

# PACER TEST



## OBJECTIVE:

Measure aerobic capacity

## EQUIPMENT:

cones

audio player for  
PACER cadence



## 1 PRIOR TO TESTING:

- ☒ Divide space with cones to create 20 meter long (21 yards, 32 inches) and 40-60 inch wide lanes
- ☒ Mark each side of the lane with marker so that students know where to touch line with foot

## 2 TEST INSTRUCTION & EXECUTION:

*Pair students together to keep track of laps completed*

1. Students run across the space on the beep and touch the line with their foot
2. Students DO NOT continue to the next line until the next beep
3. Continue test until student misses two beeps
4. Record number of laps ran

## 3 SCORING

- ☒ PACER test is recored by total of laps completed
- ☒ Disqualification:
  - Students are disqualified after their 2nd miss (not touching the line before beep goes off); count 1st miss
  - Upon 1st miss, student immediately changes direction and tries to get back on pace of test