

## Activity 7: Exercise

Harvard step test for 5 min at 96/min	Baseline		Interval following test							
	BP	P	Immediately		1 min		2 min		3 min	
Well-conditioned individual	123/83	_____	_____	_____	_____	_____	_____	_____	_____	_____
Poorly conditioned individual	133/83	_____	_____	_____	_____	_____	_____	_____	_____	_____

## Exercise

Blood pressure and pulse changes during and after exercise provide a good yardstick for measuring one's overall cardiovascular fitness. Although there are more sophisticated and more accurate tests that evaluate fitness according to a specific point system, the Harvard step test described here is a quick way to compare the relative fitness level of a group of people.

You will be working in groups of four, duties assigned as indicated above, except that student 4, in addition to recording the data, will act as the timer and call the cadence.



Any student with a known heart problem should refuse to participate as the subject.

All four students may participate as the subject in turn, if desired, but the bench stepping is to be performed at least twice in each group—once with a well-conditioned person acting as the subject, and once with a poorly conditioned subject.

Bench stepping is the following series of movements repeated sequentially:

1. Place one foot on the step.
2. Step up with the other foot so that both feet are on the platform. Straighten the legs and the back.
3. Step down with one foot.
4. Bring the other foot down.

The pace for the stepping will be set by the "timer" (student 4), who will repeat "Up-2-3-4, up-2-3-4" at such a pace that each "up-2-3-4" sequence takes 2 sec (30 cycles/min).

1. Student 4 should obtain the step (0.5 m [20-in.] tall for male subject or 0.4 m [16-in.] for a female subject) while baseline measurements are being obtained on the subject.

2. Once the baseline pulse and blood pressure measurements have been recorded on the Activity 7 Exercise chart (above), the subject is to stand quietly at attention for 2 minutes to allow his or her blood pressure to stabilize before beginning to step.

3. The subject is to perform the bench stepping for as long as possible, up to a maximum of 5 minutes, according to the cadence called by the timer. The subject must keep posture erect; the other group members should watch for and work against slouching. If the subject is unable to keep the pace for a span of 15 seconds, the test is to be terminated.

4. When the subject is stopped by the timer for slouching, stops voluntarily because he or she is unable to continue, or

has completed 5 minutes of bench stepping, he or she is to sit down. Record the duration of exercise (in seconds), and measure the blood pressure and pulse immediately and thereafter at 1-minute intervals for 3 minutes post-exercise.

Duration of exercise: 150 sec

5. Calculate the subject's index of physical fitness using the following formula:

$$\text{Index} = \frac{\text{duration of exercise in seconds} \times \text{min } 100}{2 \times \text{sum of the three pulse counts in recovery}}$$

Interpret scores according to the following scale:

below 55	poor physical condition
55 to 62	low average
63 to 71	average
72 to 79	high average
80 to 89	good
90 and over	excellent

6. Record the test values on the Activity 7 Exercise chart above, and repeat the testing and recording procedure with the second subject.

What did you notice a greater elevation of blood pressure and pulse?

In Exercise

Explain: heart pumps more blood and BP ↑

Was there a sizable difference between the after-exercise values for well-conditioned and poorly conditioned individuals?

yes Explain: poorly conditioned individuals need more O<sub>2</sub> & pump more blood

Did the diastolic pressure also increase?

yes (See continuation of text on next page.)

# Phys261 Laboratory Manual

**M Carnoy**



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