

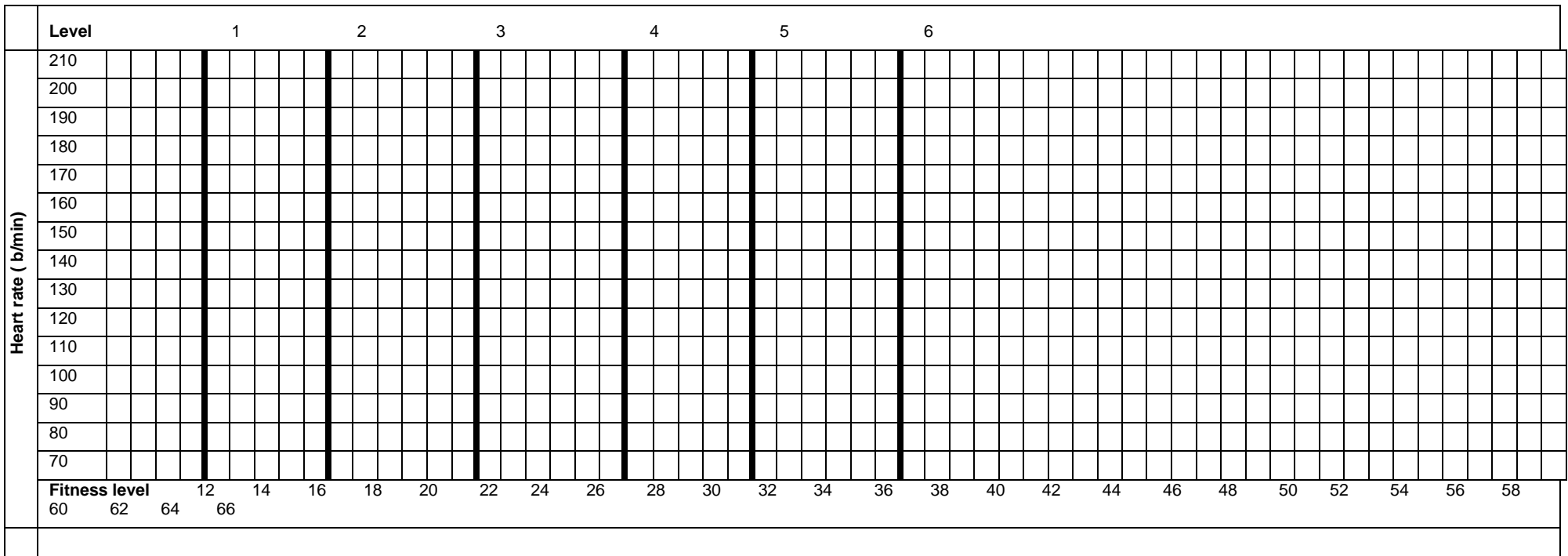


CHESTER STEP DATA SHEET

Name: _____ Age _____ Max HR _____ bpm 80% MaxHR _____ b/min (220- Age x 0.8)

Contra-indications to exercise: _____

Date of test	
Aerobic capacity (mlsO2/kg/min)	
Fitness rating	
Remarks	



Stop level	1	2	3	4	5	6
Heart rate recorded at each level						
Exertion level from RPE scale						



Procedure:

- 1) Check that there are no medical contra-indication to vigorous exercise
- 2) Individual walks at 6,2 km./Hr at 0% for 2 mins
- 3) Every 2 mins increase by 3%
- 4) Test is completed when HR reaches 80% or RPE=14**
- 5) Test should be stopped if individual is showing overt signs or distress and exhaustion
- 6) Plot the Heart rates, draw a line best to fit to HRMax, **drop a perpendicular to predict aerobic capacity**

Male Age Groups						
Fitness Rating	15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 65
Excellent	60+	55+	50+	46+	44+	40+
Good	48 - 59	44 - 54	40 - 49	34 - 45	35 - 43	33 - 39
Average	39 - 47	35 - 43	34 - 39	32 - 36	29 - 34	25 - 32
Below Average	30 - 38	28 - 34	26 - 33	25 - 31	23 - 28	20 - 24
Poor	30	28	26	25	23	20
Female Age Groups						
Fitness Rating	15 - 19	20 - 29	30 - 39	40 - 49	50 - 59	60 - 65
Excellent	55+	50+	46+	43+	41+	39+
Good	44 - 54	40 - 49	36 - 45	34 - 42	33 - 40	31 - 38
Average	36 - 43	32 - 39	30 - 35	28 - 33	26 - 32	24 - 30
Below Average	29 - 35	27 - 31	25 - 29	22 - 27	21 - 25	19 - 23
Poor	29	27	25	22	21	19

Rating	Perceived Exertion
6	No exertion
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Table 1. The Borg Rating of Perceived Exertion Scale