



**MEC Examination
Frequencies for Cardiovascular Fitness (CVX_B)
June 2004**

CV fitness exam status				
CVDEXSTS	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 : VO2max estimated	2954	57.34	2954	57.34
2 : Tested but VO2max estimate missing	510	9.90	3464	67.24
3 : Not done	1688	32.76	5152	100.00



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Comment code for CV fitness exam status				
CVDEXCMT	Frequency	Percent	Cumulative Frequency	Cumulative Percent
0 : None	2157	41.87	2157	41.87
1 : Met exclusion criteria	954	18.52	3111	60.38
2 : Pregnant more than 12 weeks	248	4.81	3359	65.20
3 : Refusal	59	1.15	3418	66.34
4 : No time	410	7.96	3828	74.30
5 : Technical problem	746	14.48	4574	88.78
6 : Met priority 1 stopping criteria	44	0.85	4618	89.64
7 : Met priority 2 stopping criteria	453	8.79	5071	98.43
8 : Not able to calculate VO2max	14	0.27	5085	98.70
90 : Other	67	1.30	5152	100.00



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Excluded per physical limitations				
CVDEXCL1	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4198	81.48	4198	81.48
1 : Yes	320	6.21	4518	87.69
2 : No	634	12.31	5152	100.00



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Excluded per cardiovascular conditions				
CVDEXCL2	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4198	81.48	4198	81.48
1 : Yes	380	7.38	4578	88.86
2 : No	574	11.14	5152	100.00



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Excluded per lung/breathing conditions				
CVDEXCL3	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4198	81.48	4198	81.48
1 : Yes	197	3.82	4395	85.31
2 : No	757	14.69	5152	100.00



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Excluded per asthma symptoms				
CVDEXCL4	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4198	81.48	4198	81.48
1 : Yes	136	2.64	4334	84.12
2 : No	818	15.88	5152	100.00



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Excluded per medications				
CVDEXCL5	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4198	81.48	4198	81.48
1 : Yes	77	1.49	4275	82.98
2 : No	877	17.02	5152	100.00



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Excluded per other specific reasons				
CVDEXCL6	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4198	81.48	4198	81.48
1 : Yes	113	2.19	4311	83.68
2 : No	841	16.32	5152	100.00



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Priority 2 Stop, excessive HR in stage 2				
CVQ220a	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4699	91.21	4699	91.21
1 : Yes	197	3.82	4896	95.03
2 : No	256	4.97	5152	100.00



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Priority 2 Stop, excessive HR in stage 1				
CVQ220b	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4699	91.21	4699	91.21
1 : Yes	70	1.36	4769	92.57
2 : No	383	7.43	5152	100.00



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Priority 2 Stop, excessive BP				
CVQ220c	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4699	91.21	4699	91.21
1 : Yes	7	0.14	4706	91.34
2 : No	446	8.66	5152	100.00



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Priority 2 Stop, significant drop in SBP				
CVQ220e	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4699	91.21	4699	91.21
1 : Yes	37	0.72	4736	91.93
2 : No	416	8.07	5152	100.00



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Priority 2 Stop, variability in HR				
CVQ220g	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4699	91.21	4699	91.21
1 : Yes	14	0.27	4713	91.48
2 : No	439	8.52	5152	100.00



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Priority 2 Stop, participant request				
CVQ220h	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4699	91.21	4699	91.21
1 : Yes	56	1.09	4755	92.29
2 : No	397	7.71	5152	100.00



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Priority 2 Stop, equipment failure				
CVQ220i	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4699	91.21	4699	91.21
1 : Yes	10	0.19	4709	91.40
2 : No	443	8.60	5152	100.00



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Priority 2 Stop, participant grips rails				
CVQ220j	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4699	91.21	4699	91.21
1 : Yes	25	0.49	4724	91.69
2 : No	428	8.31	5152	100.00



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Priority 2 Stop, participant overexerted				
CVQ220k	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4699	91.21	4699	91.21
1 : Yes	40	0.78	4739	91.98
2 : No	413	8.02	5152	100.00



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Priority 2 Stop, technician discretion				
CVQ220I	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4699	91.21	4699	91.21
1 : Yes	17	0.33	4716	91.54
2 : No	436	8.46	5152	100.00



