

2 Minute Step Test

Testing outcome

The 2 minute step test indicates the level of aerobic endurance of the participant.

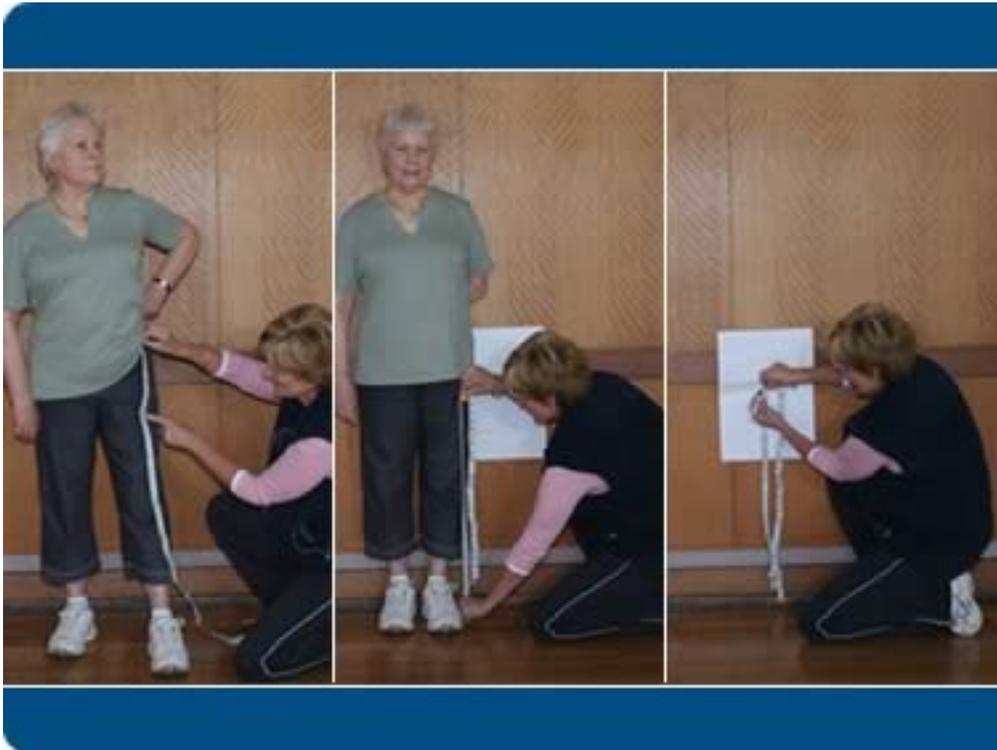
It is associated with the ability to perform lifestyle tasks such as walking and climbing stairs. This is an alternative test if there is not sufficient space to conduct the 6 minute walk test.

Equipment required

- A stopwatch.
- A tally counter.
- A tape measure or metre ruler.
- Some masking tape or a whiteboard marker.

Establishing the knee lift height

1. Mark a point on the participant's thigh, half way between the participant's patella (knee) and iliac crest (top of the hip).
2. Measure from this point to the ground with the tape measure or ruler.
3. Place a mark on the wall with masking tape or a board with a white board marker at the height from the ground to the participant's mid thigh position.



Instructions for participant

1. On the instruction to start, step up and down on the spot.
2. Lift your knees to the indicated mark on the wall.
3. Continue to step as fast as you can for 2 minutes.
If you tire, slow down or stop and rest.



Measurement

- On the instruction to begin, start the stop watch.
- Count the number of times the right knee is raised to the level of the mark on the wall or board. If either knee is not raised to the correct level, do not count the step. Encourage the participant to continue to raise both knees to the correct level.

Safety issues

- Allow the client to slow down or rest if they tire. Keep the time running.
- Make sure the floor is not slippery.
- Have a person close by to catch the participant should they lose their balance.

Interpretation of results

These results represent the normal range of scores (ie. between the 25% and 75% percentiles of the general population).

Normal range of scores		
Age	Number of steps Women	Number of steps Men
60 - 64	75 - 107	87 - 115
65 - 79	73 - 107	86 - 116
70 - 74	68 - 101	80 - 110
75 - 79	68 - 100	73 - 109
80 - 84	60 - 90	71 - 103
85 - 90	55 - 85	59 - 91
90 - 95	44 - 72	52 - 86

The risk zone is 65 steps for men and women using the correct form.

Obtained from https://online.cit.edu.au/fitnessonline/fit_tb/fit011_1_lr10/fit011_1_lr10_1_4.htm