

## PACER Look-Up and Goal Setting Table



The Progressive Aerobic Cardiovascular Endurance Run (PACER) is one of the three Aerobic Capacity test options available in the FITNESSGRAM®. The PACER is reported in terms of VO<sub>2</sub>Max; however, beginning in 2013–14, Healthy Fitness Zones (HFZ) are based on student gender, age, and laps only.

The following tables provide the minimum number of 20-meter (20m) laps that students need to achieve the HFZ for the PACER, and the corresponding VO<sub>2</sub>Max. Although students can set goals based on the minimum number of PACER laps, teachers are encouraged to discuss the importance of aerobic capacity and to ensure that students understand how VO<sub>2</sub>Max is influenced by gender and age. As there are no nonbinary standards, students who identify as nonbinary should compare their scores to these charts to assess their performance.

### FEMALES

Age	Minimum Number of 20m PACER Laps	Aerobic Capacity HFZ VO <sub>2</sub> Max
10	17	≥ 40.2
11	20	≥ 40.2
12	23	≥ 40.1
13	25	≥ 39.7
14	27	≥ 39.4
15	30	≥ 39.1
16	32	≥ 38.9
17	35	≥ 38.8
17+	38	≥ 38.6

### MALES

Age	Minimum Number of 20m PACER Laps	Aerobic Capacity HFZ VO <sub>2</sub> Max
10	17	≥ 40.2
11	20	≥ 40.2
12	23	≥ 40.3
13	29	≥ 41.1
14	36	≥ 42.5
15	42	≥ 43.6
16	47	≥ 44.1
17	50	≥ 44.2
17+	54	≥ 44.3

- The FITNESSGRAM® and Healthy Fitness Zone (HFZ) are registered trademarks of The Cooper Institute.
- VO<sub>2</sub>Max refers to the maximum oxygen consumption of an individual during exercise. The acronym is derived from V = volume per time; O<sub>2</sub> = oxygen; and Max = maximum.
- The symbol ≥ means that the score is greater than or equal to the indicated value.