



DAVE YOST

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BASIC TRAINING PHYSICAL FITNESS ASSESSMENT FORM

School Name: _____ School #: _____

Student's Name: _____
(Last) (First) (Middle)

Previous Name(s) or Alias: _____

Sex: _____ M _____ F DOB: _____ Age: _____

Pre-entrance Assessment Date: _____ Final Assessment Date: _____ Retest Date: _____

Status at Final Assessment: _____ Appointed _____ Open Enrollment

Age and Sex Minimum Scores					Pre-entrance Assessment 15 th percentile	Final Assessment (Score/P-F) 50 th percentile	Retest (Score/P-F) 50 th percentile
	Males (≤29)		Females (≤29)				
Sit-ups (1 min.)	15 th %	50 th %	15 th %	50 th %			
Push-ups (1 min.)	32	40	23	35			
1.5 Mile Run	19	33	9	18			
	14:34	11:58	17:49	14:07			
	Males (30-39)		Females (30-39)		# Sit-ups Completed	# Sit-ups Completed	# Sit-ups Completed
Sit-ups (1 min.)	15 th %	50 th %	15 th %	50 th %			
Push-ups (1 min.)	28	36	18	27			
1.5 Mile Run	15	27	7	14			
	15:13	12:25	18:37	14:34			
	Males (40-49)		Females (40-49)		# Push-ups Completed	# Push-ups Completed	# Push-ups Completed
Sit-ups (1 min.)	15 th %	50 th %	15 th %	50 th %			
Push-ups (1 min.)	22	31	13	22			
1.5 Mile Run	10	21	5	11			
	15:58	13:11	19:32	15:24			
	Males (50-59)		Females (50-59)		1.5 Mile Time	1.5 Mile Time	1.5 Mile Time
Sit-ups (1 min.)	15 th %	50 th %	15 th %	50 th %			
Push-ups (1 min.)	17	26	7	17			
1.5 Mile Run	7	15	4 (modified)	13 (modified)			
	17:38	14:16	21:31	17:13			
	Males (60+)		Females (60+)		OVERALL (P/F)	OVERALL (P/F)	OVERALL (P/F)
Sit-ups (1 min.)	15 th %	50 th %	15 th %	50 th %			
Push-ups (1 min.)	13	20	2	8			
1.5 Mile Run	5	15	1 (modified)	8 (modified)			
	20:12	15:56	23:32	18:52			

Students must pass each event, at the minimum 50th percentile of the above standards, in order to be eligible for the state certification exam.

Fitness Specialist Signature _____ Date _____

Commander Signature _____ Date _____

Fitness Specialist Signature _____ Date _____

Commander Signature _____ Date _____

Fitness Specialist Signature _____ Date _____

Commander Signature _____ Date _____