

Practical 4



Component Measured: Cardiovascular Endurance

“It is the ability of the hearth and muscular system to perform with the desired quality under condition of fatigue”.

Name of the Test: 12 Minute run/walk

Aim

The purpose of this test is to measure the cardiovascular endurance by using 12 Minute run/walk test.

Equipment Required: For conducting this test 400 or 200 Meters track, Stopwatch and cones are required.

Testing Procedure: The participant will start running or walking after the signal, and cover as much distance as possible in 12 minutes. Track should have mark of every 100 meters so that tester can count the number of laps completed and additional incomplete lap-distance covered in 12 minutes respectively. Meanwhile tester has to encourage all the participants to run the entire period of 12 minutes but interspersed walking is allowed.

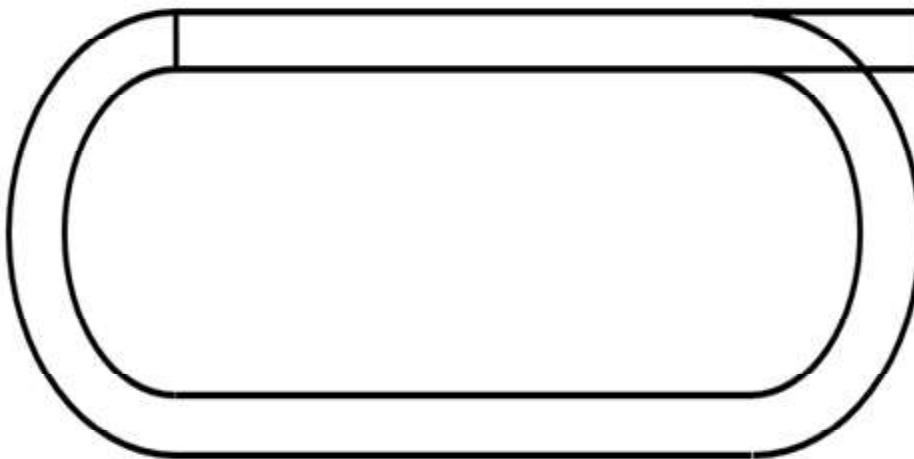


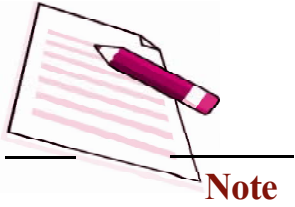
Figure 4: 400 Meter track for 12 minutes run/walk

Scoring Procedure: Total distance covered in 12 minutes is recorded as the score of the participant.



Note





Effect and Observations

Perform run or walk for 2 consecutive months and fill the below table with your score.

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Distance Covered in 12 minutes								

Observations

Observation

.....

.....

.....

.....

.....

.....

.....

Remarks

.....

.....

.....

.....

.....

.....

.....

.....

(Signature of the Instructor)

