

Queens College Step Test Procedure

REQUIRED EQUIPMENT: a 41.7cm step, stop watch, heart rate monitor, metronome (or app), clipboard, pen, Fitness Testing Recording Form

PROCEDURE:

1. Describe the testing protocol to the client
 - a. You are going to do a warm up
 - b. Then you are going to step up and down on a 41.7 cm step for 3 minutes in time with a metronome (males - 24 steps/min (96bpm) and females 22 steps/min (88bpm))
 - c. After 3 minutes your heart rate will be measured
2. Take the client through a warm up
3. Get the client to step up and down to the metronome for 3 minutes
4. Record the results

FORMULAS AND CALCULATION:

$$\begin{aligned} \text{MVO}_2 &= 111.3 - (0.42 \times \text{HR}) \\ \text{MVO}_2 &= 111.3 - (0.42 \times \text{_____HR}) \\ \text{MVO}_2 &= 111.3 - (\text{_____}) \\ \text{MVO}_2 &= \text{_____} \end{aligned}$$

NORMATIVE / COMPARATIVE DATA:

	Males (mls/kg/min)						Females (mls/kg/min)					
	18-25	26-35	36-45	46-55	56-65	66+	18-25	26-35	36-45	46-55	56-65	66+
Excellent	80-63	70-58	77-53	60-47	58-43	50-38	71-58	69-54	66-46	64-42	57-38	51-33
Good	59-53	54-50	49-44	43-40	39-37	36-33	54-48	51-46	44-39	39-35	36-32	31-28
Above Average	51-47	47-44	42-40	38-35	35-33	32-29	46-42	43-40	37-34	33-31	31-28	27-25
Average	46-43	42-40	38-35	35-32	31-30	28-25	41-39	38-35	33-31	30-28	27-25	24-22
Below Average	41-38	39-35	34-32	31-29	29-26	25-22	37-34	34-31	30-28	27-25	24-22	22-20
Poor	35-31	34-31	30-27	28-26	25-22	21-20	32-29	30-26	26-23	24-21	21-19	18-17
Very Poor	29-20	28-20	25-19	23-18	21-16	18-15	26-18	25-20	21-18	19-16	17-14	16-14