

Corrections Officer (40% Cooper Standard)

Age and Gender Minimum Scores

	Males (<-29)	Females (<-29)
Sit-ups (1 min)	38	32
Push-ups (1 min)	29	15
300 Meter	59 Seconds	71 Seconds
	Males (30-39)	Females (30-39)
Sit-ups (1 min)	35	25
Push-ups (1 min)	24	11
300 Meter	60 Seconds	79 Seconds
	Males (40-59)	Females (40-49)
Sit-ups (1 min)	29	20
Push-ups (1 min)	18	9
300 Meter	72 Seconds	94 Seconds
	Males (50-59)	Females (50-59)
Sit-ups (1 min)	24	14
Push-ups (1 min)	13	7*
300 Meter	83.2 Seconds	Will provide at test
	Males (60+)	Females (60+)
Sit-ups (1 min)	19	6
Push-ups (1 min)	10	5*
300 Meter	Will provide at test	Will provide at test

*Modified form per OPOTC Lesson Plan