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## Self-Assessment

Student text pages 108-109

### CARDIOVASCULAR FITNESS—STEP TEST AND ONE-MILE RUN

**Objective:** To perform cardiovascular fitness tests.

**Procedure:** Follow the instructions on textbook pages 108-109. Do one or both of the tests and record your results in the chart below. Use the Cardiovascular Fitness Rating Charts on textbook pages 108 and 109 to determine your cardiovascular fitness ratings for the Step Test and One-Mile Run. Additional space has been provided for future trials.

#### Cardiovascular Fitness

| Test                  | First trial | Future trial | Future trial |
|-----------------------|-------------|--------------|--------------|
| Step Test             | Date:       | Date:        | Date:        |
| Heart rate after test |             |              |              |
| Rating                |             |              |              |
| One-Mile Run          |             |              |              |
| Time                  |             |              |              |
| Rating                |             |              |              |

1. Are your results what you expected? Explain.

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2. Which of the two tests do you think is more accurate? Explain.

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3. Do you feel you need to improve your cardiovascular fitness? If so, how could you accomplish this?

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