



## Physical Fitness Pre-Entrance Requirements

Southern Ohio Police Academy

Age and Gender Minimum Scores*		
Exercise	Males (<29)	Females (<29)
Sit-ups (1 minute)	32	23
Push-ups (1 minute)	19	9
1.5 Mile Run	14:34	17:49
Exercise	Males (30-39)	Females (30-39)
Sit-ups (1 minute)	28	18
Push-ups (1 minute)	15	7
1.5 Mile Run	15:13	18:37
Exercise	Males (40-49)	Females (40-49)
Sit-ups (1 minute)	22	13
Push-ups (1 minute)	10	5
1.5 Mile Run	15:58	19:32

\*Based on The Cooper Institute, Physical Fitness Specialist Course and Certification, 2002, pp 108-123

Age and Gender Minimum Scores*		
Exercise	Males (50-59)	Females (50-59)
Sit-ups (1 minute)	17	7
Push-ups (1 minute)	7	4 (modified)
1.5 Mile Run	17:38	21:31
Exercise	Males (>60)	Females (>60)
Sit-ups (1 minute)	13	2
Push-ups (1 minute)	5	1 (modified)
1.5 Mile Run	20:12	23:32

\*The Age and Gender Minimum for 50 and above calculations are based on data from The Cooper Institute, Physical Fitness Specialist Course and Certification, 2002, pp 108-123 calculations for ages <20 through 49 (male/female) and have been modified for SOPA entrance requirements.