Cardiorespiratory Assessment

Name _____   **Date** _____

Resting Heart Rate _____

HR$_{max}$ (estimate) _____

Blood Pressure (if identified by PAR-Q/medical history) _____

YMCA 3-Minute Step Test

Recovery Heart Rate _____   **Rating** _____

To determine the client's cardiorespiratory fitness rating, compare the recovery heart rate to the **YMCA 3-Minute Step Test Table** in the *NASM Essentials of Personal Fitness Training* textbook.

Very Poor	Poor	Below Average	Average	Above Average	Good	Excellent
Zone 1			Zone 2			Zone 3

Rockport Walk Test

Time _____   **Heart Rate** _____   **V0$_2$ Score** _____

$$V0_2 \text{ score} = 132.853 - (0.0769 \times weight) - (0.3877 \times age) + (6.315 \times [\textit{1 for male or 0 for female}]) - (3.2649 \times time) - (0.1565 \times heart\ rate)$$

To determine the client's cardiorespiratory fitness rating, compare the V0$_2$ score to the **Rockport Walk Test Table** in the *NASM Essentials of Personal Fitness Training* textbook.

Poor	Fair	Average	Good	Very good
Zone 1		Zone 2		Zone 3

Training Zone Readiness	1	2	3

Zone 1 = 65-75% HR$_{max}$

Zone 2 = 75-85% HR$_{max}$

Zone 3 = 86-95% HR$_{max}$