

## Sports Assessment Station 13 – Aerobic Endurance – 3 minute Step Test

### Objective:

Athlete will be evaluated on aerobic endurance.

### Materials:

19 cm step, 2 stopwatches, metronome, heart rate monitor

### Time:

3 minutes

### Volunteers:

- Required and Ideal: 2
  - Volunteer 1 will explain the procedure to the athlete, demonstrate how to step up and down with the beat of the metronome and do it with them if they have trouble performing the skill.
  - Volunteer 2 will time the athlete for three minutes and tell them when to stop then they will take their heart rate for 15 seconds or use heart rate monitor.

### Setup:

Have the athlete stand in front of the step. Start the metronome at 90 beats per minute (equivalent to 23 steps per minute). Tell the athlete that they should place their foot up with the beat of the metronome. (The SNAPPER computer program has a built-in metronome which can be used)

### Procedure:

Volunteer 1 –

1. Explain that they will be stepping up and down on the step for three minutes with the beat of the metronome.
2. Tell the athlete to start stepping.
3. Have the athlete adjust their speed if they are not matching the beat of the metronome. (Tell them faster, slower, or do it with them)
4. Encourage the athlete.

Volunteer 2 –

1. Time the athlete for 3 minutes, then say stop.
2. Take a heart rate using either a heart rate monitor or counting the heart rate at the wrist or neck for 15 seconds.
3. Record the heart rate.
4. Encourage the athlete.

### Evaluation:

1. Multiple the 15 second heart rate by 4.
2. Write the heart rate score on the athlete's assessment sheet.