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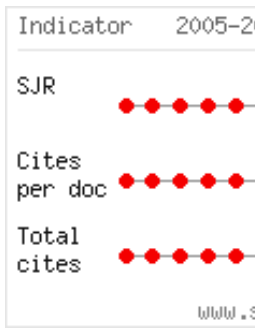
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Estimation of
maximum oxygen
uptake by evaluating
cooper 12-min run test
in female students of
West Bengal, India

Banibrata Das

[Abstract](#)

The main purpose of the study is to assess and compare the fitness in terms of maximum aerobic capacity ($VO_2 \text{ max}$) by Cooper 12 min run among the urban female students and rural female students of West Bengal. Thirty young female students from each of the urban as well as rural sectors (age range, 16 – 21 years) of West Bengal were recruited by simple random sampling. Indirect estimation of $VO_2 \text{ max}$ was done with help of 12 min running (Cooper test) of each group of subjects. This study also try to find whether there is any correlation and coefficient between $VO_2 \text{ max}$ and age, weight, stature of the female students of urban sector and rural sector. The rural female young students do have a statistical significantly higher value of predicted maximum

aerobic capacity ($\text{VO}_2 \text{ max}$) than
the urban female young students
with a probability of $P < 0.001$.
BMI is mainly known as the best