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Priority 2 Stop, other specified reasons				
CVQ220m	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	4699	91.21	4699	91.21
1 : Yes	42	0.82	4741	92.02
2 : No	411	7.98	5152	100.00



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Length of CV fitness exam (min)				
CVDEXLEN	Frequency	Percent	Cumulative Frequency	Cumulative Percent
0 to 36.73	5152	100.00	5152	100.00



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Examiner ID code				
CVDEXMER	Frequency	Percent	Cumulative Frequency	Cumulative Percent
14	159	3.09	159	3.09
15	94	1.82	253	4.91
17	125	2.43	378	7.34
23	414	8.04	792	15.37
27	191	3.71	983	19.08
29	406	7.88	1389	26.96
30	407	7.90	1796	34.86
32	78	1.51	1874	36.37
39	346	6.72	2220	43.09
59	64	1.24	2284	44.33
63	364	7.07	2648	51.40
70	158	3.07	2806	54.46
71	195	3.78	3001	58.25
72	473	9.18	3474	67.43
73	98	1.90	3572	69.33
81	37	0.72	3609	70.05
86	54	1.05	3663	71.10
90	1489	28.90	5152	100.00



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Predicted maximal heart rate (per min)				
CVDPMHR	Frequency	Percent	Cumulative Frequency	Cumulative Percent
171 to 208	5152	100.00	5152	100.00



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Physical activity readiness code				
CVXPARC	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1699	32.98	1699	32.98
0 : Little or no regular recreation, sport or physical activity and avoids walking or exertion	283	5.49	1982	38.47
1 : Little or no regular recreation, sport or physical activity but walks for pleasure and occasionally exercises	570	11.06	2552	49.53
2 : Participating regularly in recreation or work requiring modest physical activity for 10 to 60 minutes per week	644	12.50	3196	62.03
3 : Participating regularly in recreation or work requiring modest physical activity for more than 60 minutes per week	1157	22.46	4353	84.49
4 : Participating regularly in heavy physical activity for less than 30 minutes per week	22	0.43	4375	84.92
5 : Participating regularly in heavy physical activity for 30 - 60 minutes per week	108	2.10	4483	87.01
6 : Participating regularly in heavy physical activity for 1 - 3 hours per week	206	4.00	4689	91.01
7 : Participating regularly in heavy physical activity for more than 3 hours per week	463	8.99	5152	100.00



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Predicted VO2max (ml/kg/min)				
CVDVOMAX	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1699	32.98	1699	32.98
2.3 to 65.07	3453	67.02	5152	100.00



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Assigned exercise protocol				
CVAPROT	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1699	32.98	1699	32.98
1	187	3.63	1886	36.61
2	306	5.94	2192	42.55
3	586	11.37	2778	53.92
4	690	13.39	3468	67.31
5	621	12.05	4089	79.37
6	850	16.50	4939	95.87
7	177	3.44	5116	99.30
8	36	0.70	5152	100.00



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Exercise protocol used in stage 1 and 2				
CVDPROT	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1699	32.98	1699	32.98
1	188	3.65	1887	36.63
2	291	5.65	2178	42.27
3	569	11.04	2747	53.32
4	701	13.61	3448	66.93
5	616	11.96	4064	78.88
6	736	14.29	4800	93.17
7	300	5.82	5100	98.99
8	52	1.01	5152	100.00



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Room temperature (degrees F)				
CVATEMP	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1705	33.09	1705	33.09
62.3 to 85.8	3447	66.91	5152	100.00



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Arm selected for blood pressure monitor				
CVAARM	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1702	33.04	1702	33.04
1 : Right	3425	66.48	5127	99.51
2 : Left	25	0.49	5152	100.00



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Cuff size for blood pressure monitor				
CVACUFF	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1702	33.04	1702	33.04
1 : Child	111	2.15	1813	35.19
2 : Adult	1654	32.10	3467	67.29
3 : Large arm	1685	32.71	5152	100.00



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Mesh vest used				
CVAVEST	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	3353	65.08	3353	65.08
1 : Yes	58	1.13	3411	66.21
2 : No	1741	33.79	5152	100.00



