

The Ohio State University Department of Public Safety  
**Police Officer – Final Physical Fitness Standards**  
 (35th Percentile)

<b>Age and Gender Minimum Scores</b>		
	<b>Males (&lt;29)</b>	<b>Females (&lt;29)</b>
Sit-ups (1 min)	37	31
Push-ups	27	14
1.5 Mile Run	12:53	15:32
	<b>Males (30–39)</b>	<b>Females (30–39)</b>
Sit-ups (1 min)	33	24
Push-ups	21	10
1.5 Mile Run	13:25	16:43
	<b>Males (40–49)</b>	<b>Females (40–49)</b>
Sit-ups (1 min)	28	19
Push-ups	16	8
1.5 Mile Run	14:10	17:38
	<b>Males (50–59)</b>	<b>Females (50–59)</b>
Sit-ups (1 min)	22	12
Push-ups	11	N/A
1.5 Mile Run	15:53	19:43
	<b>Males (60+)</b>	<b>Females (60+)</b>
Sit-ups (1 min)	18	5
Push-ups	9	N/A
1.5 Mile Run	17:49	22:03

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

