Step Test data collection and results sheet

Name _____ Age _____ MaxHR _____ b/min 85% MaxHR _____ b/min

Tick when checked

MaxHR = 220 - Age 85% MaxHR = MaxHR x 0.85

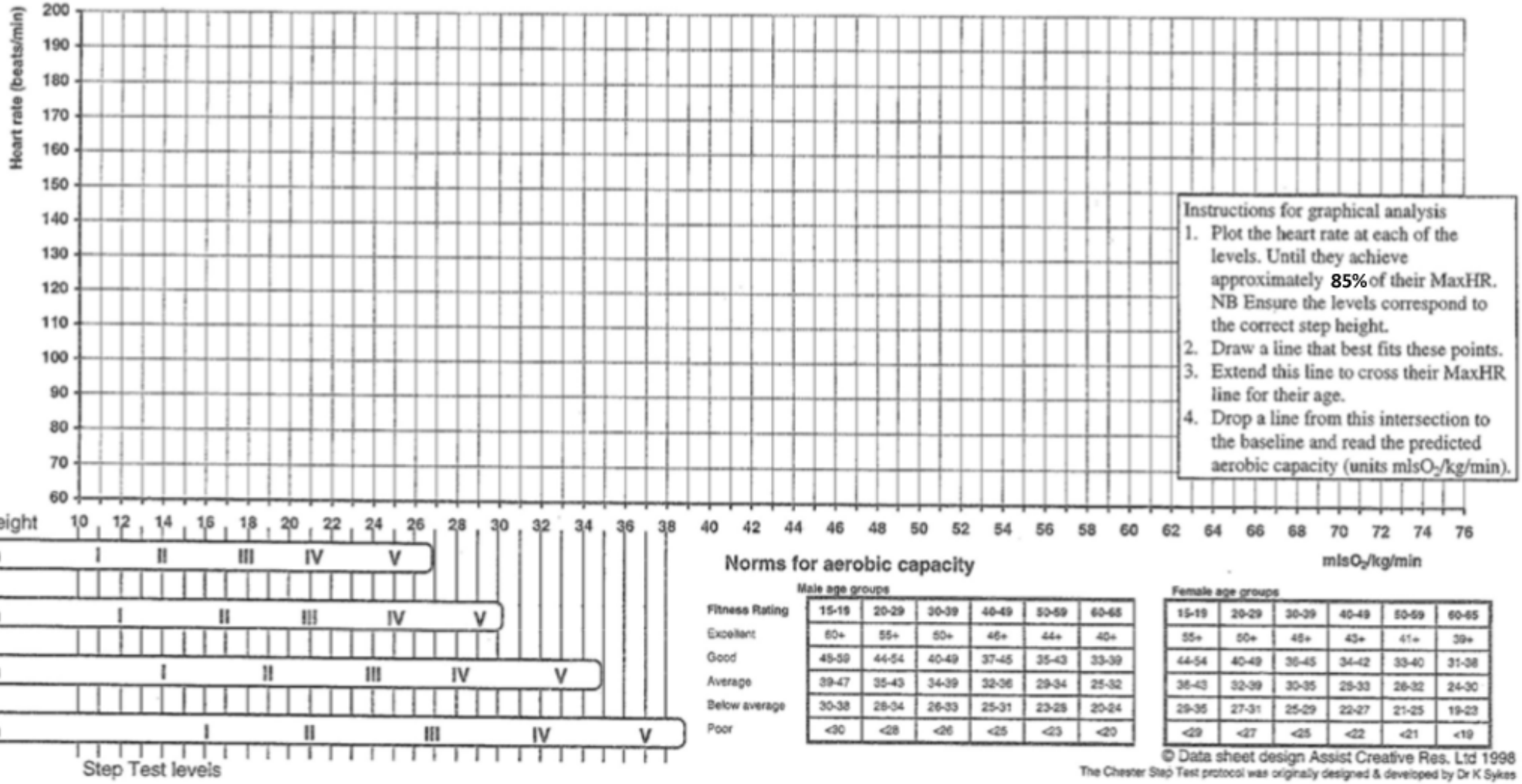
Readiness to exercise check _____

Contra-indications to exercise _____

Lifestyle activity level check _____ Step height for test _____ cm Tester's initials _____

Step level	I	II	III	IV	V
Heart rate recorded at each level					
Exertion level from RPE scale					

Date of test:	
Aerobic capacity: ($mlsO_2/kg/min$)	
Fitness rating:	
Remarks:	



Instructions for graphical analysis

1. Plot the heart rate at each of the levels. Until they achieve approximately **85%** of their MaxHR. NB Ensure the levels correspond to the correct step height.
2. Draw a line that best fits these points.
3. Extend this line to cross their MaxHR line for their age.
4. Drop a line from this intersection to the baseline and read the predicted aerobic capacity (units $mlsO_2/kg/min$).

Norms for aerobic capacity

Male age groups

Fitness Rating	15-19	20-29	30-39	40-49	50-59	60-65
Excellent	60+	55+	50+	46+	44+	40+
Good	49-59	44-54	40-49	37-45	35-43	33-39
Average	39-47	35-43	34-39	32-36	29-34	25-32
Below average	30-38	28-34	26-33	25-31	23-28	20-24
Poor	<30	<28	<26	<25	<23	<20

Female age groups

15-19	20-29	30-39	40-49	50-59	60-65
55+	50+	46+	43+	41+	39+
44-54	40-49	36-45	34-42	33-40	31-38
36-43	32-39	30-35	29-33	28-32	24-30
29-35	27-31	25-29	22-27	21-25	19-23
<29	<27	<25	<22	<21	<19

The Chester Step Test protocol was originally designed & developed by Dr K Sykes