Cardiorespiratory Assessment



ne						Date	
Resting He	art Rate						
HR_{max} (estim	nate)						
Blood Pres	sure (if identi	fied by PAR-Q/medi	cal history)				
CA 3-N	linute St	ep Test					
Recove	ery Heart Ra	te	Rating				
To determir		cardiorespiratory	_	•			
	1: C+ T	est Table in the N	ASM Essentials	of Persona	ıl Fitness Tro	aining textbo	ok.
	-			_			
Very Poor Zone 1	Poor E	Below Average	Average	Above	Average		
Very Poor Zone 1 ckport	Walk Tes	Selow Average	Average Zone 2	Above	Average		Excellent Zone 3
Very Poor Zone 1 ckport	Walk Tes	Below Average	Average Zone 2	Above	Average		
Very Poor Zone 1 ckport	Walk Tes	Selow Average	Average Zone 2	Above VO ₂	Average Score		Zone 3
Very Poor Zone 1 ckport	Walk Tes	Heart Rate	Average Zone 2	VO ₂ : 7 × age) + (0	Score		Zone 3
Very Poor Zone 1 Ckport \ Time _	Walk Tes	Heart Rate 132.853 – (0.0769 × female]) – (3.	Average Zone 2 weight) – (0.387 2649 × time) – (0	V0 ₂ : 7 × age) + (0.1565 × hea	Score 5.315 × [1 for	r male <u>or</u> 0 for	Zone 3
Very Poor Zone 1 Ckport \ Time _	Walk Tes V0 ₂ score = 2	Heart Rate	Average Zone 2 weight) – (0.387 2649 × time) – (0.387	Above VO_2 : $7 \times age) + (0)$ $0.1565 \times hea$ g , compare	Average Score 5.315 × [1 for art rate) the VO_2 sco	r male <u>or</u> 0 for re to the Roc	Zone 3
Very Poor Zone 1 Ckport \ Time _	Walk Tes V0 ₂ score = 2	Heart Rate 132.853 – (0.0769 × female]) – (3.166) 2's cardiorespirator to ble in the NASM Est	Average Zone 2 weight) – (0.387 2649 × time) – (0.387	Above VO_2 : $7 \times age) + (0)$ $0.1565 \times hea$ g , compare	Average Score 5.315 × [1 for art rate) the VO_2 sco	r male <u>or</u> 0 for re to the Roc	Zone 3
Ckport Time To determ	Walk Tes V02 score = 2	Heart Rate 132.853 – (0.0769 × female]) – (3.166) 2's cardiorespirator to ble in the NASM Est	weight) – (0.387 2649 × time) – (0.387 ry fitness rating sentials of Period	Above VO_2 : $7 \times age) + (0)$ $0.1565 \times hea$ g , compare	Average Score $5.315 \times [1 \text{ for art rate})$ the VO ₂ sco	r male <u>or</u> 0 for re to the Roc	Zone 3
Ckport Time To determ	Walk Tes V02 score = 2	Heart Rate 132.853 – (0.0769 × female]) – (3.166) 2's cardiorespirator to ble in the NASM Est	weight) – (0.387 2649 × time) – (0.387 ry fitness rating ssentials of Pers	Above VO_2 : $7 \times age) + (0)$ $0.1565 \times hea$ g , compare	Average Score $5.315 \times [1 \text{ for art rate})$ the VO ₂ sco	r male <u>or</u> 0 for re to the Roc	Zone 3
Ckport Time To determ	Walk Tes V02 score = 2	Heart Rate 132.853 – (0.0769 × female]) – (3.166) Sole in the NASM Est	weight) – (0.387 2649 × time) – (0.387 ry fitness rating sentials of Personal 2	VO ₂ : 7 × age) + (0) 0.1565 × heads, compares	Score 5.315 × [1 for art rate) the VO ₂ sco ss Training t	r male <u>or</u> 0 for re to the Roc	Zone 3
Ckport Time To determ	Walk Tes V02 score = 2	Heart Rate 132.853 – (0.0769 × female]) – (3.166) 2's cardiorespirator to ble in the NASM Est	weight) – (0.387 2649 × time) – (0.387 ry fitness rating sentials of Personal 2	Above VO_2 : $7 \times age) + (0)$ $0.1565 \times hea$ g , compare	Average Score $5.315 \times [1 \text{ for art rate})$ the VO ₂ sco	r male <u>or</u> 0 for re to the Roc	Zone 3

Zone 1 = 65-75% HR_{max}

Zone 2 = 75-85% HR_{max}

Zone 3 = 86-95% HR_{max}