

Cardiovascular Fitness Lab Data Sheet

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

V. 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	

VI. Blood Pressure

Blood Pressure When Reclining:

For manual readings:

systolic 1	systolic 2	systolic 3

diastolic 1	diastolic 2	diastolic 3

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- 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 (V.)	seconds	
Pulse Rate increase immediately after exercise (V.)	beats/min	
Change in systolic pressure from reclining to standing (VI.)	mm Hg	
	Total Score	

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

Relative Cardiac Fitness Rating:

VI. 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: