

COOPER TEST – Standard Rating Table

Age	Gender	Very Good	Good	Average	Poor	Very Poor
13-14	Boys	2700 + m	2400 - 2700m	2200 – 2399 m	2100 - 2199m	2100 - m
	Girls	2000 + m	1900 – 2000 m	1600 – 1899 m	1500 – 1599 m	1500 - m
15-16	Boys	2800 + m	2500 – 2800 m	2300 – 2499 m	2200 – 2299 m	2200 - m
	Girls	2100 + m	2000 – 2100 m	1700 – 1999 m	1600 -1699 m	1600 - m
17-20	Boys	3000 + m	2700 – 3000 m	2500 – 2699 m	2300 – 2499 m	2300 - m
	Girls	2300 + m	2100 – 2300 m	1800 – 2099 m	1700 – 1799 m	1700 - m

Gender and Cardiovascular Fitness

Girls and boys vary in their cardiovascular fitness abilities. Girls are limited in fitness, as compared to boys, in their anatomy and physiology (body parts and their functions). Gender differences regarding heart size and function and lung function produce varying levels of cardiovascular fitness. These differences mean a lower maximum heart rate and overall lower maximum work capacity. Girls are not able to achieve as high a heart rate as a boy. This limits a girl's cardiovascular fitness.

VO2 Max

VO2 max is a measurement of the maximum amount of oxygen your heart and lungs can deliver to your working muscles. It is the best way to judge a person's cardiovascular fitness. For boys and girls, VO2 max differs. Absolute VO2 max is, on average, 40 percent greater in a boy than a girl.

Heart

The size of the heart is one compelling difference between genders. Boys have a larger heart than girls do. In general, the size of the male left ventricle is larger than a female's. This means that a boy's heart is capable of holding and pumping more blood per beat than a girl's. The ability to pump a larger amount of blood makes it possible to deliver more oxygen and thus produce a larger amount of energy. This difference may account for the disparity in VO2 max between a male and female.

Respiration

Gender affects respiratory capabilities. In general, girls have a smaller lung capacity not just because of the size of their lungs and torso, but also because of certain hormones. Oestrogen and progesterone (female sex hormones), found in larger amounts in females, can reduce ventilation (the exchange of air between the lungs and the atmosphere) and function, specifically during exercise.

Boys

Table Cooper test boys							
Condition	12 years	13 years	14 years	15 years	16 years	17 years	18 years
Bad	<2050	<2100	<2125	<2175	<2250	<2275	<2325
Reasonable	2075-2275	2125-2300	2150-2350	2200-2400	2275-2450	2300-2500	2350-2550
Average	2300-2425	2325-2450	2375-2500	2425-2550	2475-2575	2525-2675	2575-2725
Good	2450-2550	2475-2600	2525-2650	2575-2725	2600-2775	2700-2825	2750-2900
Excellent	>2575	>2625	>2675	>2750	>2800	>2850	>2925

Girls

Table Cooper test girls							
Condition	12 years	13 years	14 years	15 years	16 years	17 years	18 years
Bad	<1650	<1675	<1700	<1725	<1750	<1800	<1825
Reasonable	1675-1775	1700-1800	1725-1825	1750-1850	1775-1900	1825-1925	1850-1975
Average	1800-1900	1825-1950	1850-1975	1875-2000	1925-2025	1950-2050	2000-2100
Good	1925-2125	1975-2150	2000-2175	2025-2200	2050-2225	2075-2250	2125-2275
Excellent	>2150	>2175	>2200	>2225	>2250	>2275	>2300