LABORATORY 2.5

Step Test to Determine Cardiorespiratory Fitness

NAME _____ DATE _____

DIRECTIONS

Perform 30 complete step ups and downs per minute using an 18-inch step over a 3-minute period. On completion of 3 minutes of exercise, sit quietly and count the number of heart beats in 30 seconds during the following time periods: 1 to 1.5 minutes post exercise; 2 to 2.5 minutes post exercise; and 3 to 3.5 minutes post exercise. Record your heart rates below and use Table 2.6 to determine your fitness category.

TEST 1 DATE: _____

Recovery heart rate post exercise (beats)

1–1.5 min: _____

2–2.5 min: _____

3–3.5 min: _____

Total: _____ (recovery index)

Fitness category: _____

TEST 2 DATE: _____

Recovery heart rate post exercise (beats)

1–1.5 min: _____

2–2.5 min: _____

3–3.5 min: _____

Total: _____ (recovery index)

Fitness category: _____

TEST 3 DATE: _____

Recovery heart rate post exercise (beats)

1–1.5 min: _____

2–2.5 min: _____

3–3.5 min: _____

Total: _____ (recovery index)

Fitness category: _____

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