

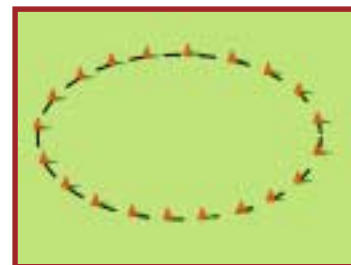


800m Run a test of Aerobic Fitness

Aerobic fitness is a measure of the combined efficiency of the heart, lungs, bloodstream and muscles in getting oxygen to the muscles and putting them to work. Good aerobic fitness is an essential component of all sporting and recreational activities. With large aerobic capacity, activities can be performed more efficiently. On the 800m run challenge, the objective is to run 800m as fast as possible.

Equipment

- 200 or 400 metre track or suitably marked course
- 20 cones
- 1 Stopwatch



Procedure

- If using a 400 metre track students are required to complete two laps of the track. If using a 200 m track students must complete four laps.
- If no track is available a course can be marked on a flat field:
 - Mark the start point with a cone.
 - Walk in a circle with circumference of approximately 200 metres placing cones every 10 metres or so.
 - Continue to walk around the circle until you have reached 800 metres and mark this point with a cone as the end point. Make sure to record the number of laps of the circle required to complete 800 metres and be sure to correctly identify the starting cone and the end cone.
- Students should begin at the start cone.
- On the signal "Go" the timer starts the stopwatch and students run/walk the 800 metre distance as quickly as possible.



Scoring

- The timer should call out the time in seconds as students are crossing the end line.
- Record the time for each student in seconds - accurate to 1 second. (e.g. 134s, 204s)

Tips

- 15 or less participants running at once is optimal.
- If possible, have volunteers at the finish line to help the participants remember and write down their time right after they complete the 800m. Participants are often quite tired and forget their time quickly.
- Participants could also be paired with one participant running/walking and the other recording the time as the participant crosses the end line.
- After the participants complete the run, instruct them to walk around and stretch. Lying on the ground or sitting down does not help them catch their breath or cool down their muscles.