



## Lab A3-2 The 12-Minute Swim Test for Assessing Cardiorespiratory Endurance

### Equipment

1. A swimming pool of a known length in yards (one lap: \_\_\_\_\_ yards)
2. A stopwatch, clock, or watch with a second hand
3. A partner to time the test and count laps

### Instructions

1. Warm up before taking the test. Swim a few laps slowly.
2. Swim at a steady pace for the entire 12 minutes, using any stroke(s) and resting as necessary. Cool down after the test is over.
3. Have your partner count the number of laps you swam. Record the total distance.  
Distance swum: \_\_\_\_\_ yards

### Rating Your Cardiorespiratory Endurance

Using the section of the table below for your age and sex, find the rating that corresponds to the distance you swam in 12 minutes.

Rating: \_\_\_\_\_

Rating/Distance (yards)					
Men	Very poor	Poor	Fair	Good	Excellent
Age:13–19	Below 500	500–599	600–699	700–799	Above 800
20–29	Below 400	400–499	500–599	600–699	Above 700
30–39	Below 350	350–449	450–549	550–649	Above 650
40–49	Below 300	300–399	400–499	500–599	Above 600
50–59	Below 250	250–349	350–449	450–549	Above 550
60 and over	Below 250	250–299	300–399	400–499	Above 500
Women	Very poor	Poor	Fair	Good	Excellent
Age:13–19	Below 400	400–499	500–599	600–699	Above 700
20–29	Below 300	300–399	400–499	500–599	Above 600
30–39	Below 250	250–349	350–449	450–549	Above 550
40–49	Below 200	200–299	300–399	400–499	Above 500
50–59	Below 150	150–249	250–349	350–449	Above 450
60 and over	Below 150	150–199	200–299	300–399	Above 400

Source: Cooper, K. H. 1982. *The Aerobics Program for Total Well-Being*. New York: Bantam Books. Copyright © 1982 by Kenneth H. Cooper, M. D., M. P. H. Used by permission of Bantam Books, a division of Random House, Inc.