

CARDIORESPIRATORY ASSESSMENTS

1. submax test estimates VO₂max which determines
 2. 220-age, easy and least accurate
 3. straight percentage method
 4. regression formula
 5. $208 - (.7 \times \text{age})$, more accurate
 6. perform 96 steps per minute, on 12 in step, for 3 mins. then take pulse within 5 secs of stopping for 60 secs. check p. 130 for recovery pulse match and assign proper HR zone
 7. ymca 3m step test poor to fair
 8. ymca 3m step test average and good
 9. ymca 3 min step test, very good
 10. record weight, walk 1 mile, record time, take heart rate w.in 5 sec, calculate the VO₂ p. 131, match VO₂ with age and sex on p.132, assign proper HR zone
- A. $\text{HRmax} = 208 - (.7 \times \text{age})$
 - B. $\text{HRmax} = 220 - \text{age}$
 - C. zone 1
 - D. HRmax
 - E. HRmax
 - F. ymca 3 min step test
 - G. Rockport walk test
 - H. zone 3
 - I. zone 2
 - J. exercise starting point