
Chapter 7 Test Cardiovascular Fitness

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7.4 Measurement of Cardio-Vascular Fitness-Harward Step Test/Rock Port Test. Cardiovascular fitness is the ability of an individual to strengthen the heart muscles during continuous muscular activities in which numbers of muscles groups are used. 1. Harward Step Test-Aerobic Fitness (Recovery time)

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It was developed by Brouha and others in 1943. It is used to measure the cardiovascular fitness or aerobic fitness by checking the recovery rate. Equipment Required Bench 20 inches high, for men and 16 inches for women, stopwatch and metronome. 2. Rockport Test This test also known as Rockport One Mile Test or Rockport Fitness Walking Test is

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Fitness. The ability of the heart, blood vessels, and respiratory system to supply oxygen and nutrients to the muscles during the exercise. ... VO2 Max Stress Test (1) the greatest amount of O2 that is delivered to the muscle and consumed in one minute (2) best indicator of physical ...

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