

# Form 10.2

ANAEROBIC STEPPING

NAME \_\_\_\_\_ DATE \_\_\_\_\_ SCORE \_\_\_\_\_

## Lab Results

Gender: \_\_\_\_\_ Initials: \_\_\_\_\_ Age (y): \_\_\_\_\_ Height (cm): \_\_\_\_\_ Weight (kg): \_\_\_\_\_

Body mass =  $\frac{\text{Wt (kg)}}{\text{Wt (kg)}} * 9.8067 \text{ N}\cdot\text{kg}^{-1} = \text{_____} \text{ N}$  Step ht = \_\_\_\_\_ cm / 100 = \_\_\_\_\_ m

Number of steps: 0-60 s \_\_\_\_\_ steps *Optional:* 0-5 s \_\_\_\_\_ steps 55-60 s \_\_\_\_\_ steps

Total work =  $[\frac{\text{_____}}{\text{Mass (N)}} * \frac{\text{_____}}{\text{Step ht (m)}} * \frac{\text{_____}}{\text{Steps 0-60 s}} * 1.33] = \text{_____} \text{ J} / 1000 = \text{_____} \text{ kJ}$

Abs power =  $\frac{\text{_____}}{\text{Work (J)}} / 60 \text{ s} = \text{_____} \text{ W}$  Rel power =  $\frac{\text{_____}}{\text{Abs power}} / \frac{\text{_____}}{\text{Wt (kg)}} = \text{_____} \text{ W}\cdot\text{kg}^{-1}$

Category for: Abs mean power \_\_\_\_\_ *(Table 10.1)* Rel mean power \_\_\_\_\_ *(Table 10.1)*

*Optional:* Peak power =  $[\frac{\text{_____}}{\text{Mass (N)}} * \frac{\text{_____}}{\text{Step ht (m)}} * \frac{\text{_____}}{\text{Steps 0-5 s}} * 1.33 / 5] = \text{_____} \text{ W}$   
(Highest)

Minimal power =  $[\frac{\text{_____}}{\text{Mass (N)}} * \frac{\text{_____}}{\text{Step ht (m)}} * \frac{\text{_____}}{\text{Steps 55-60 s}} * 1.33 / 5] = \text{_____} \text{ W}$   
(Lowest)

Fatigue index =  $(\frac{\text{_____}}{\text{Highest}} - \frac{\text{_____}}{\text{Lowest}}) / \frac{\text{_____}}{\text{Highest}} * 100 = \text{_____} \%$

Evaluation: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gender: \_\_\_\_\_ Initials: \_\_\_\_\_ Age (y): \_\_\_\_\_ Height (cm): \_\_\_\_\_ Weight (kg): \_\_\_\_\_

Body mass =  $\frac{\text{_____}}{\text{Wt (kg)}} * 9.8067 \text{ N}\cdot\text{kg}^{-1} = \text{_____} \text{ N}$  Step ht = \_\_\_\_\_ cm / 100 = \_\_\_\_\_ m

Number of steps: 0-60 s \_\_\_\_\_ steps *Optional:* 0-5 s \_\_\_\_\_ steps 55-60 s \_\_\_\_\_ steps

Total work =  $[\frac{\text{_____}}{\text{Mass (N)}} * \frac{\text{_____}}{\text{Step ht (m)}} * \frac{\text{_____}}{\text{Steps 0-60 s}} * 1.33] = \text{_____} \text{ J} / 1000 = \text{_____} \text{ kJ}$

Abs power =  $\frac{\text{_____}}{\text{Work (J)}} / 60 \text{ s} = \text{_____} \text{ W}$  Rel power =  $\frac{\text{_____}}{\text{Abs power}} / \frac{\text{_____}}{\text{Wt (kg)}} = \text{_____} \text{ W}\cdot\text{kg}^{-1}$

Category for: Abs mean power \_\_\_\_\_ *(Table 10.1)* Rel mean power \_\_\_\_\_ *(Table 10.1)*

*Optional:* Peak power =  $[\frac{\text{_____}}{\text{Mass (N)}} * \frac{\text{_____}}{\text{Step ht (m)}} * \frac{\text{_____}}{\text{Steps 0-5 s}} * 1.33 / 5] = \text{_____} \text{ W}$   
(Highest)

Minimal power =  $[\frac{\text{_____}}{\text{Mass (N)}} * \frac{\text{_____}}{\text{Step ht (m)}} * \frac{\text{_____}}{\text{Steps 55-60 s}} * 1.33 / 5] = \text{_____} \text{ W}$   
(Lowest)

Fatigue index =  $(\frac{\text{_____}}{\text{Highest}} - \frac{\text{_____}}{\text{Lowest}}) / \frac{\text{_____}}{\text{Highest}} * 100 = \text{_____} \%$

Evaluation: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_