

OHIO PEACE OFFICER TRAINING PROGRAM
PHYSICAL FITNESS STANDARDS
(50th Percentile)

Age and Gender Minimum Scores

	Males 21-29	Females 21-29
Sit-Ups (1 Min.)	40	35
Push-Ups (1 Min.)	33	18
1.5 Mile Run	11:58	14:15

	Males 30-39	Females 30-39
Sit-Ups (1 Min.)	36	27
Push-Ups (1 Min.)	27	14
1.5 Mile Run	12:25	15:14

	Males 40-49	Females 40-49
Sit-Ups (1 Min.)	31	22
Push-Ups (1 Min.)	21	11
1.5 Mile Run	13:05	16:13

	Males 50-59	Females 50-59
Sit-Ups (1 Min.)	26	17
Push-Ups (1 Min.)	15	13
1.5 Mile Run	14:33	18:05

	Males 60+	Females 60+
Sit-Ups (1 Min.)	20	8
Push-Ups (1 Min.)	15	8
1.5 Mile Run	16:19	20:08