



PREDICTION OF AEROBIC CAPACITY FROM AN INDIVIDUALIZED PROTOCOL

By Cengiz Akalan

VDM Verlag Jul 2009, 2009. Taschenbuch. Book Condition: Neu. 220x150x8 mm. This item is printed on demand - Print on Demand Neuware - The purpose of exercise testing in most non-clinical settings is to assess aerobic power of healthy adults rather than to diagnose coronary heart disease. However, measuring maximum oxygen consumption requires sophisticated equipment and trained staff. Direct measurement of VO₂ max is not practical for fitness testing in health and fitness clubs or for testing large populations. Of the numerous predictive equations reported in the literature, most do not present cross-validation results, many were developed on age/sex specific populations, and several provide none or high values of the SEE measure. Thus, a submaximal cycle ergometer test is needed that 1) is safe, 2) valid across gender and wide ranges of age and fitness level, 3) can be administered quickly and easily, and 4) has a low standard error of the estimate for accuracy. Therefore, the primary purpose of this study is to develop an accurate multiple regression equation to predict VO₂ max with a wide applicability and a low prediction error in men (40yrs) and women (50yrs) using an individualized submaximal cycle ergometer protocol. 132 pp. Englisch.



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