

Cooper 12-Minute Run Test

Name: _____ Age: _____

Examiner: _____ Date accomplished: _____

Equipment/materials needed

- A stopwatch or a timer
- A known distance track or a treadmill

Test procedure

1. Let the test-taker warm-up by engaging in light jogging and dynamic movements for 10-15 minutes.
2. Use a track where distances are clearly marked, or set the treadmill to a slight incline (1%) to simulate outdoor running.
3. Begin the stopwatch as the test-taker starts running. Remind the test-taker to maintain a steady pace to cover as much distance as possible in 12 minutes.
4. At the end of 12 minutes, stop the stopwatch immediately and record the total distance covered.
5. Allow the test-taker to walk for about 10 minutes to gradually lower heart rate.

Scoring standards

Men (distances in miles, treadmill at 1% grade incline)

	Highest death risk	49% lower	64% lower	76% lower	80% lower
Age	Poor	Fair	Good	Excellent	Superior
18-19	< 1.36 miles	1.37-1.57	1.58-1.67	1.68-1.89	> 1.9
20-29	< 1.32	1.33-1.47	1.48-1.64	1.65-1.83	> 1.84
30-39	< 1.29	1.30-1.39	1.40-1.57	1.58-1.77	> 1.79
40-49	< 1.28	1.29-1.37	1.38-1.52	1.53-1.74	> 1.75
50-59	< 1.11	1.12-1.28	1.29-1.41	1.42-1.67	> 1.68
60-69	< 0.99	1.00-1.13	1.14-1.28	1.29-1.57	> 1.58
70-79	< 0.90	0.91-0.98	0.99-1.113	1.14-1.42	> 1.43
80+	< 0.81	0.82-0.92	0.93-1.02	1.03-1.28	> 1.29
10-year survival rate from middle age/50s)	77%	91%	93.5%	96%	97%

Assessment Chapter Test A Cooper Blog

Lingsheng Yao



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Contemporary and Global Perspectives in Physical Therapy Joseph Abiodun Balogun, 2026-03-24 Globally over one billion people live with a disability and 80% of them are in 152 low and middle income nations One in every three people around the world lives with a health condition that benefits from rehabilitation In some low and middle income countries more than 50% of people who require rehabilitation services do not receive them Physical therapists are essential members of the rehabilitation team who prevent and manage disabilities Improving physical therapy services worldwide will decrease the number of fatalities and improve patients quality of life Leading physical therapy textbooks are produced in high income countries with advanced health systems Practicing physical therapy in low and middle income countries requires special knowledge and clinical skills not enunciated in books published in high income countries According to the World Health Organization in 2019 the leading causes of death in low and middle income countries were mostly preventable or treatable while in high income countries they were primarily chronic and lifestyle related conditions Around the world the role of physical therapists in addressing lifestyle triggered diseases has been unassertive There is a gap between physical therapists knowledge of lifestyle related diseases and their application of this knowledge to facilitate patients alteration of health related behaviors This gap is a global challenge that physical therapists must collectively address This three volume publication authored by fifty experts from diverse disciplines and specialties offers current evidence based insights into bridging the gap with emphasis on prevention and interdisciplinary care The first volume covers orthopedic and pediatric physical therapy detailing conditions like knee osteoarthritis knee and hip arthroplasties fractures lower back pain cerebral palsy polio and autism The second volume spans six key areas neurologic cardiopulmonary pharmacotherapeutic oncologic geriatric and pelvic health physical therapy covering topics such as motor learning stroke Parkinson s disease mild cognitive impairment cervicogenic headache cardiometabolic and respiratory diseases anthropometric assessment complications following breast cancer treatments fall prevention pelvic floor disorders and incontinence management The third volume presents a rich tapestry of global topics including electrodiagnosis radiology complementary and alternative medicine practices remote digital physical therapy private practice development scope of practice and evolution of physical therapy across continents The three volumes engage the interest of policymakers and individuals with research and programmatic interest in low and middle income countries It is a valuable textbook for physical therapists and students in related fields such as medicine nutrition clinical psychology speech language pathology and occupational therapy worldwide

Developmental Physical Education for All Children 5th Edition Cleland Donnelly, Frances, Mueller, Suzanne, Gallahue, David, 2016-09-26 Developmental Physical Education for All Children Fifth Edition will help you deliver developmentally appropriate physical education for kids in pre K through grade 5 Lessons for all levels are based on the new national standards and a host of ancillaries supplement the learning **Physical Best** Jayne D. Greenberg, Joe Deutsch, 2026-03-05

Physical Best Fifth Edition outlines the proven Physical Best approach to teaching fitness education and assessment in K 12 PE classes The 2024 National Physical Education Standards are integrated and ready to use activities are included to prepare students for a lifetime of fitness Leadership of Afterschool and Supplemental Education Hazel M. Carter,2022-07-22 This book explores the design and implementation of effective supplementary education programs that best prepare students for post secondary life Drawing from research and best practice in the fields of supplementary and afterschool education youth development and school college community partnerships this book outlines a balanced approach to viewing supplementary education and community based programs which when designed alongside classroom learning can meet the needs of underserved youth This book challenges aspiring educational leaders to confront the traditional approach to curriculum as the sole purview of the classroom and instead positions supplementary education as a tool to improve schools and student success Chapters discuss designing implementing and sustaining supplementary education programs that positively impact the social emotional and academic development of secondary school students as well as effective strategies for developing stronger connections with the community This text is designed for use in graduate preparation programs in educational leadership and includes pedagogical features such as learning objectives reflective exercises portfolio building activities and alignment to educational leadership standards **Poison Ivy** Evan Mandery,2022-10-25 Next Big Idea Book Club Nominee October 2022 An eye opening look at how America s elite colleges and suburbs help keep the rich rich making it harder than ever to fight the inequality dividing us today The front page news and the trials that followed Operation Varsity Blues were just the tip of the iceberg Poison Ivy tells the bigger seedier story of how elite colleges create paths to admission available only to the wealthy despite rhetoric to the contrary Evan Mandery reveals how tacit agreements between exclusive Ivy plus schools and white affluent suburbs create widespread de facto segregation And as a college degree continues to be the surest route to upward mobility the inequality bred in our broken higher education system is now a principal driver of skyrocketing income inequality everywhere Mandery a professor at a public college that serves low and middle income students contrasts the lip service paid to opportunity by so many elite colleges and universities with schools that actually walk the walk Weaving in shocking data and captivating interviews with students and administrators alike Poison Ivy also synthesizes fascinating insider information on everything from how students are evaluated unfair tax breaks and questionable fundraising practices to suburban rituals testing tutoring tuition schemes and more This bold provocative indictment of America s elite colleges shows us what s at stake in a faulty system and what will be possible if we muster the collective will to transform it **The New York Times Index** ,2009 *Chapter Tests Assessment, Grade 7* Holt, Rinehart and Winston Staff,2002-04

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