 13:46	Females (≤ 29) 30 15 16:14
Sit-ups (1 min.) Push-ups (1.min.) 1.5 Mile Run	Males (30-39) 31 21 14:17	Females (30-39) 23 12 16:45
Sit-ups (1 min.) Push-ups (1.min.) 1.5 Mile Run	Males (40-49) 26 18 15:10	Females (40-49) 19 9 17:42
Sit-ups (1 min.) Push-ups (1.min.) 1.5 Mile Run	Males (50-59) 22 13 16:25	Females (50-59) 14 11* 19:47
Sit-ups (1 min.) Push-ups (1.min.) 1.5 Mile Run	Males (60+) 17 13 18:19	Females (60+) 7 7* 21:41

*Modified Form