

Two Minute Step Test

Purpose: Measure of aerobic endurance.

Equipment Required: tape for marking the wall, [stopwatch](#), wall, TALLY COUNTER (to keep accurate count while verbally cueing subject)

Pre-test: Explain the test procedures and purpose to the subject.

Procedure:

1. The subject stands up straight next to the wall while a mark is placed on the wall at the level corresponding to midway between the patella (knee cap) and illiac crest (top of the hip bone).
2. The subject then marches in place for two minutes, lifting the knees to the height of the mark on the wall.
3. Record the total number of times ONLY THE RIGHT KNEE reaches the tape level in two minutes.
4. Resting is allowed, and holding onto the wall or a stable chair is allowed.
Stop after two minutes of stepping.

NAME: _____

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Date	Score	Notes (device, gt quality, etc.)

See next page for norms

Two Minute Step Test

Men				Women				
Age	Below average	Average	Above average		Age	Below average	Average	Above average
60-64	< 87	87 to 115	> 115		60-64	< 75	75 to 107	> 107
65-69	< 87	86 to 116	> 116		65-69	< 73	73 to 107	> 107
70-74	< 80	80 to 110	> 110		70-74	< 68	68 to 101	> 101
75-79	< 73	73 to 109	> 109		75-79	< 68	68 to 100	> 100
80-84	< 71	71 to 103	> 103		80-84	< 60	60 to 91	> 91
85-89	< 59	59 to 91	> 91		85-89	< 55	55 to 85	> 85
90-94	< 52	52 to 86	> 86		90-94	< 44	44 to 72	> 72