

# Kent State vs. Akron Crosstown Throwdown Move Challenge

## Activities to Points Conversion Chart

Fitness / Exercise	Points / Minute
Aerobics Class	145
Arm Cycle / Hand-crank bicyclin	133
Backpacking, uphill	242
Bicycling, 10 mph, easy	133
Bicycling, 13 mph, moderate	178
Bicycling, 15 mph, vigorous	222
Calisthenics	106
Canoeing	106
Circuit Training	178
Climbing, rock or mountain	237
Dancing, aerobic	133
Dancing, general	100
Elliptical machine	249
Fitness Class - low impact	152
Fitness Class - high impact	212
Hiking (uphill)	172
Hiking (general)	212
Ice Skating	203
Jogging	156
Jumping Rope (moderate)	244
Jumping Rope (low)	178
Kayaking	152
Line Dancing	139
Pilates	99
Punching Bag	182
Rollerblading / Skating	156
Rowing Machine (moderate)	111
Rowing Machine (vigorous)	189
Running (8-minute mile)	278
Running (10-minute mile)	222
Running (12-minute mile)	178
Sledding	212
Snowshoeing	178
Spinning (class)	240
Stair Climbing (leisurely)	90
Stair Climbing (vigorous)	267
Stretching	76
Tai Chi	121
Walking (2 mph)	76
Walking (3 mph)	100
Walking (4 mph)	152
Water Aerobics	89
Weight Lifting	133
Yoga	89
Other / Not Listed	100

Sports	Points / Minute
Archery	102
Badminton	136
Baseball	111
Basketball, game	178
Basketball, recreational	133
Bowling	87
Boxing, noncompetitive	131
Boxing, competitive	222
Fencing	133
Football	189
Frisbee	67
Golf (carrying clubs)	122
Golf (using cart)	78
Gymnastics	89
Handball	267
Hockey	178
Martial Arts	222
Miniature Golf	91
Ping Pong / Table Tennis	121
Racquetball	156
Rugby	303
Skiing (cross-country)	200
Skiing (downhill)	133
Soccer	156
Softball	152
Swimming (leisurely)	133
Swimming (moderate)	212
Swimming (vigorous)	303
Tennis / Pickleball (singles)	178
Tennis / Pickleball (doubles)	133
Volleyball	89
Wheelchair baseball	111
Wheelchair basketball, game	178
Wheelchair basketball, recreational	133
Wheelchair football	189
Wheelchair softball	152
Wheelchair tennis / pickleball (single)	178
Wheelchair tennis / pickleball (doub	133
Seated volleyball	89
Other / Not Listed	100

Other	Points / Minute
Billiards / pool	77
Chopping Wood	133
Cleaning house	78
Fishing (sitting)	91
Gardening	131
Horseback Riding	102
Mowing (push mower)	160
Mopping	101
Painting	100
Scuba Diving	212
Shoveling Snow	133
Vacuuming	87
Washing Car	100
Yard Work	111
Other / Not Listed	100