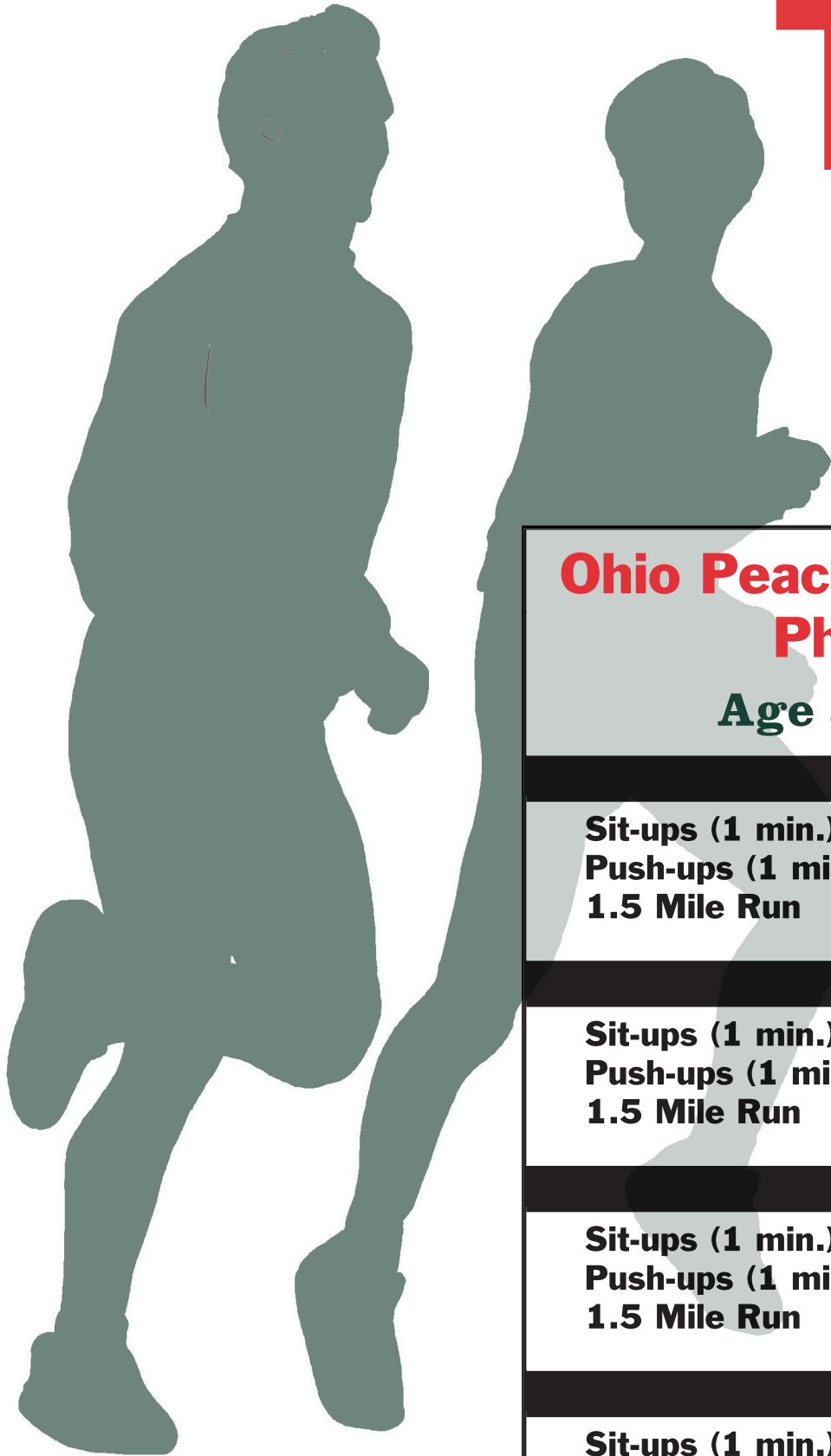


Physical Fitness

Training



OPOTA requires stringent fitness standards for basic trainees. By the end of the academy, cadets must successfully demonstrate the fitness standards outlined below.

Ohio Peace Officer Basic Training Program Physical Fitness Standards

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

*Modified

Depending on the cadet's individual level of fitness, additional training over and beyond that provided by the academy may be necessary for a cadet to meet minimum state standards. Cadets who do not pass all required fitness requirements cannot take the certification examination.

It is the responsibility of each recruit to put forth the necessary effort to meet and/or exceed the final physical fitness examination.

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