Harvard Step Test

Test taker's full name:

Conductor's full name:

Date accomplished:

What you need:

- A step that's 20 inches high. Make sure it's sturdy and not slippery.
- A chair for the test taker to rest on after the test
- A stopwatch to signal the start and end of the test

What the test taker needs:

- Comfortable fitness clothing

Instructions:

- Set up the step. If there's no step, you can use a staircase with steps of the same length, or a bench of the same length. Make sure they are sturdy and not slippery, if ever.
- Place the chair beside or near the step.
- Explain the purpose of this test to your patient and how it's done. All the patient needs to do is step up and down at a pace of thirty steps per minute. **The test will go on for five minutes,** and you should encourage them to finish it even when they are already tired. Tell them that they can start as soon as you say "GO" and stop when you say "STOP." Ready your stopwatch!
- Once you have explained how this test is conducted, you may begin the test! Don't forget to activate the stopwatch and stop it when the five minutes are up.
- Tell the patient to sit down and rest on a chair, which is supposed to be next to or near the twenty-inch step.
- While resting, you, the conductor, will have to record their heart rate by checking the pulse on their wrist. Make sure to write down their heart rate!

Scoring:

The last thing that you have to do is to measure the heart rate of the patient by checking the pulse on their wrist. What you will specifically measure are the heart rates between one, two, and three minutes of recovery, specifically:

- The heart rate between 1 and 1 ½ minutes of recovery after finishing the test
- The heart rate between 2 and 2 ½ minutes of recovery after finishing the test
- The heart rate between 3 and 3 ½ minutes of recovery after finishing the test

Heart Rate 1:

Heart Rate 2:

Heart Rate 3:

Once you have recorded the heart rates, it's time to calculate their fitness index. In order to do so, you need to follow this equation:

- (100 x test duration in seconds) divided by (2 x the sum of the heart rates) = fitness index

Here's an example (this stipulates that the test duration was five minutes, which is the usual length of this test):

- (100 x 300) / 2 x (90 + 80 + 70)
- 30,000 / 480 = 62.5

The Fitness Index is 62.5!

Input the equation below:

(100 x 300) / 2 x (*HR1 + HR2 + HR3*)

(100 x 300) / 2 x (+   +   )

(30,000) /   =   (Fitness Index)

Scoring table:

Score	Fitness Index
97+	Excellent
83 - 96	Good
68 - 82	Average
54 - 67	Low Average
53 and below	Poor

Additional Comments: