

# TWELVE MINUTE RUN REPORT GUIDE

For this laboratory report you are to respond to the questions/directions listed below.

**The general form for the paper is as follows (and is in a Word file ready for your use!):**

1. All margins 1 inch, top, bottom, left, and right.
2. Everything double spaced except for your data and charts, etc.
3. Page numbers in upper right hand corner following a line of the header denoting the lab title.
4. Indent additional paragraphs of each section 1/2 inch (first paragraph will have number and will not be indented)
5. Use 12 point New Times Roman font for text.
6. Paper should be standard 8 1/2 by 11-inch white (or you may e-mail properly formatted paper as attachment to instructor).
7. There is no need to restate the questions/directions in your paper, but use question numbers to indicate which response is which. A short heading should be used at the beginning of each numbered section.
8. When you turn in your paper it should be paper clipped (**never stapled**) in the upper left corner. Do not place your report in any kind of binder, plastic or otherwise. You may punch holes in your paper before you turn it in if you wish, since it will go in your notebook when returned. No cover sheet is necessary—save your time and your paper! You may submit your papers electronically via e-mail. If you do it this way, please put all information in one file (do not submit data sheets as separate file, and certainly NOT as an Excel file!)

**Note:** The proper format for your Word reports is contained in a file called FORM405.DOC that will be e-mailed to you and can be found on the course Webpage by going to <http://coekate.murraystate.edu/professors/Purcell/PHE405/>. Load a copy of this file into Word, edit it to suit your purposes, then save it to your disk as FORM450.DOC. You can then save this file as TMR.DOC and write your full report with proper formatting already established for you. In future weeks when you need to start a new lab report, just load FORM405.DOC and then immediately save it under a new filename for the lab report.

## QUESTIONS/DIRECTIONS

1. State the purpose of the laboratory using the standard format: “The purpose of this experiment was to . . .” Usually this should be a single sentence. Keep it simple.
2. Insert your Excel output of the data for all subjects. Insert it directly into the Word document as a “**picture (enhanced metafile)**,” not as an Excel spreadsheet object. Size the picture appropriately so that it doesn’t take up more room than necessary. Center it on the page
3. Discuss the differences in TMR distances (**not categories**, as you’ll do this in the next section!) between the male and female group means. Keep in mind that getting “lapped” in a race is considered bad news for runners, so what may look like a small number may actually represent a pretty significant amount. For example, getting outdistanced by a quarter of a mile is a great amount, even though the number may be just “.25 miles.”
4. Discuss the differences in fitness (**categories!**) between the male and female group means.
5. Using **two** selected cases (same sex) for comparison of heart rate and TMR distance, discuss the implications of heart rate following the run. Heart rates of your selected subjects should be markedly different but the distance on the TMR should be similar (or identical if possible). Don’t fail to discuss what the difference in heart rates means!
6. Discuss your own TMR result (if you have one). How did you do? Do you think it is an accurate indication of your real fitness? Could you have done better?
7. What are your thoughts regarding the use of the TMR as a fitness test in high school physical education classes or as a means of assessing fitness in young, healthy individuals involved in a regular fitness program?