

PHYSICAL FITNESS CALCULATOR

MEASURING YOUR physical fitness

A simple five-minute test designed for men and women to measure physical fitness and to predict their ability to sustain arduous work.

This fitness evaluation, developed by the Missoula Equipment Development Center, is designed for men and women of all ages. The test predicts the maximal ability to take in, transport, and utilize oxygen, the maximal oxygen intake or aerobic capacity — the best measure of physical fitness. Based on concepts developed by Swedish physiologists, the test and scoring calculator were proven in tests conducted at the Human Performance Lab., University of Montana, and in field tests involving thousands of Forest Service employees. Persons with known heart ailments or serious respiratory problems should not take the test without physicians approval.

REVISED 1-75

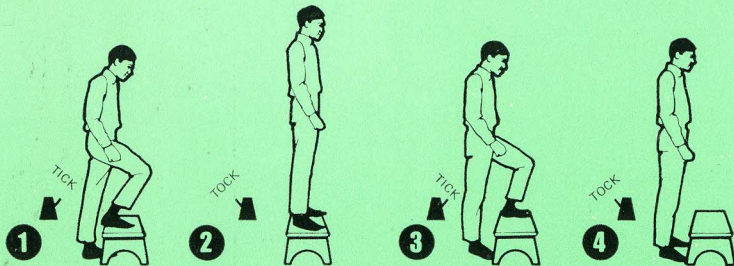


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directions

- 1— Have subject rest a few minutes before the test (do not take test after exercise, meals, coffee, cigarettes).
- 2— Start the Metronome (90 beats per minute).
- 3— Have subject step up onto bench and back to floor keeping time with the metronome beat.



If subject can't keep up with the beat because of poor condition, stop and retake after several weeks of conditioning. Change the lead leg if it becomes tired. Stop the test if the subject shows obvious physical distress or cannot keep pace with the timer.

- 4— After five minutes of exercise, stop metronome and have subject sit down.
- 5— Count subject's pulse (at wrist or throat) for exactly 15 seconds, starting exactly 15 seconds after the step test exercise.
- 6— Use post-exercise pulse count and body weight on calculator below to determine fitness score.



equipment needed



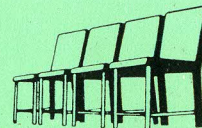
Sturdy bench:
15¾ inches high for men;
13 inches high for women.



Stopwatch.



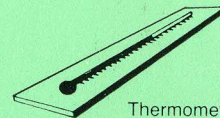
Metronome or other audible signaling device such as a tape recording, set for 90 beats per minute.



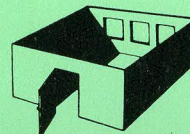
Chairs.



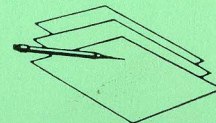
Scale accurate to
± 2 pounds.



Thermometer.

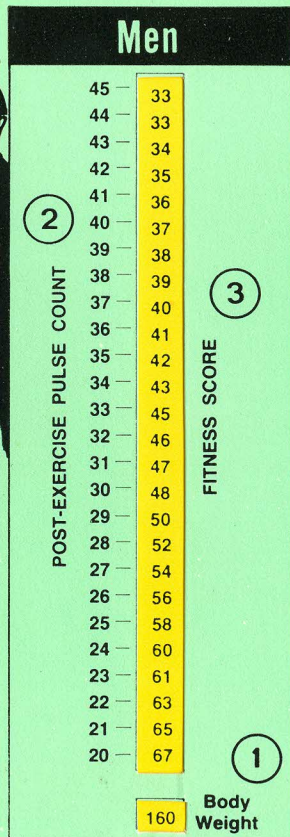


Quiet room 65-75° F.



Forms for recording age, pulse rate, etc.

Men

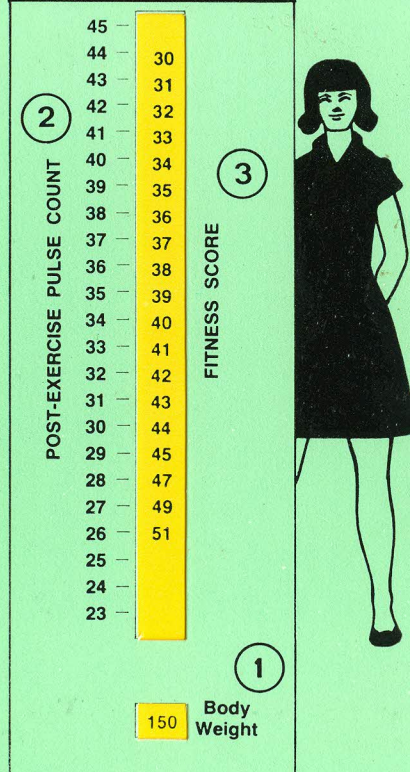


How to use the calculator

- 1 Enter body weight.
- 2 Locate post-exercise pulse count in column.
- 3 Opposite pulse count, find fitness score.
- 4 Turn card over and enter fitness score.
- 5 Find age-adjusted score opposite nearest age.
- 6 With adjusted fitness score, find your physical fitness rating.

Turn
Card
To
Adjust
Fitness
Score

Women



Women





(Use Age-Adjusted Score)

6

NEAREST AGE	Physical Fitness Rating – Men						
15	57+	56-52	51-47	46-42	41-37	36-32	31-
20	56+	55-51	50-46	45-41	40-36	35-31	30-
25	55+	54-50	49-45	44-40	39-35	34-30	29-
30	54+	53-49	48-44	43-39	38-34	33-29	28-
35	53+	52-48	47-43	42-38	37-33	32-28	27-
40	52+	51-47	46-42	41-37	36-32	31-27	26-
45	51+	50-46	45-41	40-36	35-31	30-26	25-
50	50+	49-45	44-40	39-35	34-30	29-25	24-
55	49+	48-44	43-39	38-34	33-29	28-24	23-
60	48+	47-43	42-38	37-33	32-28	27-23	22-
65	47+	46-42	41-37	36-32	31-27	26-22	21-
	Superior	Excellent	Very Good	Good	Fair	Poor	Very Poor

51	Fitness Score
15	54
20	52
25	51
30	50
35	49
40	48
45	47
50	45
55	44
60	42
65	41

5

(Use Age-Adjusted Score)

6

NEAREST AGE	Physical Fitness Rating – Women						
15	54+	53-49	48-44	43-39	38-34	33-29	28-
20	53+	52-48	47-43	42-38	37-33	32-28	27-
25	52+	51-47	46-42	41-37	36-32	31-27	26-
30	51+	50-46	45-41	40-36	35-31	30-26	25-
35	50+	49-45	44-40	39-35	34-30	29-25	24-
40	49+	48-44	43-39	38-34	33-29	28-24	23-
45	48+	47-43	42-38	37-33	32-28	27-23	22-
50	47+	46-42	41-37	36-32	31-27	26-22	21-
55	46+	45-41	40-36	35-31	30-26	25-21	20-
60	45+	44-40	39-35	34-30	29-25	24-20	19-
65	44+	43-39	38-34	33-29	28-24	23-20	19-
	Superior	Excellent	Very Good	Good	Fair	Poor	Very Poor

Level I 55+	Level II 54-50	Level III 49-45	Level IV 44-40	Level V 39-35
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AGE ADJUSTED SCORE OF 45
OR ABOVE RECOMMENDED FOR
SUSTAINED ARDUOUS WORK

FITNESS CATEGORIES FOR SUSTAINED HARD WORK