



OHIO PEACE OFFICER BASIC TRAINING PROGRAM PHYSICAL FITNESS REQUIREMENTS

AGE AND GENDER MINIMUM SCORES

	MALES (< 29)	FEMALES (<29)
Sit-ups (1 Minute)	40	35
Push-ups (1 Minute)	33	18
1.5 mile run	11:58	14:15
	MALES (30-39)	FEMALES (30-39)
Sit-ups (1 Minute)	36	27
Push-ups (1 Minute)	27	14
1.5 mile run	12:25	15:14
	MALES (40-49)	FEMALES (40-49)
Sit-ups (1 Minute)	31	22
Push-ups (1 Minute)	21	11
1.5 mile run	13:05	16:13
	MALES (50-59)	FEMALES (50-59)
Sit-ups (1 Minute)	26	17
Push-ups (1 Minute)	15	13 (Modified)
1.5 mile run	14:33	18:05
	MALES (60+)	FEMALES (60+)
Sit-ups (1 Minute)	20	8
Push-ups (1 Minute)	15	8 (Modified)
1.5 mile run	16:19	20:08



"Committed to the Success of Our Community"

MIAMISBURC POLICE DEPARTMENT

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