

Aerobic Fitness **YMCA Step Test**

Overview: Cardiovascular endurance is an important part of a fitness evaluation since low cardiovascular endurance has been directly related to many chronic illnesses.

Purpose: The purpose of the test is to evaluate cardiovascular fitness, classify the fitness level and monitor progress.

Procedure: Participants step up and down on a 12 inch step to a beat of 96 beats/minute (as measured by a metronome) for three minutes. After three minutes, sit and count your heart rate for a full minute.

Scoring: Classification of results are listed in the tables below:

| Men | | | | | | |
|---------------|-----------------------------|---------|---------|---------|---------|---------|
| Age | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 65+ |
| Category | Heart Rate after one minute | | | | | |
| Excellent | < 79 | < 81 | < 83 | < 87 | < 86 | < 89 |
| Good | 79-89 | 81-89 | 83-96 | 87-97 | 86-97 | 88-96 |
| Above Average | 90-99 | 90-99 | 97-103 | 98-105 | 98-103 | 97-103 |
| Average | 100-105 | 100-107 | 104-112 | 106-116 | 104-112 | 104-113 |
| Below Average | 106-116 | 108-117 | 113-119 | 117-122 | 113-120 | 114-120 |
| Poor | 117-128 | 118-128 | 120-130 | 123-132 | 121-129 | 121-130 |
| Very Poor | > 128 | >128 | > 130 | > 132 | > 129 | >130 |

| Women | | | | | | |
|---------------|-----------------------------|---------|---------|---------|---------|---------|
| Age | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 65+ |
| Category | Heart Rate after one minute | | | | | |
| Excellent | < 85 | < 88 | < 90 | < 94 | < 95 | < 90 |
| Good | 85-98 | 88-99 | 90-102 | 94-104 | 95-104 | 90-102 |
| Above Average | 99-108 | 100-111 | 103-110 | 105-115 | 105-112 | 103-115 |
| Average | 109-117 | 112-119 | 111-118 | 116-120 | 113-118 | 116-122 |
| Below Average | 118-126 | 120-126 | 119-128 | 121-126 | 119-128 | 123-128 |
| Poor | 127-140 | 127-138 | 129-140 | 127-135 | 129-139 | 129-134 |
| Very Poor | > 140 | >138 | >140 | >135 | > 139 | > 134 |

1 Mile Walking Test

Purpose:

The purpose of the test is to evaluate cardiovascular fitness, classify the fitness level and monitor progress.

Procedure: After warming up, start the clock and begin walking as fast as you can while maintaining a steady pace. You can slow down or speed up if you wish, but the goal is to complete the mile as quickly as possible. Mark the time at the end of the mile to the nearest second.

Scoring: Below are the age adjusted standards for men and women.

Men

| Age | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+ |
|-----------|-------------|-------------|-------------|-------------|-------------|-------------|
| Excellent | <11:54 | < 12:24 | <12:54 | <13:24 | <14:06 | <15:06 |
| Good | 11:54-13:00 | 12:24-13:30 | 12:54-14:00 | 13:24-14:24 | 14:06-15:12 | 15:06-15:48 |
| Average | 13:01-13:42 | 13:31-14:12 | 14:01-14:42 | 14:25-15:12 | 15:13-16-18 | 15:49-18:48 |
| Fair | 13:43-14:30 | 14:13-15:00 | 14:43-15:30 | 15:13-16:30 | 16:19-17:18 | 18:49-20:18 |
| Poor | >14:30 | >15:00 | >15:30 | >16:30 | >17:18 | >20:18 |

Women

| Age | 20-29 | 30-39 | 40-49 | 50-59 | 60-69 | 70+ |
|-----------|-------------|-------------|-------------|-------------|-------------|-------------|
| Excellent | <13:12 | <13:42 | <14:12 | <14:42 | <15:06 | <18:18 |
| Good | 13:12-14:06 | 13:42-14:36 | 14:12-15:06 | 14:42-15:36 | 15:06-16:18 | 18:18-20:00 |
| Average | 14:07-15:06 | 14:37-15:36 | 15:07-16:06 | 15:37-17:00 | 16:19-17:30 | 20:01-21:48 |
| Fair | 15:07-16:30 | 15:37-17:00 | 16:07-17:30 | 17:01-18:06 | 17:31-19:12 | 21:49-24:06 |
| Poor | >16:30 | >17:00 | >17:30 | >18:06 | >19:12 | >24:06 |