**Title:**

1-Mile Walk Fit Test 

**Description:**

This is a walking test of aerobic fitness which is an alternative to the PACER test for FitnessGram participants.

**Purpose:**

This test measures aerobic fitness. C:\Users\akrupa\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\F8O9367I\MC900366618[1].wmf

**Equipment required:**

stopwatch, marked 1 mile track or path on level ground with firm and smooth surface (e.g. athletics track), heart rate monitor (optional).

**Procedure:**

The students are to be partnered with a buddy; for two separate heats. In each heat, one partner will be the performer and the second will coach/support the performer and record the data. The aim of this test is to complete a 1 mile course in the shortest possible time, while maintaining a constant walking pace the entire distance (the key performance factor is that the pace must be consistent). At the start, all participants are to line up behind the starting line. On the command ‘go,’ the clock will start, and the athletes begin walk at their own pace. At the conclusion of the mile, each person should measure a 15-second heart rate count (multiply by 4). Heart rate can be measured using the manual method or using a heart rate monitor. The walking time and the heart rate are recorded. If using a heart rate monitor, the student can record their own time, and the last heart rate recorded during the walk is used for the walking heart rate score.

**Scoring:**

The students working in pairs will record the following data: their age, sex, time (in minutes and seconds), and heart rate. The recorded results are then turned in to the teacher for recording. Students will then be responsible for going to the scoring website to enter their data and receive a fitness level and a fitness rating score. Students will print and return for credit, their score report.

Scoring website - <http://walking.about.com/library/cal/ucrockport.htm>

**Grading:**

Students will receive points for the Cardio Respiratory Fitness (CRF)component based upon the following scale of their fitness level and rating score. This score added to the other elements of the CRF component will compromise 10 percent of the final PE grade.

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| Superior - Excellent = 5 points |
| Good= 4 points |
| Fair = 3 points |
| Poor = 2 points |
| Very Poor = 1 point |