

# Cardiovascular Fitness Lab Data Sheet

## Part 1. Fitness Evaluation

### I. Standing pulse rate:

Pulse Rate 1	Pulse Rate 2	Pulse Rate 3	Average pulse rate (bpm)

### II. Reclining pulse rate:

Pulse Rate

### III. Baroreceptor Reflex: Pulse Rate Change from Reclining to Standing

Pulse rate upon immediately standing	Difference in Pulse Rate

### IV. Data for Endurance Test:

Time Interval	Pulse Count	Multiplier	Total beats per min
0-15 seconds		X4	
16-30 seconds		X4	
31-60 seconds		X2	
61-90 seconds		X2	
91-120 seconds		X2	

### V. Blood Pressure

#### Blood Pressure When Reclining:

For manual readings:

systolic 1	systolic 2	systolic 3

diastolic 1	diastolic 2	diastolic 3

- Reclining systolic pressure \_\_\_\_\_ mm Hg
- Reclining diastolic pressure \_\_\_\_\_ mm Hg

### Blood Pressure When Standing:

For manual readings:

systolic 1	systolic 2	systolic 3

diastolic 1	diastolic 2	diastolic 3

- Standing systolic pressure \_\_\_\_\_ mm Hg
- Standing diastolic pressure \_\_\_\_\_ mm Hg

### Fitness Rating

	Measurement	Points
Standing pulse rate (I.)		
Reclining pulse rate (II.)	beats/min	
Baroreceptor reflex pulse rate increase on standing (III.)	beats/min	
Return of pulse rate to standing rate after Exercise (IV.)	seconds	
Pulse Rate increase immediately after exercise (IV.)	beats/min	
Change in systolic pressure from reclining to standing (V.)	mm Hg	
	<b>Total Score</b>	

Total Score	Relative Cardiac Fitness
18-17	Excellent
16-14	Good
13-8	Fair
7 or less	Poor

**Relative Cardiac Fitness Rating:**

## Part 2. Harvard Step Test

### Calculation of Recovery Index:

(A) Time of Exercise: Seconds \_\_\_\_\_ X 100 = \_\_\_\_\_

30-sec pulse count after 60 seconds:

30-sec pulse count after 120 seconds:

30-sec pulse count after 180 seconds:

Sum of above 30-sec counts:

(B) Multiply sum by 2:

Divide (A) by (B):

### Cardiac Fitness Rating Using Harvard Step Test

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	>90	80-90	65-79	55-64	<55
Female	>86	76-86	61-75	50-60	<50

### Cardiac Fitness Rating: