Rockport Walking Lab (Lab#3)
1) Use a one-mile flat course or treadmill that can give you one mile covered
2) Walk as briskly as you can
3) Immediately after you finish one mile take a 15-second pulse (multiply by 4 to get
beats per minute)
4) Calculate your Estimated VO$_2$ max

VO$_2$ max = 132.853 - 0.0769(your weight in lbs) - 0.3877(age in years) + 6.315(gender)
- 3.2649(time in minutes to walk mile) - 0.1565(heart rate in beats per minute)
(Remember to convert seconds to minute so the time reads like this example: 8.35 min)
To convert seconds to minutes simply divide seconds by 60: Example: 10 min and 20 seconds equals
10 min and (20/60 = .33 min); which equals 10.33 min to put into the equation

For gender substitute 1 for males and 0 for females

*Note: An example calculation of VO$_2$ max is on the web!*

Title your lab:
Rockport Prediction of VO$_2$ Max (by YOUR name)  
Remember, No LATE labs Accepted!

Introduction
Discuss how cardiorespiratory fitness is associated to health benefits and disease prevention.
This should be about 6 to 8 sentences written in paragraph format. Use the WEB, books,
journals or any other source you wish. Remember to double space your work. Be Specific!
Please CITE ALL REFERENCES AT END OF LAB. See below how to cite the references.

Methods
Discuss steps 1 to 4 above in paragraph form, describing what you did.

Results
**COMPLETE SENTENCES** (in PARAGRAPH form), give the following for items a-e.

a) Your weight in lbs {example: My weight is 150 lbs.}
b) Your age in years
c) Gender (1 or 0)
d) Time in minutes to walk mile
e) Heart rate immediately after completing one mile (in beats per minute)
f) Show the complete equation calculations above (you may do this neatly by hand or via
your computer)
g) Write out what your estimated VO$_2$ max is: The units will be in ml/kg/min
h) Go to our Exercise Physiology WEB site and classify your Aerobic Fitness Level

Discussion (For Full Credit on this lab, you must cite at least 4 references).
Discuss thoroughly how someone can improve his/her VO$_2$ max. This should be about 9 to 14
sentences--use the WEB, books, journals and other references you wish--this is a problem solving discussion. Discuss what training strategies (HIT Training, lactate threshold, endurance training) will work and give EXAMPLES.

**EXAMPLES FOR CITING REFERENCES FROM A JOURNAL, BOOK OR WEB.**


American Dietetics Association Evidence Analysis Library. Glycemic Index Foods. www.adaevidencelibrary.com
Accessed September 13, 2011. (NOTE: THIS IS HOW YOU CITE A WEB Reference)