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Warm-up speed (mph)				
CVAWS1	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1715	33.29	1715	33.29
1.7	186	3.61	1901	36.90
2	302	5.86	2203	42.76
2.2	585	11.35	2788	54.11
2.7	683	13.26	3471	67.37
3	620	12.03	4091	79.41
3.1	848	16.46	4939	95.87
3.2	177	3.44	5116	99.30
3.6	36	0.70	5152	100.00



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Warm-up grade (% incline)				
CVAWG1	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1715	33.29	1715	33.29
0	186	3.61	1901	36.90
1	302	5.86	2203	42.76
2	1268	24.61	3471	67.37
3	620	12.03	4091	79.41
3.5	848	16.46	4939	95.87
5	213	4.13	5152	100.00



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Amount of time spent in warm-up (min)				
CVDWTIM	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1715	33.29	1715	33.29
0.2167 to 2	3437	66.71	5152	100.00



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Warm-up rating of perceived exertion				
CVXWRPE	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1759	34.14	1759	34.14
6	335	6.50	2094	40.64
7	672	13.04	2766	53.69
8	321	6.23	3087	59.92
9	661	12.83	3748	72.75
10	242	4.70	3990	77.45
11	696	13.51	4686	90.95
12	212	4.11	4898	95.07
13	184	3.57	5082	98.64
14	19	0.37	5101	99.01
15	34	0.66	5135	99.67
16	6	0.12	5141	99.79
17	9	0.17	5150	99.96
19	2	0.04	5152	100.00



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Warm-up heart rate (per min)				
CVDWHR	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2155	41.83	2155	41.83
72 to 174	2997	58.17	5152	100.00



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Warm-up systolic BP (mm Hg)				
CVDWSY	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2174	42.20	2174	42.20
63 to 220	2978	57.80	5152	100.00



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Warm-up diastolic BP (mm Hg)				
CVDWDI	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2174	42.20	2174	42.20
38 to 146	2978	57.80	5152	100.00



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Stage 1 speed (mph)				
CVDS1S	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1754	34.05	1754	34.05
2.1	182	3.53	1936	37.58
2.3	286	5.55	2222	43.13
2.7	562	10.91	2784	54.04
3.1	686	13.32	3470	67.35
3.7	1682	32.65	5152	100.00



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Stage 1 grade (% incline)				
CVDS1G	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1754	34.05	1754	34.05
0.5	182	3.53	1936	37.58
2	286	5.55	2222	43.13
3	562	10.91	2784	54.04
4	1290	25.04	4074	79.08
5.5	728	14.13	4802	93.21
7	299	5.80	5101	99.01
8.5	51	0.99	5152	100.00



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Amount of time spent in Stage 1 (min)				
CVDS1TIM	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1754	34.05	1754	34.05
0.0667 to 3	3398	65.95	5152	100.00



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Stage 1 rating of perceived exertion				
CVXS1RPE	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1902	36.92	1902	36.92
6	68	1.32	1970	38.24
7	128	2.48	2098	40.72
8	120	2.33	2218	43.05
9	263	5.10	2481	48.16
10	200	3.88	2681	52.04
11	701	13.61	3382	65.64
12	494	9.59	3876	75.23
13	630	12.23	4506	87.46
14	218	4.23	4724	91.69
15	296	5.75	5020	97.44
16	72	1.40	5092	98.84
17	40	0.78	5132	99.61
18	5	0.10	5137	99.71
19	9	0.17	5146	99.88
20	6	0.12	5152	100.00



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Stage 1 heart rate (per min)				
CVDS1HR	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1910	37.07	1910	37.07
79 to 171	3242	62.93	5152	100.00



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Stage 1 systolic BP (mm Hg)				
CVDS1SY	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2326	45.15	2326	45.15
74 to 234	2826	54.85	5152	100.00



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Stage 1 diastolic BP (mm Hg)				
CVDS1DI	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2326	45.15	2326	45.15
37 to 111	2826	54.85	5152	100.00



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Stage 2 speed (mph)				
CVDS2S	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1944	37.73	1944	37.73
2.1	170	3.30	2114	41.03
2.3	270	5.24	2384	46.27
2.7	547	10.62	2931	56.89
3.1	659	12.79	3590	69.68
3.7	1562	30.32	5152	100.00



