

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

| Age and Gender Minimum Scores | | |
|--------------------------------------|-----------------------|-------------------------|
| | Males (<29) | Females (<29) |
| Sit-ups (1 min) | 37 | 31 |
| Push-ups | 27 | 14 |
| 1.5 Mile Run | 13:06 | 15:48 |
| | Males (30–39) | Females (30–39) |
| Sit-ups (1 min) | 33 | 24 |
| Push-ups | 21 | 10 |
| 1.5 Mile Run | 13:53 | 16:23 |
| | Males (40–49) | Females (40–49) |
| Sit-ups (1 min) | 28 | 19 |
| Push-ups | 16 | 8 |
| 1.5 Mile Run | 14:47 | 16:59 |
| | Males (50–59) | Females (50–59) |
| Sit-ups (1 min) | 22 | 12 |
| Push-ups | 11 | N/A |
| 1.5 Mile Run | 15:53 | 18:09 |
| | Males (60+) | Females (60+) |
| Sit-ups (1 min) | 18 | 5 |
| Push-ups | 9 | N/A |
| 1.5 Mile Run | 16:58 | 18:54 |

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

