One Mile Walking Test Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Period: \_\_\_\_\_\_\_\_ Points: \_\_\_\_\_/7

Go to the following website to find this information, you can enter your personal data and it will calculate your fitness level.

[www.walking.about.com/library/cal/ucrockport.htm](http://www.walking.about.com/library/cal/ucrockport.htm)

1. How fit are you? What are your expectations? **Circle** one and explain why you expect that rating.

poor fair good excellent superior

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The Rockport Fitness Walking Test is a good measure for determining cardio respiratory fitness.

Take the Test

Walk 1 lap for 5 minutes (warm-up)

Walk 1 mile (4 laps as fast as you can)

1. record your mile time:\_\_\_\_\_\_\_\_\_\_\_\_\_

Take your heart rate immediately at the end of 1 mile.

Use a heart rate monitor or count you pulse for 15 sec. and multiply by 4.

1. Record your exercise Heart Rate \_\_\_\_\_\_\_\_\_\_\_\_\_

Enter your data into the calculator on the website.

1. number score: \_\_\_\_\_\_\_\_ (from website)
2. word score: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (from website)
3. After completing the walking test, how do your results compare with your expectations?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_