



Ohio Peace Officer Training Commission Office 800-346-7682

P.O. Box 309 London, OH 43140 www.OhioAttorneyGeneral.gov

BASIC TRAINING PHYSICAL FITNESS ASSESSMENT FORM

| School Name: _ | | | School #: | | | | | |
|---|------------------------|--------------------|-----------------------|----------------------------------|-----------------------------|--|--|--|
| Student's Name: | | | | | | | | |
| | (Last) | | | (First) | | (Middle | e) | |
| Previous Name(s | or Alias: | | | | | | | |
| Sex:M | F | DO | DOB: | | | Age: | | |
| re-entrance Ass | sessment Date | : | Final Asse | Final Assessment Date: _ | | Retest Date: | | |
| Status at Final As | ssessment: | Арр | ointed | Open Enrol | lment | | | |
| | Age and | Sex Minimum | Scores | | | | | |
| | Males | (<29) | Fema | Females (<29) | | | | |
| | 15 th % | 50 th % | 15 th % | 50 th % | Pre-entrance Assessment | Final Assessment (Score/P-F) 50 th percentile | Retest (ScoreIP-F) 50 th percentile | |
| Sit-ups (1 min.) Push-ups (1 min.) 1.5 Mile Run | 32 19 14:34 | 40 33 11:58 | 23 9 17:49 | 35 18 14:07 | 15 th percentile | | | |
| | Malas | 20.001 | 1 | | | | | |
| | Males (| 50 th % | 15 th % | es (30-39) 50 th % | | | | |
| Sit-ups (1 min.) | 28 | 36 | | | # Sit-ups | # Sit-ups | # Sit-ups | |
| Push-ups (1 min.) | 15 | 27 | 18 7 | 27 14 | Completed | Completed | Completed | |
| 1.5 Mile Run | 15:13 | 12:25 | 18:37 | 14:34 | | | | |
| | Males (40-49) | | Females (40-49) | | | | | |
| | 15 th % | 50 th % | 15 th % | 50 th % | #Push-ups | # Push-ups | # Push-ups | |
| Sit-ups (1 min.) | 22 | 31 | 13 | 22 | Completed | Completed | Completed | |
| Push-ups (1 min.) 1.5 Mile Run | 10 15:58 | 21 13:11 | 5 19:32 | 11 15:24 | | | | |
| | Males (50-59) | | Females (50-59) | | | | | |
| | 15 th % | | 15 th % | 50 th % | 1.5 Mile Time | 1.5 Mile Time | 1.5 Mile Time | |
| Sit-ups (1 min.) | 17 | 26 | 7 | 17 | | | | |
| Push-ups (1 min.) 1.5 Mile Run | 7 | 15 | 4 (modified) | 13 (modified) | | | | |
| 1.5 Wille Ruff | 17:38 | 14:16 | 21:31 | 17:13 | | | o | |
| | Males (60+) | | Females (60+) | | OVERALL (P/F) | OVERALL (P/F) | OVERALL | |
| | 15 th % | 50 th % | 15 th % | 50 th % | "", | (1-71-) | (P/F) | |
| Sit-ups (1 min.) | 13 | 20 | 2 | 8 | | | | |
| Push-ups (1 min.) 1.5 Mile Run | 5 20:12 | 15 15:56 | 1 (modified) 23:32 | 8 (modified) | | | | |
| | | | | 18:52 above standards, in | order to be eligible f | or the state certificat | ion exam. | |
| | | | | | | | | |
| itness Specialist Signature | | Date | | Comma | ınder Signature | | Date | |
| itness Specialist Signature | | Date | Commander Signature | | | | Date | |
| tness Specialist Si | ignature 07/01/2019 | Date | Commander Signature | | | | Date | |