



MIKE DEWINE

★ OHIO ATTORNEY GENERAL ★



Ohio Peace Officer Training Commission
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BASIC TRAINING PHYSICAL ASSESSMENT FORM

School Name: _____ School #: _____

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

Previous Name(s) or Alias: _____

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

Initial Assessment Date: _____ Final Assessment Date: _____ Retest Date: _____

Status at Final Assessment: _____ Appointed _____ Open Enrollment

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

Students must pass each event, at the minimum 50th percentile of the Cooper Institute 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
SF195bas Effective 07/01/2016

Commander Signature Date