

AEROBIC CAPACITY ($\dot{V}O_2$ MAX)

- Aerobic capacity ($\dot{V}O_2$ max) tells you your ability to do vigorous activity such as running, cycling, swimming, and running upstairs.
- Aerobic capacity is a measure of how efficiently your body takes the oxygen out of the air you breathe and delivers it through your blood vessels to all of your body.
- To determine your aerobic capacity, *FITNESSGRAM* must have your score on the aerobic test and your body mass index (height and weight measurements).
- If you have excess weight, your body must work much harder to deliver the oxygen.
- You can increase or maintain your aerobic capacity by doing vigorous physical activity each day. Vigorous activity makes you breathe hard and sweat.
- Standards are adjusted for age and gender.



Aerobic Capacity: Standards for Healthy Fitness Zone®

Age	Boys			Girls		
	VO ₂ max (ml/kg/min) PACER, one-mile run, and walk test			VO ₂ max (ml/kg/min) PACER, one-mile run, and walk test		
	NI— High Risk	NI— Some Risk	HFZ	NI— High Risk	NI— Some Risk	HFZ
5	Participation in test encouraged. Aerobic standards not recommended.			Participation in test encouraged. Aerobic standards not recommended.		
6						
7						
8						
9						
10	≤37.3	37.4-40.1	≥40.2	≤37.3	37.4-40.1	≥40.2
11	≤37.3	37.4-40.1	≥40.2	≤37.3	37.4-40.1	≥40.2
12	≤37.6	37.7-40.2	≥40.3	≤37.0	37.1-40.0	≥40.1
13	≤38.6	38.7-41.0	≥41.1	≤36.6	36.7-39.6	≥39.7
14	≤39.6	39.7-42.4	≥42.5	≤36.3	36.4-39.3	≥39.4
15	≤40.6	40.7-43.5	≥43.6	≤36.0	36.1-39.0	≥39.1
16	≤41.0	41.1-44.0	≥44.1	≤35.8	35.9-38.8	≥38.9
17	≤41.2	41.3-44.1	≥44.2	≤35.7	35.8-38.7	≥38.8
>17	≤41.2	41.3-44.2	≥44.3	≤35.3	35.4-38.5	≥38.6