

Chapter 11 Selected Answers to Mastery Items

2. For a homemaker, health-related fitness and functional capacity; for a runner, health-related fitness and diagnosis
5. If you are a male: 35 ml/kg/min or above; if you are a female: 31.5 ml/kg/min or above.
6. Table 11-6 contains norm-referenced standards.
The Blair et al. (1989) values are criterion-referenced standards.
7. The subject with poor VO_2 max
9. Fat weight = $200 \times (30/100) = 60$ pounds;
Lean weight = $200 - 60 = 140$ pounds;
Target weight = $140 / (1 - 15/100) = 165$.
12. Power. The 1 min sit-up test is a power test, because you are required to do a maximum amount of work per unit of time.