

# WOOSTER POLICE DIVISION

## ENTRANCE PHYSICAL FITNESS ASSESSMENT

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

GENDER: \_\_\_\_\_

AGE: \_\_\_\_\_

HGT: \_\_\_\_\_

WGT: \_\_\_\_\_

<u>TEST</u>	<u>RESULT</u>	<u>PERCENTILE</u>	<u>Pass / Fail</u>
One Minute Sit-up Test	_____	_____	_____
One Minute Push-up Test	_____	_____	_____
1.5 Mile Run	_____	_____	_____

### Testing Sequence

Warm-up activities for 3-minutes

Sit-ups for 1 minute

Rest for 2 minutes

Push-ups for 1 minute

Rest for 10 minutes

Warm-up and stretch exercises for 2 minutes

1.5 mile run

Warm-down for 5 minutes

**OHIO PEACE OFFICER BASIC TRAINING PROGRAM  
PHYSICAL FITNESS STANDARDS**

(40<sup>TH</sup> Percentile\*)

	Males (<-29)	Females (<-29)
Sit-ups (1 min)	38	32
Push-ups (1 min)	29	15
1.5 Mile Run	12:29	15:05

  

	Males (30-39)	Females (30-39)
Sit-ups (1 min)	35	25
Push-ups (1 min)	24	11
1.5 Mile Run	12:53	15:56

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

**Baseline Vitals**      **Time:** \_\_\_\_\_  
Pulse Rate:            R/I  
Blood Pressure:        /  
Respirations: \_\_\_\_\_  
Checked by: \_\_\_\_\_

**Finish Vitals**        **Time:** \_\_\_\_\_  
Pulse Rate:            R/I  
Blood Pressure:        /  
Respirations: \_\_\_\_\_  
Checked by: \_\_\_\_\_

Fitness Evaluator: \_\_\_\_\_      Date: \_\_\_\_\_