



# MIKE DEWINE

★ OHIO ATTORNEY GENERAL ★



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## OHIO PEACE OFFICER BASIC TRAINING PROGRAM PHYSICAL FITNESS REQUIREMENTS

### Age and Gender Minimum Scores

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

\*Modified form per OPOTC Lesson Plan