

### Tarry's 3 leads UBA

Three goals by Brendan Tarry led UBA Chemicals to a 5-2 victory over Toronto Dominion Bank in Clarkson house league paper weight hockey season opener last week.

Jerome Wilby scored the other two UBA goals.

For TD, Frank Coculuzzi and Glen Lozier had a goal each.

Gary Hamilton's three goals weren't enough as Park Royal Community Association dropped a 4-3 loss to Pat and Russ Neale Insurance in the other season opener.

Donnie Bartlett had two goals for Neale Insurance with Mike Richard and Leo Ragusa scoring one goal each.

### Bruins lose

Tony Cornacchia scored two touchdowns, a field goal and three converts to lead Seneca Braves to a 30-1 whipping of Sheridan Bruins in the Ontario Colleges Football League championship final Saturday at Seneca.

Nelson Martin Jr. on a 46-metre pass from quarterback Gary Davis, and Peterson Douglas, on a one-metre plunge, scored the other Seneca touchdowns.

The Bruins point came on a 29-metre punt by Ron Santucci in the first quarter.

# Pulse test a step in right direction

In the past we have discussed the importance of aerobic power as the most important component making up total fitness. It's determined by the amount of oxygen you can transport from your lungs, through your bloodstream, to your muscles and other tissues. Your capacity to do this is also referred to as your maximum oxygen uptake (VO<sub>2</sub> Max.)

If your VO<sub>2</sub> Max. is high, your capacity for vigorous physical effort will also be high. A low aerobic power, though, means low tolerance for physical exertion. For example, vigorous skiing requires oxygen delivery of approximately 30 ml per kilogram of body weight per minute. Obviously, if your capacity is only 20 ml/kg min., skiing would be too demanding for you. You'd tire quickly and soon have to quit.

#### Measuring Oxygen Uptake

If you would like to know your own aerobic power, we recommend you make an appointment for a full physical fitness evaluation at a professionally supervised testing clinic. In the meantime, here's a simple cardio-respiratory test you can try at home. Developed by Dr. Fred Kasch of San Diego State College, it requires only a sturdy box or stool (exactly 12" high), and a stopwatch or clock with a sweep second hand. Your rating in this test will give you some idea of whether your aerobic power is low, medium, or above average.

#### Kasch Pulse Recovery Step Test

Facing the box, begin by stepping up with your right foot, then with your left, then step down with your right followed by your left, in an even four-count cadence. This counts as one step-up. Continue for three minutes at a space of 24 step-ups per minute.

Correct pace is essential. At 30 seconds you should be completing your twelfth step-up and at

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60 seconds, your 24th. Watch the clock and if necessary, adjust your pace. After three minutes you should have completed 72 step-ups, no more and no less. Immediately sit down and relax for five seconds. During this pause, locate your pulse

and at the five-second mark, start counting your pulse and continue for 60 seconds.

To assess your cardio-respiratory fitness, locate your recovery pulse count in the column for your age group on the appropriate chart below.

For best results, take this test when you are feeling rested and relaxed. Don't eat, smoke, drink coffee or participate in any physical activity for two hours preceding the test. And although it's a relatively mild test, stop if you experience any pain or unusual discomfort.

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83-92	76-84	77-90	GOOD	93-104	85-94	87-100	GOOD
93-103	84-92	91-108	AVERAGE	105-118	95-105	101-107	AVERAGE
104-113	93-99	107-120	FAIR	119-130	106-116	117-119	FAIR
114-123	100-108	121-134	POOR	131-142	117-127	131-144	POOR

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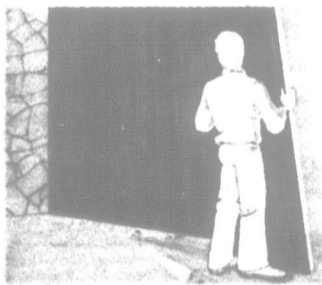
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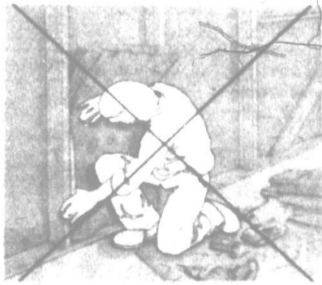
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