Tests Predicting VO_{2max}
Data Sheet

Name_____ No.___ Age___ Wt. ____lbs ____kg Ht. ___ in __cm

General Directions: For each of the test listed below, fill in all the indicated data, compute the predicted VO_{2max} (round liters·min^{-1} to 2 decimal places and ml·kg^{-1}·min^{-1} to the nearest whole number), compute the 95% confidence interval based on the SEE for each test, and determine the fitness classification from Table1 below.

Maximal Exercise Tests

Maximal 1.5 Mile Run Test

Mile-Run Time _____ min _____ sec VO_{2max} _____ ml·kg^{-1}·min^{-1} _____ liters·min^{-1}

Maximal Heart Rate _____ Classification _____

95% Confidence Interval _____ to _____ ml·kg^{-1}·min^{-1}

Storer Maximal Bicycle Test

Maximal Power _____ watts Maximal Heart Rate _____

VO_2max _____ ml·min^{-1} VO_2max _____ ml·kg^{-1}·min^{-1}

95% Confidence Interval _____ to _____ ml·kg^{-1}·min^{-1} Classification _____

Submaximal Exercise Tests

Rockport Walking Test

Time for walk _____ min:sec = _____min Heart Rate _____ bpm

VO_{2max} _____ liters·min^{-1} _____ ml·kg^{-1}·min^{-1}

95% Confidence Interval _____ to _____ ml·kg^{-1}·min^{-1} Classification _____

1-Mile Jog Test

Time for jog _____ min:sec = _____ min Heart Rate _____ bpm

VO_{2max} _____ liters·min^{-1} _____ ml·kg^{-1}·min^{-1}

95% Confidence Interval _____ to _____ ml·kg^{-1}·min^{-1} Classification _____

Single-Stage Submaximal Treadmill Test

Speed _____ mph Heart Rate _____ bpm

VO_{2max} predicted = _____ liters·min^{-1} _____ ml·kg^{-1}·min^{-1}

95% Confidence Interval _____ to _____ ml·kg^{-1}·min^{-1} Classification _____

YMCA Submaximal Bicycle Test

Workload _____ kgm·min^{-1} Heart Rate _____ bpm

Workload _____ kgm·min^{-1} Heart Rate _____ bpm

Workload _____ kgm·min^{-1} Heart Rate _____ bpm

VO_{2max} predicted = _____ liters·min^{-1} _____ ml·kg^{-1}·min^{-1}

95% Confidence Interval _____ to _____ ml·kg^{-1}·min^{-1} Classification _____

Life Cycle Fit Test For The Upright Bike (95CI)

Fit Test Level _____ Heart Rate _____ bpm

VO_2max: _____ liters·min^{-1} _____ ml·kg^{-1}·min^{-1}

Upright: Classification _____

Life Cycle Fit Test For The Recumbent Bike (95 RI)

Fit Test Level _____ Heart Rate _____ bpm

VO_2max: _____ liters·min^{-1} _____ ml·kg^{-1}·min^{-1}

Recumbent: Classification _____

Non-Exercise Tests

Jackson Non-Exercise Test

PA-R score _____ VO_{2max} _____ ml·kg^{-1}·min^{-1}

95% Confidence Interval _____ to _____ ml·kg^{-1}·min^{-1} Classification _____

George Non-Exercise Test

BMI _____ PFA _____ PA-R _____ VO_2max _____ ml·kg^{-1}·min^{-1}

95% Confidence Interval _____ to _____ ml·kg^{-1}·min^{-1} Classification _____

Fitness Test Data Summary Sheet

Directions. For each of the fitness tests conducted, enter the following in the chart below: computed VO_2max in $l \cdot min^{-1}$ (round to 2 decimal places) and $ml \cdot kg^{-1} \cdot min^{-1}$ (round to nearest whole number) , 95% Confidence Interval in $ml \cdot kg^{-1} \cdot min^{-1}$, and fitness classification from Table 1 below.

Method	VO_{2max} Predicted		95% CI ± 2 SEE	Classification
	liters·min^{-1} (Round to 0.00)	ml·kg^{-1}·min^{-1} (Round to 00)	ml·kg^{-1}·min^{-1} Low to High	
Maximal 1.5 Mile-Run SEE = 2.8 $ml \cdot kg^{-1} \cdot min^{-1}$			to	
Storer Maximal Bike Test SEE = 212 $ml \cdot min^{-1}$ (males) SEE = 145 $ml \cdot min^{-1}$ (females)			to	
Rockport Walking Test SEE = 4.4 $ml \cdot kg^{-1} \cdot min^{-1}$			to	
1-Mile Jog Test SEE = 3 $ml \cdot kg^{-1} \cdot min^{-1}$			to	
Single-Stage Treadmill SEE = 4.85 $ml \cdot kg^{-1} \cdot min^{-1}$			to	
YMCA Bicycle Test SEE = 10% of predicted VO_2max SEE = _____ $ml \cdot kg^{-1} \cdot min^{-1}$			to	
Life Cycle Upright Fit Test			**NONE**	
Life Cycle Recumbent Fit Test			**NONE**	
Jackson Non-Exercise Test SEE = 5.7 $ml \cdot kg^{-1} \cdot min^{-1}$			to	
George Non-Exercise Test SEE = 3.34 $ml \cdot kg^{-1} \cdot min^{-1}$			to	

Table 1. Cardiorespiratory Fitness Classification: VO_2max in $ml \cdot kg^{-1} \cdot min^{-1}$

Age (years)	Poor	Fair	Good	Excellent	Superior
Women					
20-29	≤ 31	32-34	35-37	38-41	42+
30-39	≤ 29	30-32	33-35	36-39	40+
40-49	≤ 27	28-30	31-32	33-36	37+
50-59	≤ 24	25-27	28-29	30-32	33+
60+	≤ 23	24-25	26-27	28-31	32+
Men					
20-29	≤ 37	38-41	42-44	45-48	49+
30-39	≤ 35	36-39	40-42	43-47	48+
40-49	≤ 33	34-37	38-40	41-44	45+
50-59	≤ 30	31-34	35-37	38-41	42+
60+	≤ 26	27-30	31-34	35-38	39+

Source: The Physical Fitness Specialist Certification Manual, The Cooper Institute.