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BLEEP TEST VS VO_2MAX TEST

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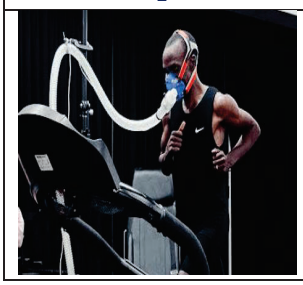
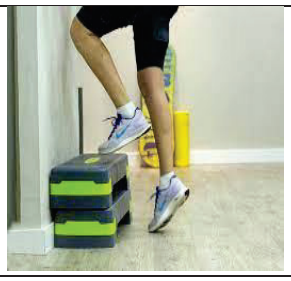
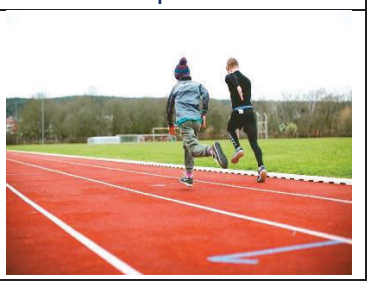
Aerobic fitness tests are assessments used to measure an individual's cardiovascular endurance and overall aerobic capacity. Aerobic fitness is not only about your heart - it also involves three of the body's systems: cardiovascular, respiratory, and muscular. An individual's ability to efficiently transfer oxygen and utilize the transported oxygen are the key to good aerobic fitness (Khushoo et al., 2015).

Common aerobic fitness test:

➢ VO_2max test	➢ Bleep test	➢ Step test	➢ Cooper test
			

This article will specifically focus on the *VO_2 max test* and the *Bleep test*, as these two aerobic assessments are widely recognized and utilized.

What is the similarity between the *VO_2 max test* and the *Bleep test?*
Both assessments provide information on aerobic fitness by measuring the VO_2 max level. So, the final outcome obtained from these two assessments are the *VO_2 max* value.

VO_2 max
The maximum capacity or rate of oxygen your body is able to use during intense maximal exercise (Scribbans et al., 2016).

Difference between the VO_2 max test and the Beep test.

	VO_2 max test	Bleep test
Objective	Directly measures the maximum amount of oxygen an individual can consume during maximal exercise.	Predicts the aerobic fitness level based on the running stage the individual can complete.
	Lab testing usually done using treadmill or stationary bike.	Field testing.
	Use specific incremental exercise protocols (Bruce, Naughton, Balke,	Running back and forth between two markers of 20m distance apart.

Methodology	Ellestad) that push the aerobic effort of the subject.	The time between beeps gradually shortens, requiring the subject to increase their speed until they can no longer maintain the pace.
Equipment	Specialized expensive equipment. Requires trained person to administer.	Minimal equipment. Marker and audio source.
Time	Time consuming. Minimal number of subjects at a time.	Easy and more practical to conduct with many subjects at a time.
Outcome	Precise measurement of VO_2 max. One of the accurate tests to measure aerobic fitness.	The test is less controlled and the VO_2 max outcome is less accurate.

Conclusion:

Both tests offer insights into an individual's aerobic fitness (VO_2 max) at different levels of information precision and accuracy.

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