



**University of Akron/Summit County Sheriff's
Office
Police Academy**



Minimum Physical Fitness Requirements

Below you will find the minimum physical fitness requirements for the police academy.

A cadet must meet the 15% minimums listed below to enter the academy. In order to pass the academy, a cadet must meet the 50% minimum scores.

MALES (≤29)				FEMALES (≤29)			
EXERCISE	START	BASIC	END	EXERCISE	START	BASIC	END
Sit-ups	32	38	40	Sit-ups	23	32	35
Pushups	19	30	33	Pushups	9	16	18
1.5-mile run	14:24	12:37	11:58	1.5-mile run	17:49	15:02	14:07
MALES (30-39)				FEMALES (30-39)			
EXERCISE	START	BASIC	END	EXERCISE	START	BASIC	END
Sit-ups	28	34	36	Sit-ups	18	25	27
Pushups	15	24	27	Pushups	7	13	14
1.5-mile run	15:13	13:07	12:25	1.5-mile run	18:37	15:34	14:34
MALES (40-49)				FEMALES (40-49)			
EXERCISE	START	BASIC	END	EXERCISE	START	BASIC	END
Sit-ups	22	29	31	Sit-ups	13	20	22
Pushups	10	19	21	Pushups	5	10	11
1.5-mile run	15:08	13:52	13:11	1.5-mile run	19:32	16:26	15:24
MALES (50-59)				FEMALES (50-59)			
EXERCISE	START	BASIC	END	EXERCISE	START	BASIC	END
Sit-ups	17	24	26	Sit-ups	7	15	17
Pushups	7	13	15	Pushups	4*	11*	13*
1.5-mile run	17:38	15:06	14:16	1.5-mile run	21:31	18:17	17:13
MALES (60+)				FEMALES (60+)			
EXERCISE	START	BASIC	END	EXERCISE	START	BASIC	END
Sit-ups	13	19	20	Sit-ups	2	7	8
Pushups	5	13	15	Pushups	1*	7*	8*
1.5-mile run	20:12	17:00	15:56	1.5-mile run	23:32	20:02	18:52