

## HANDOUT #1 – OPOTC FITNESS NORMS

Physical fitness benchmarks required at the START and the END of Peace Officer Basic Training. BASIC = 75% of END standard.

| MALES (<29)      |       |             |       |
|------------------|-------|-------------|-------|
| EXERCISE         | START | BASIC       | END   |
| Situps (1 min.)  | 32    | 38 (-2)     | 40    |
| Pushups (1 min.) | 19    | 30 (-3)     | 33    |
| 1.5-mile run     | 14:34 | 12:37 (+39) | 11:58 |

| FEMALES (<29)    |       |             |       |
|------------------|-------|-------------|-------|
| EXERCISE         | START | BASIC       | END   |
| Situps (1 min.)  | 23    | 32 (-3)     | 35    |
| Pushups (1 min.) | 9     | 16 (-2)     | 18    |
| 1.5-mile run     | 17:49 | 15:02 (+55) | 14:07 |

| MALES (30-39)    |       |             |       |
|------------------|-------|-------------|-------|
| EXERCISE         | START | BASIC       | END   |
| Situps (1 min.)  | 28    | 34 (-2)     | 36    |
| Pushups (1 min.) | 15    | 24 (-3)     | 27    |
| 1.5-mile run     | 15:13 | 13:07 (+42) | 12:25 |

| FEMALES (30-39)  |       |             |       |
|------------------|-------|-------------|-------|
| EXERCISE         | START | BASIC       | END   |
| Situps (1 min.)  | 18    | 25 (-2)     | 27    |
| Pushups (1 min.) | 7     | 13 (-1)     | 14    |
| 1.5-mile run     | 18:37 | 15:34 (+60) | 14:34 |

| MALES (40-49)    |       |             |       |
|------------------|-------|-------------|-------|
| EXERCISE         | START | BASIC       | END   |
| Situps (1 min.)  | 22    | 29 (-2)     | 31    |
| Pushups (1 min.) | 10    | 19 (-2)     | 21    |
| 1.5-mile run     | 15:58 | 13:52 (+41) | 13:11 |

| FEMALES (40-49)  |       |             |       |
|------------------|-------|-------------|-------|
| EXERCISE         | START | BASIC       | END   |
| Situps (1 min.)  | 13    | 20 (-2)     | 22    |
| Pushups (1 min.) | 5     | 10 (-1)     | 11    |
| 1.5-mile run     | 19:32 | 16:26 (+62) | 15:24 |

| MALES (50-59)    |       |             |       |
|------------------|-------|-------------|-------|
| EXERCISE         | START | BASIC       | END   |
| Situps (1 min.)  | 17    | 24 (-2)     | 26    |
| Pushups (1 min.) | 7     | 13 (-2)     | 15    |
| 1.5-mile run     | 17:38 | 15:06 (+50) | 14:16 |

| FEMALES (50-59)  |       |             |       |
|------------------|-------|-------------|-------|
| EXERCISE         | START | BASIC       | END   |
| Situps (1 min.)  | 7     | 15 (-2)     | 17    |
| Pushups (1 min.) | 4*    | 11 (-2) *   | 13*   |
| 1.5-mile run     | 21:31 | 18:17 (+64) | 17:13 |

| MALES (60+)      |       |             |       |
|------------------|-------|-------------|-------|
| EXERCISE         | START | BASIC       | END   |
| Situps (1 min.)  | 13    | 19 (-1)     | 20    |
| Pushups (1 min.) | 5     | 13 (-2)     | 15    |
| 1.5-mile run     | 20:12 | 17:00 (+64) | 15:56 |

| FEMALES (60+)    |       |             |       |
|------------------|-------|-------------|-------|
| EXERCISE         | START | BASIC       | END   |
| Situps (1 min.)  | 2     | 7 (-1)      | 8     |
| Pushups (1 min.) | 1*    | 7 (-1) *    | 8*    |
| 1.5-mile run     | 23:32 | 20:02 (+70) | 18:52 |

Students must meet the END standard in two of the three categories on the final exam and at least 75% of the progress expected in the BASIC category. A cadet who meets the reduced standard will be allowed to take the State Certification Exam and, if passed, be eligible to be commissioned as a peace officer at the BASIC certification level.

\* - indicates a modified pushup position can be used.

Commission approved May 9, 2024 – Approved by ED Quinlan for immediate implementation.  
BRTF (2024)

OHIO PEACE OFFICER TRAINING COMMISSION