

# Form 13.2

AEROBIC STEPPING

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

## Lab Results

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

### Forestry Step Test

Participant maintained cadence and technique:  always  usually  seldom

Recovery pulse (beats) = \_\_\_\_\_ beats

Non-adjusted  $\dot{V}O_2\max$  = \_\_\_\_\_  $\text{ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$  (Table 13.2)      Age-adjusted  $\dot{V}O_2\max$  = \_\_\_\_\_  $\text{ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$  (Table 13.3)

Fitness category \_\_\_\_\_ (Table 13.4)

Qualified as firefighter :  yes  no  
( $\dot{V}O_2\max \geq 45 \text{ ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ )

### Queen's College Step Test (Optional)

Recovery pulse = \_\_\_\_\_ beats       $\dot{V}O_2\max$  = \_\_\_\_\_  $\text{ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$  (Table 13.6)      Category \_\_\_\_\_

Evaluation / comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

### Forestry Step Test

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Fitness category \_\_\_\_\_ (Table 13.4)

Qualified as firefighter :  yes  no  
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### Queen's College Step Test (Optional)

Recovery pulse = \_\_\_\_\_ beats       $\dot{V}O_2\max$  = \_\_\_\_\_  $\text{ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$  (Table 13.6)      Category \_\_\_\_\_

Evaluation / comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_