

Worksheet — you may use this page for any calculations; **please do not write your calculations on the cover sheet.**

Body Composition Data → Go to <http://www.exrx.net/Calculators.html> on your computer, choose body composition from the menu in the left column, change the 7 site menu to 3 sites, insert your gender, age, weight and specific skinfold measurements in the boxes provided, and click on the Calculate icon for your body composition **OR** take the total from this sheet and calculate your results from the textbook.

<u>Males</u>	Pre	Post	<u>Females</u>	Pre	Post
Quadriceps	_____	_____	Quadriceps	_____	_____
Abdominal	_____	_____	Suprailiac	_____	_____
Pectoral	_____	_____	Triceps	_____	_____
Add Total	_____	_____	Add Total	_____	_____

VO² Max Calculations → Go to <http://www.exrx.net/Calculators.html> on your computer, from the menu in the left column, choose the specific running or walking cardiorespiratory test in which you engaged, insert the specific information, *e.g.*, heart rate, time, distance, requested in the boxes, and click on the Calculate icon for your VO² Max score.

Date _____	Resting Heart Rate _____	Exercise HR _____	# Laps _____	/Distance _____	Time _____
Date _____	Resting Heart Rate _____	Exercise HR _____	# Laps _____	/Distance _____	Time _____
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