

Table 36

Mean predicted maximal aerobic power of the household population, by age and sex, Canada, 2007 to 2009

	Mean predicted maximal aerobic power											
	Mean			5 th percentile			10 th percentile			25 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millilitres per kilogram per minute												
Both sexes												
Age 6 to 11	53.3	53.0	53.5	45.2	44.5	45.9	46.7	45.9	47.5	49.9	49.4	50.4
Age 12 to 19	48.6	48.0	49.2	37.6	36.7	38.5	40.3	39.7	40.9	43.0	42.2	43.8
Age 20 to 39	41.4	40.6	42.1	32.0	31.4	32.6	33.2	32.4	34.0	36.5	35.9	37.1
Age 40 to 59	33.9	33.3	34.4	23.3	22.6	24.0	25.6	25.0	26.2	30.0	29.6	30.4
Age 60 to 79	25.8	25.2	26.4	19.3	18.9	19.7	19.8	18.9	20.7	22.3	21.5	23.1
Age 6 to 79	39.6	39.2	40.1	24.1	23.3	24.9	28.0	27.3	28.7	32.5	31.9	33.1
Males												
Age 6 to 11	56.4	55.9	56.8	49.7	48.8	50.6	50.8	49.8	51.8	54.8	53.8	55.8
Age 12 to 19	52.5	51.7	53.4	43.4	39.2	47.6	45.3	44.0	46.6	49.9	48.3	51.5
Age 20 to 39	44.1	43.1	45.1	32.7	31.7	33.7	34.5	33.0	36.0	40.0	38.1	41.9
Age 40 to 59	36.6	35.6	37.6	26.8	25.6	28.0	28.3	26.9	29.7	31.6	30.9	32.3
Age 60 to 79	27.6	26.6	28.5	19.4	18.1	20.7	21.0	19.7	22.3	24.7	22.4	27.0
Age 6 to 79	42.5	41.9	43.1	27.1	26.2	28.0	30.0	29.3	30.7	35.1	33.5	36.7
Females												
Age 6 to 11	50.4	50.0	50.8	44.5	43.8	45.2	45.3	44.6	46.0	47.4	46.6	48.2
Age 12 to 19	44.5	43.8	45.1	36.3	34.7	37.9	38.4	37.4	39.4	41.1	40.5	41.7
Age 20 to 39	38.4	37.6	39.3	31.4	30.2	32.6	32.4	31.5	33.3	35.5	34.6	36.5
Age 40 to 59	31.2	30.5	31.8	22.4	20.7	24.1	23.5	22.8	24.2	28.4	26.3	30.5
Age 60 to 79	24.1	23.6	24.6	18.8	18.0	19.6	19.6	19.2	20.0	21.5	20.4	22.6
Age 6 to 79	36.7	36.1	37.2	22.8	22.3	23.3	25.0	24.1	25.9	30.9	30.3	31.5
Mean predicted maximal aerobic power												
	50 th percentile			75 th percentile			90 th percentile			95 th percentile		
	Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval		Estimate	Confidence interval	
		From	To		From	To		From	To		From	To
millilitres per kilogram per minute												
Both sexes												
Age 6 to 11	54.0	52.2	55.8	57.2	56.8	57.6	59.3	59.1	59.5	59.8	59.5	60.1
Age 12 to 19	48.8	48.1	49.5	54.0	53.7	54.3	57.1	56.6	57.6	58.1	57.5	58.7
Age 20 to 39	40.6	39.9	41.3	45.6	44.4	46.8	50.6	49.9	51.3	52.3	51.3	53.3
Age 40 to 59	33.0	32.1	33.9	38.8	38.1	39.5	41.9	40.6	43.2	45.2	44.0	46.4
Age 60 to 79	25.3	23.7	26.9	28.9	28.5	29.3	31.4	30.5	32.3	32.7	28.4	37.0
Age 6 to 79	39.3	38.8	39.8	46.2	45.4	47.0	52.6	51.8	53.4	56.3	55.8	56.8
Males												
Age 6 to 11	57.2	56.4	58.0	59.1	58.7	59.5	59.8	59.4	60.2	60.2	60.0	60.4
Age 12 to 19	53.6	52.8	54.4	56.4	55.7	57.1	58.1	57.5	58.7	60.0	58.9	61.1
Age 20 to 39	44.0	42.7	45.3	49.4	48.6	50.2	52.0	51.2	52.8	54.2	51.2	57.2
Age 40 to 59	38.2	36.5	39.9	40.0	39.6	40.4	44.5	43.3	45.7	46.3	44.4	48.2
Age 60 to 79	27.6	26.6	28.6	30.2	29.5	30.9	32.5	27.7	37.3	37.3	35.6	39.0
Age 6 to 79	42.1	41.0	43.2	50.1	49.5	50.7	55.9	55.0	56.8	58.2	57.8	58.6
Females												
Age 6 to 11	50.4	50.1	50.7	52.3	50.9	53.7	56.2	55.8	56.6	56.8	56.4	57.2
Age 12 to 19	43.2	42.3	44.1	48.0	47.3	48.7	53.0	51.4	54.6	54.0	53.5	54.5
Age 20 to 39	38.1	37.1	39.1	40.8	39.9	41.7	45.2	43.7	46.7	47.1	44.4	49.8
Age 40 to 59	31.0	30.3	31.7	34.6	34.2	35.0	37.2	35.8	38.6	40.4	38.4	42.4
Age 60 to 79	23.1	22.6	23.6	27.6	26.4	28.8	29.2	28.8	29.6	30.8	28.6	33.0
Age 6 to 79	36.4	35.8	37.0	41.8	41.1	42.5	48.4	47.5	49.3	51.1	50.5	51.7

Note(s): Total household population aged 6 to 79, except those meeting the exclusion criteria (see the *Canadian Health Measures Survey (CHMS) Data User Guide: Cycle 1*).

Equation for predicted maximal aerobic power has not been validated for children aged 6 to 14 years.

Source(s): Canadian Health Measures Survey, Cycle 1.