

AEROBIC TEST – STEP UP (HAYWARD STEP TEST)



Purpose

The purpose of this test is to determine the aerobic fitness of the client.

Procedure

1. With a step or platform in front of the client, have them step up and back down for 5 minutes (or exhaustion). The rate at which they step is 30 steps per minute.
2. Make sure that the client steps up with the full foot planted on the platform, and then brings the second foot up to meet it before they step down.
3. The client sits down immediately following the test and counts the number of heart beats between 1-1.5 minutes, 2-2.5 minutes and 3-3.5 minutes recovery.
4. The heart beats are added up and totalled.

Equipment

- A step or platform
- A stopwatch

Results

To work out the results of the test use this formula:

(100 x test duration in secs) divided by (2 x sum of heart beats in the recovery period)

Example: $(100 \times 300) / (2 \times (90 + 80 + 70)) = 62.5$

Rating can be found on the following page.

Rating	Fitness index
Excellent	> 96
Good	83 - 96
Average	68 - 82
Below average	54 - 67
Poor	< 54

Results table and image taken from: www.topendsports.com