



To be completed by TAAG staff:			
Student ID: _____	Test Date: ____ / ____ / ____	(mm/dd/yy)	
Form Code: MFI	Version: A	Series: 31	Sequence: 001 (FINAL)
			(circle one) 002 (QC)

PWC-170 Cycle Ergometer Exercise Test

Eligibility

Assess the current eligibility of each girl prior to the fitness test. If the girl is unavailable, unable to participate in PE or is sick on the day of the fitness test, record on this form, but do NOT enter the form in the DMS unless it is the **last** opportunity to measure fitness for that girl. Only one form is allowed per ID, unless the form is for quality control (QC). Circle Sequence 001 for the final fitness form. Circle Sequence 002 for QC. Only two girls per school may be skipped on the last day of fitness testing.

1. Is the girl available for fitness measure today? **YES** (go to Question 2) **NO** (skip to Question 4)
2. Is the girl able to participate in PE? [*or would she be if she had PE this semester*]
YES (go to Question 3) **LATER** (skip to Question 4) **NEVER** (Ineligible. STOP. ENTER FORM.)
3. Is the girl sick today? **YES** (go to Question 4) **NO** (skip to Question 5)
4. Last day for fitness testing in the school? **YES** (Skip girl [Two skips/school allowed]. STOP. ENTER FORM.)
NO (Available: _____)

Initial workload and pre-exercise heart rate

The subject should complete as many stages as needed (up to four) to reach a heart rate of at least 165 beats per minute (bpm). Each stage is two minutes in length. Weigh the subject to determine the **initial** workload. Record her pre-exercise heart rate. Record her average heart rate during the last 10 seconds of each minute of every stage. Follow the protocol on the other side of this form to determine the increase in workload at the end of each 2-minute stage. Record the **total** workload for each stage. Signs and symptoms of fatigue that indicate test termination are addressed in Appendix D.

5. The initial workload is based on the girl's weight. 1. < 50 kg (or < 110 lbs) = **0.25** Kp
Indicate her weight with a check (✓) in the appropriate box. 2. ≥ 50 kg (or ≥ 110 lbs) = **0.50** Kp

6. Tester Initials: _____

Heart Rate Conversion Chart (10-sec pulse):	
11 beats = 66 bpm	16 beats = 96 bpm
12 beats = 72 bpm	17 beats = 102 bpm
13 beats = 78 bpm	18 beats = 108 bpm
14 beats = 84 bpm	19 beats = 114 bpm
15 beats = 90 bpm	20 beats = 120 bpm

7. Pre-exercise heart rate:

- a. Monitor: _____ bpm b. Radial pulse for 10 seconds x 6 (see chart above): _____ bpm

(over, please)

Workload and Heart Rate Monitoring

Initial Workload for STAGE I:	Body Mass	Workload
	< 50 kg (110 lbs)	0.25 Kp
	≥ 50 kg (110 lbs)	0.50 Kp

8. STAGE I. a. **Initial** Workload: ___ . ___ ___ Kp b. Heart Rate Minute 1: _____ bpm
c. Heart Rate Minute 2: _____ bpm

If the average heart rate obtained during the last 10 seconds of STAGE I is:

≤ 90 bpm	then add 2.00 Kp for Stage II
91-120 bpm	then add 1.00 Kp for Stage II
121-149 bpm	then add 0.50 Kp for Stage II
150-164 bpm	then add 0.25 Kp for Stage II
>165 bpm	then DONE

9. STAGE II. a. **Total** Workload: ___ . ___ ___ Kp b. Heart Rate Minute 3: _____ bpm
c. Heart Rate Minute 4: _____ bpm

If the average heart rate obtained during the last 10 seconds of STAGE II is:

≤ 120 bpm	then add 2.00 Kp for Stage III
121-140 bpm	then add 1.00 Kp for Stage III
141-160 bpm	then add 0.50 Kp for Stage III
161-164 bpm	then add 0.25 Kp for Stage III
>165 bpm	then DONE

10. STAGE III. a. **Total** Workload: ___ . ___ ___ Kp b. Heart Rate Minute 5: _____ bpm
c. Heart Rate Minute 6: _____ bpm

If the average heart rate obtained during the last 10 seconds of STAGE III is:

≤ 120 bpm	then add 2.00 Kp for Stage IV
121-140 bpm	then add 1.00 Kp for Stage IV
141-160 bpm	then add 0.50 Kp for Stage IV
161-164 bpm	then add 0.25 Kp for Stage IV
>165 bpm	then DONE

Go to Stage IV, if necessary

11. STAGE IV. a. **Total** Workload: ___ . ___ ___ Kp b. Heart Rate Minute 7: _____ bpm
c. Heart Rate Minute 8: _____ bpm

12. Was the test terminated due to signs and symptoms of exercise intolerance? YES NO

13. Comments: _____