



POLICE OFFICER PHYSICAL AGILITY TEST

The candidate, after signing the proper release, shall complete the following:

BENT KNEE SIT-UPS AND PUSH-UPS

The candidate will perform the number of bent-knee sit-ups (hands touching the head, then touching elbows on knees) within 1 minute and the number of push-ups within 1 minute based on the Ohio Police Officer Basic Training Physical Fitness Requirements.

TIMED RUN

The candidate will complete running 2400 meters (approximately 1.5 miles) within a time determined by the Ohio Police Officer Basic Training Physical Fitness Requirements.

The current Ohio Police Officer Basic Training Physical Fitness Requirements can be found at <https://www.ohioattorneygeneral.gov/Law-Enforcement/Ohio-Peace-Officer-Training-Academy/Professional-Standards> under "How to Become a Peace Officer in Ohio".