

Continuous Run Cardio Fitness Assessment

What is it?

Name: _____

It's a way to keep or get in shape. It's enjoyable, attainable, challenging and even fun because everyone works at their own level of fitness. Each run/walk assessment gives you an opportunity to gain mastery, see improvement, set and achieve goals.

How Does it Work?

Each assessment will be 30 minutes long. You will run continuously for as long as you can. When you're finished running you can power walk / or walk run for the duration of the 30 minute period. Your partner will record the number of minutes you can run continuously. Once finished, you will look up the points attained for running (see back of sheet). This will equal your percentage in the assessment. This will be recorded on your fitness assessment sheet below which will be handed in each time to your P.E. teacher.

1. Date: _____ Resting Heart Rate = _____ beats/10 second count

Heart Rate After Run: _____ beats/10 second count Goal _____

_____ Number of minutes of continuous running

_____ (enter points for run) + _____ = _____ %

Bonus of 20 points for reaching goal, if goal is over 10 minutes.

Comments: _____

2. Date: _____ Resting Heart Rate = _____ beats/10 second count

Heart Rate After Run: _____ beats/10 second count Goal _____

_____ Number of minutes of continuous running

_____ (enter points for run) + _____ = _____ %

Bonus of 20 points for reaching goal, if goal is over 10 minutes.

Comments: _____

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3. Date: _____ Resting Heart Rate = _____ beats/10 second count

Heart Rate After Run: _____ beats/10 second count Goal _____

_____ Number of minutes of continuous running

_____ (enter points for run) + _____ = _____ %

Bonus of 20 points for reaching goal, if goal is over 10 minutes.

Comments: _____

Minutes of Continuous Running	Points	Minutes of Continuous Running	Points
1	10	16	73
2	15	17	75
3	20	18	77
4	25	19	79
5	30	20	81
6	35	21	83
7	40	22	85
8	45	23	87
9	50	24	89
10	55	25	91
11	60	26	93
12	65	27	95
13	67	28	97
14	69	29	99
15	71	30	100



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	