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Self-Assessment

Student text page 94

WALKING TEST

Objective: To evaluate cardiovascular fitness with the Walking Test.

Procedure: You have learned how to perform several self-assessments for cardiovascular fitness. The walking test is another self-assessment that requires little equipment and can be performed even by people who have relatively low fitness. It is an excellent test for use later in life.

Follow instructions on textbook page 94. Use the rating chart to determine your fitness rating. Record your score and rating below. Then answer the questions that follow. Space has been provided for a future reassessment.

Cardiovascular Fitness: The Walking Test

	First self-assessment date:	Reassessment date:
Heart rate		
Time		
Rating		

1. How does your walking test score compare with other self-assessments of cardiovascular fitness? Make a check only for those taken.

PACER better than PACER about the same poorer than PACER
 One-Mile Run better than One-Mile Run about the same poorer than One-Mile Run
 Step Test better than Step Test about the same poorer than Step Test

2. Which self-assessment do you think gives you the most accurate results? Why?

3. Which self-assessment do you think you will use later in life? Why?
