

CARDIOVASCULAR FITNESS/AEROBIC CAPACITY

20 meter PACER

(Progressive Aerobic Cardiovascular Endurance Run)

GIRLS PACER

AGE	LIMITED		APPROACHING		MEETING HEALTHY FITNESS ZONE				EXCEEDING			
	1	2	3	4	5	6	7	8	9	10	11	12
14	>10	11-14	15-18	19-22	23-30	31-38	39-46	47-51	52-58	59-65	66-71	72+
15	>17	18-22	23-26	27-31	32-38	39-45	46-53	54-61	62-67	68-73	74-81	82+
16	>17	18-22	23-26	27-31	32-38	39-45	46-53	54-61	62-67	68-73	74-81	82+
17	>23	24-29	30-34	35-40	41-45	45-50	51-55	56-61	62-67	68-73	74-81	82+
18	>23	24-29	30-34	35-40	41-48	49-56	57-62	63-72	72-77	78-83	83-88	89+

BOYS PACER

AGE	LIMITED		APPROACHING		MEETING HEALTHY FITNESS ZONE				EXCEEDING			
	1	2	3	4	5	6	7	8	9	10	11	12
14	>17	18-24	25-32	33-40	41-53	54-63	64-73	74-83	84-90	91-95	96-100	101+
15	>20	21-30	31-40	41-50	51-62	63-72	73-83	84-94	95-100	101-106	107-112	113+
16	>30	31-40	41-50	51-60	61-68	69-77	78-86	87-94	95-100	101-106	107-112	113+
17	>30	31-40	41-50	51-60	61-72	73-84	85-95	96-106	106-110	111-115	116-120	121+
18	>40	41-50	51-60	61-71	72-80	81-89	90-98	99-106	106-110	111-115	116-120	121+

Test Objective: The PACER test measures cardiovascular fitness/aerobic capacity.

The Test: The PACER test is a multistage test that involves continuous running between two lines in time to recorded beeps. The test is easier in the beginning but gets progressively harder. The time between recorded beeps decreases every minute/level (triple beep) which requires runners to increase their running speed. Students will continue running as long as possible until they are unable to keep up with the beeps. The second time a runner fails to reach the line by the beep, the test is over. The two failed attempts do not have to be consecutive.