

LABORATORY 2.3

Measurement of Cardiorespiratory Fitness: The 1-Mile Walk Test

NAME _____ DATE _____

DIRECTIONS

The objective of the test is to walk the 1-mile distance as quickly as possible. The walk can be completed on an oval track or any properly measured course. You should attempt this test only if you have met the medical clearance criteria discussed in Chapter 2 of this text.

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

On completion of the test, cool down and record your time and fitness category (Table 2.2).

TEST 1 DATE: _____

Ambient conditions:

*Temperature: _____ *Relative humidity: _____

Finish time: _____ Fitness category: _____

TEST 2 DATE: _____

Ambient conditions:

*Temperature: _____ *Relative humidity: _____

Finish time: _____ Fitness category: _____

TEST 3 DATE: _____

Ambient conditions:

*Temperature: _____ *Relative humidity: _____

Finish time: _____ Fitness category: _____

*The purpose of recording the temperature and relative humidity is to provide a record of the amount of heat stress during the test. High heat and relative humidity could have a negative impact on your test score.