

LABORATORY 3.1B



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Name _____ Date _____
Instructor _____ Section _____

Measuring Cardiorespiratory Fitness: The 1-Mile Walk Test

The objective of this test is to walk the 1-mile distance as quickly as possible. You can complete the walk on an oval track or on any properly measured course. You should attempt this test only if you have met the medical clearance criteria.

Before the test, perform a 5- to 10-minute warm-up. If you become extremely fatigued during the test, slow your pace—do not over-stress yourself! If you feel faint or nauseated or experience any unusual pains in your upper body, stop and notify your instructor.

After you complete the test, cool down and record your time and fitness category from Table 3.4 included in this lab. Locate your time range according to your sex and age group. The fitness classifications are along the top of the table.

Test date: _____

Finish time: _____

Fitness category: _____

1. Is your fitness classification what you expected based on your current level of activity? If not, why do you think it was higher or lower than expected?

2. Write fitness goals for maintaining or improving your cardiorespiratory endurance.

TABLE 3.4 Fitness Classification for 1-Mile Walk Test

Men	Excellent	Good	Average	Poor	Very Poor
13–19 yrs	<12:30	12:30–14:00	14:01–16:00	16:01–17:30	>17:30
20–29 yrs	<13:00	13:00–14:30	14:31–16:30	16:31–18:00	>18:00
30–39 yrs	<13:30	13:30–15:30	15:31–17:30	17:31–19:00	>19:00
40+ yrs	<14:00	14:00–16:00	16:01–18:30	18:31–21:30	>21:30
Women	Excellent	Good	Average	Poor	Very Poor
13–19 yrs	<13:30	13:31–14:30	14:31–16:30	16:31–18:00	>18:01
20–29 yrs	<13:30	13:31–15:00	15:01–17:00	17:01–18:30	>18:31
30–39 yrs	<14:00	14:01–16:00	16:01–18:00	18:01–19:30	>19:31
40+ yrs	<14:30	14:31–18:00	18:01–19:30	19:31–20:00	>20:01

Because the 1-mile walk test is designed primarily for older or less-conditioned individuals, the fitness categories listed here do not include a “superior” category.

Source: From Rockport Fitness Walking Test. Copyright © 1993 The Rockport Company, Inc.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.