

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