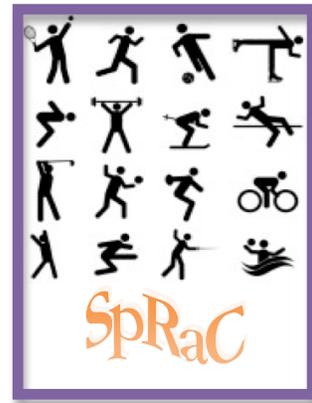


OPTION for Part 1 B
Kosmin Test

The Kosmin Test, devised in the former Soviet Union, is used to predict an athlete's 800-meter or 1500-meter time. Both of these events require a unique combination of the aerobic and anaerobic energy delivery systems. This test requires the athlete to complete a series of 1-minute runs at maximum speed. Because the 1500-meter test is more painful, we will do the 800-meter test. Make sure that you are thoroughly warmed up before beginning, and find a partner to complete the test. One person will be the athlete while the other is the assistant, and then you will switch roles.



1. All athletes should start on the starting line. The instructor will give the “GO” command and start the stopwatch.
2. The athlete runs as fast as possible around the track for 1 minute, at which point the instructor will blow a whistle or shout “STOP.”
3. The assistant marks the point that the athlete reaches after 1 minute with a cone or tape.
4. The athlete has a 3-minute recovery.
5. The athlete starts from where they finished the last 1-minute run.
6. The instructor gives the “GO” command and starts the stopwatch.
7. The athlete runs as fast as possible for 1 minute.
8. The assistant marks the point that the athlete reached after this second run and records the *total* distance run. (Note that the Colby track is 200 meters long.) Write this number on your report sheet.

9. Predict your time for the 800 meters through the following equation:

$$800\text{-meter time in seconds} = 217.77778 - (\text{Total Distance} \times 0.119556)$$

10. Convert the predicted time to minutes:

$$\frac{\text{Time in seconds}}{60 \text{ sec/min}} = \text{Time in minutes.} \quad \text{Then subtract the decimal and convert back to seconds.}$$

Example: 247 seconds.

$$\frac{247 \text{ seconds}}{60 \text{ sec/min}} = 4.12 \text{ minutes}$$

$$0.12 \text{ minutes} \times 60 \text{ sec/min} = 7 \text{ sec} \quad \text{So the predicted time would be 4:07}$$

11. Use one of the many on-line tools to convert this predicted time for the 800 meters to a VO₂ max value. One such webpage is: <http://www.brianmac.co.uk/vo2race.htm>

If you choose this option, make sure to note on your Report Sheet for #2 that you did the Kosmin test, and enter the appropriate calculated value.