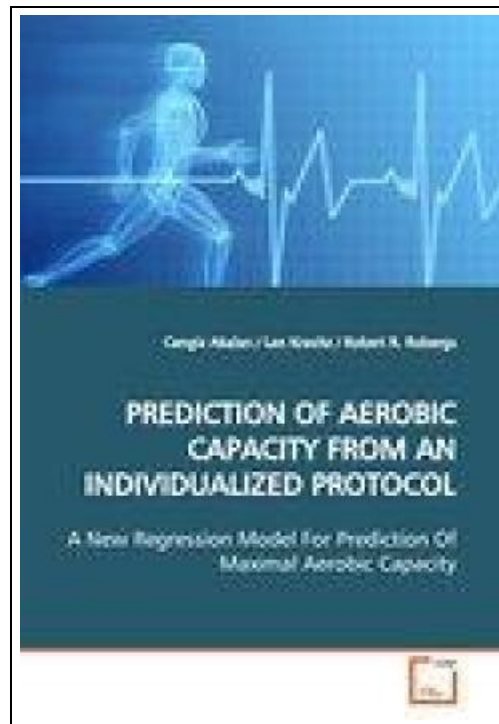


PREDICTION OF AEROBIC CAPACITY FROM AN INDIVIDUALIZED PROTOCOL



Filesize: 4.15 MB

Reviews

This publication can be really worth a go through, and superior to other. It is amongst the most amazing publication we have go through. You wont feel monotony at anytime of your own time (that's what catalogues are for about when you request me).
(Ms. Elda Schaden MD)

PREDICTION OF AEROBIC CAPACITY FROM AN INDIVIDUALIZED PROTOCOL

[DOWNLOAD](#)

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.

[Read PREDICTION OF AEROBIC CAPACITY FROM AN INDIVIDUALIZED PROTOCOL Online](#)[Download PDF PREDICTION OF AEROBIC CAPACITY FROM AN INDIVIDUALIZED PROTOCOL](#)

Other eBooks



Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

[Save eBook »](#)



DK Readers Invaders From Outer Space Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.9in. x 5.9in. x 0.1in. Are aliens from other planets visiting Earth? Read these amazing stories of alien encounters -- and make up your own mind!...

[Save eBook »](#)



Becoming Barenaked: Leaving a Six Figure Career, Selling All of Our Crap, Pulling the Kids Out of School, and Buying an RV We Hit the Road in Search Our Own American Dream. Redefining What It Meant to Be a Family in America.

Createspace, United States, 2015. Paperback. Book Condition: New. 258 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****. This isn't porn. Everyone always asks and some of our family thinks...

[Save eBook »](#)



Read Write Inc. Phonics: Purple Set 2 Non-Fiction 4 What is it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 215 x 108 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

[Save eBook »](#)



Some of My Best Friends Are Books : Guiding Gifted Readers from Preschool to High School

Book Condition: Brand New. Book Condition: Brand New.

[Save eBook »](#)