

# ROCKPORT WALKING TEST FOR MEN

Highest death risk (from any cause)		49% lower	64% lower	76% lower
Age	Poor	Fair	Good	Excellent
*18-19	<37.9	38 → 45.4	45.5 → 48.9	>49
*20-29	<36.3	36.4 → 41.9	42 → 47.9	>48
30-39	<35.2	35.3 → 39.1	39.2 → 45.4	>45.5
40-49	<34.6	34.7 → 38.4	38.5 → 43.7	>43.8
50-59	<28.9	29 → 34.9	35 → 39.8	>39.9
60-69	<24.7	24.8 → 29.7	29.8 → 34.9	>35
70-79	<21.3	21.4 → 24.4	24.5 → 29.7	>29.8
77%		91%	93.5%	96%

\*If you are 22 years old or younger, multiply your score by 0.85.

Otherwise your score comes out too high. The test was originally designed for ages 30-69.

10-year survival rate  
(from middle age/10s)

Sources: Mandsager, Harb, Gremer et al 2018, Kline, Porchari et al 1987, \*Dolgener, Hensley et al 1994

# Rockports Fitness Walking

**Robert Sweetgall, James M.  
Rippe, Frank I. Katch**



## **Rockports Fitness Walking:**

**Rockport's Fitness Walking** Robert Sweetgall, James M. Rippe, Frank I. Katch, 1985      *Modifications of the Rockport Fitness Walking Test* Freddie D. McConnell (II), 2001      Speed Dependence of the Rockport Fitness Walking Test Kalie K. French, 2015 Introduction The Rockport Fitness Walking Test is a submaximal test that predicts  $\dot{V}O_{2\max}$  to be used in fitness assessment and exercise prescription This test requires subjects to walk at a brisk pace However the ability to predict  $\dot{V}O_{2\max}$  is unknown when walking at paces slower than a brisk walk Methods Healthy adults N 35 performed a GXT following a modified Balke protocol to obtain  $\dot{V}O_{2\max}$  and VT All subjects also completed two 1 mile walk tests The first walk test followed the Rockport Fitness Walking Test protocol completing the test at a brisk pace Other than walking at a comfortable pace the second walk test also followed the Rockport Fitness Walking Test protocol  $\dot{V}O_{2\max}$  from the GXT was compared to the prediction of  $\dot{V}O_{2\max}$  from the brisk and comfortable walk tests Results Total walk time lap time and HR were all higher for the brisk pace in comparison to the comfortably paced walk while RPE was lowest for the comfortable pace walk The brisk walk was better able to predict  $\dot{V}O_{2\max}$  and VT Conclusion The Rockport Fitness Walking Test must be performed at a brisk pace or higher to accurately predict  $\dot{V}O_{2\max}$       Rockport's Fitness Walking Robert Sweetgall, 1985

**Physiological Assessment of Human Fitness** Peter J. Maud, Carl Foster, 2006 This text summarises current scientific methods for the assessment of human physiological fitness The authors provide a rationale for methods of assessment examine the limitations of some methods and provide details of alternative techniques      **Validation of the Rockport**

**Fitness Walking Test for Males Aged 23-23 Years** Cynthia Schattel Kosan, 1992      **Educart CBSE Question Bank Class 12 Physical Education 2024-25 (As per latest CBSE Syllabus 23 Mar 2024)** Educart, 2024-06-17 What You Get Time Management Charts Self evaluation Chart Competency based Q s Marking Scheme Charts Educart Physical Education Class 12 Strictly based on the latest CBSE Curriculum released on March 31st 2023 All New Pattern Questions including past 10 year Q s from DIKSHA platform Lots of solved questions with Detailed Explanations for all questions Caution Points to work on common mistakes made during the exam Special focus on Competency based Questions including all New Pattern Q s Simplified NCERT theory with diagram flowcharts bullet points and tables Topper Answers of past 10 year board exams along with Marks Breakdown Tips 4 Solved Sample Papers as per the latest Sample paper design released with syllabus Why choose this book You can find the simplified complete with diagrams flowcharts bullet points and tables Based on the revised CBSE pattern for competency based questions Evaluate your performance with the self evaluation charts

**Educart CBSE Class 12 Physical Education Question Bank 2025-26 on new Syllabus 2026 (Includes Past Years Solved Questions)** Educart, 2025-05-28      **Exercise Echange Program** James M. Rippe, 1993-02 The Exercise Exchange Program is for anyone who has ever found diet and fitness programs restrictive regimented dull and just plain ineffective It is a proven and flexible alternative that adds variety and interest to your current plan or helps you create one of your own Dr

James M Rippe author of the bestselling Rockport Walking Program has developed an innovative concept of nutritional and exercise exchanges that lets you mix and match many different foods and activities as you develop a plan designed to fit your own unique tastes and needs You ll learn The six food categories and how to balance them How to participate in a different activity every day including housework and gardening as well as conventional exercise and still get a complete workout Dr Rippe s complete 30 day exercise and diet program Finally The Exercise Exchange Program includes more than 100 delicious new low fat recipes to get you started on the road to lasting health

### **Walking Fitness Walking for Women**

Rippe,Kashiwa,1987 Weight loss low impact fitness during pregnancy aerobic conditioning muscle tone and stress release program

*Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness* Terry J. Housh,Joel T. Cramer,Joseph P. Weir,Travis W. Beck,Glen O. Johnson,2017-06-30 Laboratory Manual for Exercise Physiology Exercise Testing and Physical Fitness is a comprehensive text that will provide students with meaningful lab experiences whether they have access to sophisticated laboratories and expensive equipment or they are looking for procedures that can be done without costly materials It will be a useful resource as they prepare for a career as an exercise science professional athletic trainer coach or physical educator The more than 40 labs cover seven major components of physical fitness They are practical and easy to follow consisting of a clear logical format that includes background information step by step procedures explanatory photographs sample calculations norms and classification tables and worksheets Lab ending activities and questions provide additional opportunities to practice the procedures and explore issues of validity reliability and accuracy Readers will find this manual a valuable tool in learning to apply physiological concepts and to perform exercise tests as well as an essential resource for any career involving physical fitness and performance testing

Exercise Physiology John Porcari,Cedric Bryant,Fabio Comana,2015-02-25 Learn how to apply the science of exercise physiology to your exercise programs and to solve the problems you ll encounter every day in practice You ll explore the principles of movement on which exercise is based while you develop the confidence you need to create individualized exercise programs based on current lifestyles schedules and abilities and properly progress those fitness programs through the stages of the ACE IFT training model

**Measurement and Evaluation in Physical Activity Applications** Phillip A. Bishop,2017-06-30 This book takes a learner oriented approach as it strives to make complex material understandable and usable By understanding the underlying principles of measurement and evaluation readers will then be able to apply those principles and concepts in a variety of physical activity and health related settings Practical exercises and applications demonstrate the usefulness of measurement and evaluation reinforce key points and make readers active participants in their own education The book is divided into three parts Part One introduces the measurement process showing readers the relevance of measurement and evaluation to their personal and professional lives and including examples and statistics related to such concepts as validity reliability and objectivity The two chapters in Part Two further help readers understand numbers and assist those who need

to use more advanced statistical calculations Part Three presents measurement and evaluation applications in various settings such as measuring physical fitness measuring exercise physical activity and health measuring in competitive sports and coaching measuring and evaluating knowledge and assigning grades and measuring in research Throughout discussions and examples show the relevance and application of measurement and evaluation in various professions including physical therapy athletic training fitness wellness management exercise and sport psychology exercise science coaching and physical education

**Fitness Walking** Scott Roberts,1995 Fitness walking is America s latest fitness craze A great sport for all ages it provides great cardiovascular results with a very low risk of injury This guide shows readers how fitness walking can help them build endurance lose weight increase energy levels and feel better about themselves Photos **Y's Way to Fitness Walking** June Irene Decker,Georgia Orcutt,Patricia Sammann,1989 Survey of Athletic Injuries for Exercise Science Linda Gazzillo Diaz,2013-09-10 5 Stars Doody s Review Service Perfect Score of 100 This book is more than sufficient for exposing undergraduate students to sports related injuries how they are identified and how they might be treated by a professional It includes a good deal of basic anatomy and physiology that is complemented well by treatment therapies for site specific injury prevention and therapeutic care following injury Written for students within Exercises Science and Exercise Physiology Survey of Athletic Injuries for Exercise Science clearly outlines traditional prevention and care of athletic injuries for those who lack an athletic training background It address the role that exercise science exercise physiology or professionals from other health related fields play in the treatment of injuries and illnesses in the physically active population The text addresses each body segment along with other information that impacts the physically active such as ergogenic aids supplements nutrition and exercise prescription Throughout the text case studies and realistic situation boxes discusses interesting cases from the field Key Features Provides a necessary resource on athletic injury and prevention for the non athletic trainer Clearly defined chapter objectives identify critical information for students Critical thinking questions ask students to examine and reason through a variety of scenarios Case Studies throughout analyzes and explores real world situations **Get Fit, Stay Fit** William E Prentice,2015-11-03 Learn how to take control of your own well being You ll find both the motivation and scientific knowledge you need to develop your own personal plan for healthy living and to make physical activity an integral part of that plan You ll also explore the roles of stress management sleep and nutrition in achieving your goals *Physical Fitness Laboratories on a Budget* Terry J. Housh,Joel T. Cramer,Joseph P. Weir,Travis W. Beck,Glen O. Johnson,2017-06-30 This lab manual is designed to benefit those colleges and universities that offer courses with lab components in physical fitness exercise physiology and healthy lifestyles but do not have the facilities and or budget to allow students to train in high tech laboratory settings This long overdue book essential for sports and exercise science departments on a budget provides meaningful lab experiences that don t require sophisticated and expensive equipment The labs were written and designed to be self administered or administered to others Readers will find the book an essential

resource for any career involving physical fitness and performance testing This book s clear and concise layout makes it an ideal tool both for learning and for practical application in professional settings The book includes 31 labs divided into eight units Introductory labs Aerobic fitness Fatigue thresholds Muscular strength Muscular endurance Muscular power Body composition and body build Flexibility Labs include these features Background Terms and Abbreviations Equipment and pricing Procedures Equations Sample Calculations Worksheets Tables Extension Activities and References The manual also includes a table of units and conversions a list of equipment and vendors a Glossary and an Index      **Activities and Assessment Manual** Jerome Edward Kotecki,2011 Health Wellness      **New York Magazine** ,1988-05-30 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

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