

General

With the Ruffier Dickson Test you can easily determine your endurance at home. The test is based on three different heart rate measuring moments. The Ruffier Dickson Index can then be calculated with the help of a formula. In this article you can use the useful calculator.

一般的

通過 Ruffier Dickson 測試，您可以輕鬆地確定您在家中的耐力。該測試基於三個不同的心率測量時刻。然後可以藉助公式計算 Ruffier Dickson 指數。在本文中，您可以使用有用的計算器。

Content

The test consists of the following components:

- Measure resting heart rate
- Exercise
- Measure heart rate after exercise
- Measure heart rate after longer period

測試由以下部分組成：

- 測量靜息心率
- 鍛煉
- 運動後測量心率
- 長時間後測量心率

Procedure

The Ruffier Dickson Test looks at three different heart rate measuring moments. The different moments of measurement are:

- Before exercise
- Immediately after exercise
- One minute after exercise

The speed at which the heart rate increases—and decreases again—says something about the general endurance.

程序

Ruffier Dickson 測試著眼於三個不同的心率測量時刻。不同的測量時刻是：

- 運動前
- 運動後立即
- 運動後一分鐘

心率增加並再次降低的速度說明了一般耐力

Steps

1. Lie down on the floor and measure your resting heart rate after one minute. Write this down;
2. Stand upright and do 30 squats. Measure your heart rate again immediately after this exercise. Write this down;
3. Then lie down on the floor again and measure your resting heart rate again after one minute. Write this down;
4. Carry out the calculation below to calculate the Ruffier Dickson Index;
5. Add your resting heart rate, your heart rate immediately after exercise, and your heart rate after one minute and then subtract 200;
6. Divide this number by ten. The solution of this calculation is your Ruffier Dickson Index.

步驟

1. 躺在地板上，一分鐘後測量您的靜息心率。寫下來；
2. 站直並做 30 次深蹲。完成此練習後立即再次測量您的心率。寫下來；
3. 然後再次躺在地板上，一分鐘後再次測量您的靜息心率。寫下來；
4. 進行下面的計算來計算 Ruffier Dickson 指數；
5. 將靜息心率、運動後立即心率、一分鐘後心率相加，再減去 200；
6. 將此數字除以 10。此計算的解決方案是您的 Ruffier Dickson 指數。



Ruffier Dicksons Index

Resting heart rate

Beats per minute

Heart rate after exercise

Beats per minute

Heart rate after 1 minute rest

Beats per minute

Ruffier Dickson index

Ruffier Dicksons 指數

靜息心率

每分鐘節拍

運動後心率

每分鐘節拍

休息一分鐘後的心率

每分鐘節拍

Ruffier Dickson 指數

Ruffier Dickson Index

Value	Meaning
Less than 0	Excellent endurance
From 0 to 3	Very good endurance
From 3 to 6	Reasonably good endurance
From 6 to 9	Average endurance
From 9 to 12	Moderate endurance
From 12 to 15	Poor endurance
From 15 and up	Very poor endurance

Ruffier Dickson 指標

小於 0 優秀的耐力

從 0 到 3 非常好的耐力

從 3 到 6 相當好的耐力

從 6 到 9 平均耐力

從 9 到 12 中等耐力

從 12 到 15 耐力差

15 及以上 耐力極差

<https://testsforsports.com/endurance/ruffier-dickson-test>