

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
1.5 Mile Run	13:05	16:13
	Males (50-59)	Females (50-59)
Sit-ups (1 min)	26	17
Push-ups (1 min)	15	9*
1.5 Mile Run	14:33	18:05
	Males (50+)	Females (60+)
Sit-ups (1 min)	20	8
Push-ups (1 min)	15	8*
1.5 Mile Run	16:19	20:08

***Modified form per OPOTC Lesson Plan**