



## OHIO STATE HIGHWAY PATROL BASIC TRAINING ENTRANCE PHYSICAL ASSESSMENT FORM

Applicant's Name \_\_\_\_\_  
Last First MI

Department/Agency \_\_\_\_\_

Gender \_\_\_\_\_ M \_\_\_\_\_ F DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_

Assessment Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Assessment Location \_\_\_\_\_

Age and Gender Minimum Scores*			<u>Assessment Results</u>	<u>Pass/Fail</u>
<b>Exercise</b>	<b>Males (&lt;29)</b>	<b>Females (&lt;29)</b>		
Sit-ups (1 min.)	32	24		
Push-ups (1 min.)	19	9		
1.5 Mile Run	14:33	17:53	# Sit-ups Completed	_____
<b>Exercise</b>	<b>Males (30-39)</b>	<b>Females (30-39)</b>		
Sit-ups (1 min.)	28	18		
Push-ups (1 min.)	15	7	# Push-ups Completed	_____
1.5 Mile Run	15:14	19:01		
<b>Exercise</b>	<b>Males (40-49)</b>	<b>Females (40-49)</b>		
Sit-ups (1 min.)	22	13		
Push-ups (1 min.)	10	5	1.5 Mile Time	_____
1.5 Mile Run	16:09	20:49		

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

I/We hereby attest that the above named applicant has performed the required physical assessment in compliance with the Ohio Peace Officer Training Commission Commander Manual for Peace Officer Basic Training, p. 37, paragraph 4\* and the Ohio Peace Officer Training Commission Lesson Plan for Unit 12-Physical Conditioning, Topic 1-Physical Fitness & Conditioning, Handout #1. I/We understand that if the applicant is unable to perform to the established minimum scores for their age and gender during the Initial Physical Fitness Test administered during the first 80 hours of training at the Ohio State Highway Patrol Academy that the applicant will be dismissed from training.

\* The Department Training Officer and/or Department Commander may count repetitions and keep time in the events

\_\_\_\_\_  
 Training Officer Signature                      Date

\_\_\_\_\_  
 Commander Signature                      Date

\_\_\_\_\_  
 Training Officer Printed Name                      Date

\_\_\_\_\_  
 Commander Printed Name                      Date

This form must be completed by the Training Officer and Department Commander for each applicant that is applying for admission to the Ohio State Highway Patrol Basic Training Academy. This assessment shall be conducted no sooner than 30 days nor later than 5 days prior to the start of the class for which the applicant is applying for entry. Upon completion of the entrance physical assessment, it must be returned to the Ohio State Highway Patrol Academy prior to the first day of the class for which the applicant wishes to be enrolled. If, for any reason, an applicant is unable to complete the entire assessment, that applicant will not be permitted to enter training at the Ohio State Highway Patrol Training Academy.