

The Ohio State University Department of Public Safety
Police Officer – Initial Physical Fitness Standards
 (20th Percentile)

Age and Gender Minimum Scores		
	Males (<29)	Females (<29)
Sit-ups (1 min)	33	24
Push-ups	22	10
1.5 Mile Run	13:58	17:11
	Males (30–39)	Females (30–39)
Sit-ups (1 min)	30	20
Push-ups	17	8
1.5 Mile Run	14:33	18:18
	Males (40–49)	Females (40–49)
Sit-ups (1 min)	24	14
Push-ups	11	6
1.5 Mile Run	15:32	19:43
	Males (50–59)	Females (50–59)
Sit-ups (1 min)	19	10
Push-ups	9	N/A
1.5 Mile Run	17:30	21:57
	Males (60+)	Females (60+)
Sit-ups (1 min)	15	3
Push-ups	6	N/A
1.5 Mile Run	20:13	23:55

*Based on The Cooper Institute for Aerobic Research, national norms.

