



Lab A3-4 *The 12-Minute Wheelchair Performance Test for Cardiorespiratory Endurance*

Equipment

1. A track or course that is flat and provides exact distance measurements in miles
2. A stopwatch, clock, or watch with a second hand

Instructions

1. Warm up before taking the test.
2. Travel at a steady pace, as fast as possible without undue fatigue, for the entire 12 minutes. Cool down after the test is over.
3. Record the distance you traveled in miles, using a decimal figure.
Distance traveled: _____ miles

Rating Your Cardiorespiratory Endurance

Calculate $\dot{V}O_{2\max}$ using the following formula:

$$\dot{V}O_{2\max} = (29.623 \times \underset{\text{(distance)}}{\hspace{2cm}}) - 10.916 = \hspace{2cm} \text{ml/kg/min}$$

Using the table below, find the rating that corresponds to your distance and $\dot{V}O_{2\max}$.

Fitness level: _____

Distance (miles)	$\dot{V}O_{2\max}$	Fitness Level
Below 0.63	Below 7.7	Poor
0.63–0.86	7.7–14.5	Below average
0.87–1.35	14.6–29.1	Fair
1.36–1.59	29.2–36.2	Good
Above 1.59	Above 36.2	Excellent