

FT=Functional Tests

FTCAT=ROCKPORT ONE MILE WALK TEST V1.0

Rockport One Mile Walk Test

Item Number	Test Question	Answer
1	Time to complete one-mile walk FTTESTCD=ROCK0101	_____ . _____ (minutes) FTORRES/FTSTRESC FTORRESU/FTSTRESU =min
2	Sex	<input type="checkbox"/> Male <input type="checkbox"/> Female DM.SEX
3	Age	_____ Years DM.AGE
4	Weight	_____ Pounds or kg VSTESTCD=WEIGHT
5	Heart rate (immediately after completion of walk)	_____ (beats per minute) VSTESTCD=HR
6	VO2 Max	_____ . _____ L/min or mL/kg/min RETESTCD=EVO2MAX

Reference: Kline GM, Porcari JP, Hintermeister R, et. al. 1987. Estimation of VO2 Max from a one mile track walk, gender, age, and body weight. *Medicine and Science in sports and Exercise.* 19:253-59