



Travis County E.S.D. No.6

Fitness Protocol Worksheet

General Information

Name: _____

Date: _____ y/m/d

Last Medical Exam Date: _____ y/m/d Age: _____ yrs

Weight: _____ lbs Weight _____ kg (1lb = 0.45kg)

Height _____ in Height _____ cm (1 inch = 2.54cm)

Resting Heart Rate: _____

(If ≥ 110 bpm, provide 5-minute rest: if after rest heart rate is ≥ 110 bpm postpone evaluation)

Resting Blood Pressure: _____

(If $\geq 160/100$, provide 5-minute rest: if after rest blood pressure is $\geq 160/100$ postpone evaluation)

Target Exercise Heart Rate: _____ $[208 - (0.7 \times \text{age})] \times 0.85$
see Table 5.4

Body Mass Index: _____ see Tables 5.5 & 5.6

Body Composition Evaluation

Men: (See Figures 5.1 – 5.6)

Measurement **1**:

Triceps: _____ mm Subscapular: _____ mm Pectoral: _____ mm

Measurement **2**:

Triceps: _____ mm Subscapular: _____ mm Pectoral: _____ mm

Measurement **3**: (if required)

Triceps: _____ mm Subscapular: _____ mm Pectoral: _____ mm

Avg. Triceps: _____mm Avg. Subscapular: _____mm Avg. Pectoral: _____mm

Sum Skinfold: _____mm	Male Body fat: _____%
------------------------------	------------------------------

 See Table 5.2

Women: (See Figures 5.7 – 5.12)

Measurement 1:

Triceps: _____mm Abdominal: _____mm Suprailliac sites: _____mm

Measurement 2:

Triceps: _____mm Abdominal: _____mm Suprailliac sites _____mm

Measurement 3: (if required)

Triceps: _____mm Abdominal: _____mm Suprailliac sites _____mm

Avg. Avg. Avg.

Triceps: _____mm Abdominal: _____mm Suprailliac sites: _____mm

Sum Skinfold: _____mm	Female Body fat: _____%
------------------------------	--------------------------------

 See Table 5.3

WFI Aerobic Capacity Evaluation

Submaximal Treadmill Protocol

Test Time: ____:____min:sec Test Time (decimal): _____
(see Table 5.7)

Treadmill $\dot{V}O_{2max}$ _____ml/kg/min	Treadmill $\dot{V}O_{2max} = 56.981 + (1.242 \times TT) - (0.805 \times BMI)$
-----------------------------------------------	----------------------------------------------------------------------------------

Evaluation terminated prior to exceeding target heart rate, give reason(s):

Submaximal Stepmill Protocol

Test Time: ____:____min:sec Test Time (decimal): _____
(see Table 5.7)

2 AEROBIC CAPACITY

Gerkin Protocol

- ! Fit heart rate monitor to client, and provide client with towel.
- ! Uniformed personnel's heart rate is monitored continuously throughout the evaluation and during the cool-down period. Heart rate is obtained during the final 15 seconds of each stage and recorded.
- ! Once the client's heart rate exceeds the target exercise heart rate, the client continues the evaluation for an additional 15 seconds at the stage where the target exercise heart rate was exceeded.
- ! The evaluation is completed and the final evaluation stage is reported if the heart rate does not return to, or below, the target exercise heart rate or the client reaches stage 11.4.
- ! The VO₂ Max is determined by using the obtained final evaluation stage and the conversion chart.
- ! Record the heart rate after one minute of cool-down.

STAGE	MINUTE	SPEED (MPH)	GRADE (%)	HEART RATE (last 15 seconds of stage)
Warm-Up	3 Minutes	3.0	0	
1	1	4.5	0%	
2	2	4.5	2%	
3	3	5.0	2%	
4	4	5.0	4%	
5	5	5.5	4%	
6	6	5.5	6%	
7	7	6.0	6%	
8	8	6.0	8%	
9	9	6.5	8%	
10	10	6.5	10%	
11	11	7.0	10%	
Cool-Down	1 Minute	3.0	0	

STAGE	TIME	CONVERTED VO ₂ max
1	1:00	31.15
2.1	1:15	32.55
2.2	1:30	33.6
2.3	1:45	34.65
2.4	2:00	35.35
3.1	2:15	37.45
3.2	2:30	39.55
3.3	2:45	41.30
3.4	3:00	43.4
4.1	3:15	44.1
4.2	3:30	45.15
4.3	3:45	46.2
4.4	4:00	46.5
5.1	4:15	48.6
5.2	4:30	50
5.3	4:45	51.4
5.4	5:00	52.8
6.1	5:15	53.9
6.2	5:30	54.9
6.3	5:45	56
6.4	6:00	57
7.1	6:15	57.7
7.2	6:30	58.8
7.3	6:45	60.2
7.4	7:00	61.2
8.1	7:15	62.3
8.2	7:30	63.3
8.3	7:45	64
8.4	8:00	65
9.1	8:15	66.5
9.2	8:30	68.2
9.3	8:45	69
9.4	9:00	70.7
10.1	9:15	72
10.2	9:30	73
10.3	9:45	73.8
10.4	10:00	74.9
11.1	10:15	76.3
11.2	10:30	77.7
11.3	10:45	79
11.4	11:00	80

Source: Robert et al., M.J. J. Am. Coll. Sports Med., 1988, 13(1), 1-10

Stage Completed:	
Converted VO ₂ Max:	ml/kg/min (from chart)
Time Evaluation Terminated:	
Reason for Termination:	

Stepmill
 $\dot{V}O_{2max}$ _____ ml/kg/min

Stepmill
 $\dot{V}O_{2max} = 57.774 + (1.757 \times TT) - (0.904 \times BMI)$

Evaluation terminated prior to exceeding target heart rate, give reason(s): _____

WFI Muscular Strength Evaluation

Grip Assessment

Trial 1, Right Hand: _____ kg Trial 1, Left Hand: _____ kg

Trial 2, Right Hand: _____ kg Trial 2, Left Hand: _____ kg

Trial 3, Right Hand: _____ kg Trial 3, Left Hand: _____ kg

Highest Score Right Hand: _____ kg Highest Score Left Hand: _____ kg

Evaluation terminated, give reason(s) _____

Leg Assessment

Trial 1: **Do not record** (Practice only) Trail 2: _____ kg Trail 3: _____ kg

Highest Leg Strength Score: _____ kg

Evaluation terminated, give reason(s) _____

Optional Assessment

Jump Assessment (Power Evaluation)

Jump 1: _____ in. Jump 2: _____ in. Jump 3: _____ in.

Highest Jump Score _____ in. x 2.54 = _____ cm

Power Formula: $[(60.7 \times \text{jump height (cm)}) + (45.3 \times \text{body weight (kg)}) - 2055]$

Leg Power = _____ watts

Evaluation terminated, give reason(s) _____

Arm Assessment

Trial 1: _____ kg Trail 2: _____ kg Trail 3: _____ kg

Highest Arm Strength Score: _____ kg

Evaluation terminated, give reason(s) _____

WFI Muscular Endurance Evaluation

Plank Assessment max 4 min

Test Time: ____:____min:sec

Evaluation terminated, give reason(s) _____

Push-up Assessment @80bpm

Number of successfully completed push-ups: _____

Evaluation terminated, give reason(s) _____

Optional Assessment

Alternate Grip Push-up Assessment @ 80bpm

Number of successfully completed push-ups: _____

Evaluation terminated, give reason(s) _____

WFI Flexibility Evaluation

Sit and Reach Assessment

Trial 1: _____in Trial 2: _____in Trial 3: _____in

Highest Score: _____ in

Evaluation terminated, give reason(s) _____