

PHYSICAL FITNESS PACER TEST

Progressive Aerobic Cardiovascular Endurance Run (PACER) Look-Up and Goal Setting Table

Beginning with 2015-16, the PACER, which is one of the three Aerobic Capacity test options available in the *FITNESSGRAM*¹, is based on student gender, age, and laps only. This table provides the minimum number of 20-meter (20m) laps that males and females need to achieve the Healthy Fitness Zone (HFZ) for the PACER, which is still reported in terms $VO_2\text{max}$ ². Although students can set goals based on the minimum number of PACER laps, teachers are encouraged to discuss the importance of aerobic capacity and to ensure that students understand how $VO_2\text{max}$ is influenced by gender and age.

FEMALE			MALE		
AGE	# OF PACERS	VO_2	AGE	# OF PACERS	VO_2
14	27	≥ 39.4	14	36	≥ 42.5
15	30	≥ 39.1	15	42	≥ 43.6
16	32	≥ 38.9	16	47	≥ 44.1
17	35	≥ 38.8	17	50	≥ 44.2
17+	38	≥ 38.6	17+	54	≥ 44.3

Note: The information in this table should not be used to attempt to derive a formula for calculating $VO_2\text{max}$ from PACER laps. The $VO_2\text{max}$ values establish the HFZ for the gender and age and are not the exact $VO_2\text{max}$ values that would be obtained from the number of laps displayed.

¹The *FITNESSGRAM* and Healthy Fitness Zone (HFZ) are registered trademarks of The Cooper Institute.

² $VO_2\text{max}$ refers to the maximum oxygen consumption of an individual during exercise. The acronym is derived from V=volume per time; O_2 =oxygen; max=maximum