

Deputy Sheriff (50% Cooper Standard)

OHIO PEACE OFFICER BASIC TRAINING PROGRAM PHYSICAL FITNESS REQUIREMENTS

Age and Gender Minimum Scores

	Males (<-29)	Females (<-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
1.6 Mile Run	13:05	16:13
	Males (50-49)	Females (50-59)
Sit-ups (1 min)	26	17
Push-ups (1 min)	15	13*
1.5 Mile Run	14:33	18:05
	Males (50+)	Females (60+)
Sit-ups (1 min)	20	8
Push-ups (1 min)	15	8*
1.6 Mile Run	16:19	20:08

*Modified form per OPOTC Lesson Plan

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	71
	Males (30-39)	Females (30-39)
Sit-ups (1 min)	35	25
Push-ups (1 min)	24	11
300 Meter	58.9	79
	Males (40-49)	Females (40-49)
Sit-ups (1 min)	29	20
Push-ups (1 min)	18	9
300 Meter	72	94
	Males (50-59)	Females (50-59)
Sit-ups (1 min)	24	14
Push-ups (1 min)	13	13
300 Meter	83.2	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