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Stage 2 grade (% incline)				
CVDS2G	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1944	37.73	1944	37.73
4.5	170	3.30	2114	41.03
6.5	270	5.24	2384	46.27
7.5	547	10.62	2931	56.89
8	535	10.38	3466	67.27
8.5	659	12.79	4125	80.07
10	692	13.43	4817	93.50
12.5	286	5.55	5103	99.05
14.5	49	0.95	5152	100.00



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Amount of time spent in Stage 2 (min)				
CVDS2TIM	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1946	37.77	1946	37.77
0.0167 to 3	3206	62.23	5152	100.00



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Stage 2 rating of perceived exertion				
CVXS2RPE	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2173	42.18	2173	42.18
6	17	0.33	2190	42.51
7	61	1.18	2251	43.69
8	35	0.68	2286	44.37
9	89	1.73	2375	46.10
10	96	1.86	2471	47.96
11	274	5.32	2745	53.28
12	329	6.39	3074	59.67
13	615	11.94	3689	71.60
14	294	5.71	3983	77.31
15	516	10.02	4499	87.33
16	209	4.06	4708	91.38
17	278	5.40	4986	96.78
18	79	1.53	5065	98.31
19	71	1.38	5136	99.69
20	16	0.31	5152	100.00



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Stage 2 heart rate (per min)				
CVDS2HR	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2169	42.10	2169	42.10
86 to 197	2983	57.90	5152	100.00



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Stage 2 systolic BP (mm Hg)				
CVDS2SY	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2526	49.03	2526	49.03
62 to 266	2626	50.97	5152	100.00



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Stage 2 diastolic BP (mm Hg)				
CVDS2DI	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2526	49.03	2526	49.03
38 to 139	2626	50.97	5152	100.00



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Amount of time spent in Recovery 1 (min)				
CVDR1TIM	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1758	34.12	1758	34.12
0.3 to 1	3394	65.88	5152	100.00



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Recovery 1 heart rate (per min)				
CVDR1HR	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2093	40.63	2093	40.63
43 to 230	3059	59.38	5152	100.00



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Recovery 1 systolic BP (mm Hg)				
CVDR1SY	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2104	40.84	2104	40.84
75 to 254	3048	59.16	5152	100.00



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Recovery 1 diastolic BP (mm Hg)				
CVDR1DI	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2104	40.84	2104	40.84
39 to 136	3048	59.16	5152	100.00



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Amount of time spent in Recovery 2 (min)				
CVDR2TIM	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1773	34.41	1773	34.41
0.0333 to 1	3379	65.59	5152	100.00



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Recovery 2 heart rate (per min)				
CVDR2HR	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	1999	38.80	1999	38.80
47 to 201	3153	61.20	5152	100.00



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Recovery 2 systolic BP (mm Hg)				
CVDR2SY	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2005	38.92	2005	38.92
75 to 254	3147	61.08	5152	100.00



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Recovery 2 diastolic BP (mm Hg)				
CVDR2DI	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2005	38.92	2005	38.92
38 to 171	3147	61.08	5152	100.00



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Amount of time spent in Recovery 3 (min)				
CVDR3TIM	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2839	55.10	2839	55.10
1 to 1	2313	44.90	5152	100.00



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Recovery 3 heart rate (per min)				
CVDR3HR	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2990	58.04	2990	58.04
45 to 193	2162	41.96	5152	100.00



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Recovery 3 systolic BP (mm Hg)				
CVDR3SY	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2996	58.15	2996	58.15
60 to 237	2156	41.85	5152	100.00



MEC Examination
Frequencies for Cardiovascular Fitness (CVX_B)
June 2004

Recovery 3 diastolic BP (mm Hg)				
CVDR3DI	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2996	58.15	2996	58.15
37 to 155	2156	41.85	5152	100.00



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Estimated VO2max (ml/kg/min)				
CVDESVO2	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2198	42.66	2198	42.66
18.23 to 112.4	2954	57.34	5152	100.00



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Cardiovascular fitness level				
CVDFITLV	Frequency	Percent	Cumulative Frequency	Cumulative Percent
Missing	2198	42.66	2198	42.66
1 : Low	784	15.22	2982	57.88
2 : Moderate	1182	22.94	4164	80.82
3 : High	988	19.18	5152	100.00