

Quiz 9: Exercise Physiology Seminar

Name _____

1) In 2-3 sentences, describe one piece of evidence that $V_{O_{2max}}$ is not an effective predictor of exercise performance.

2) From your description/argument above (#1), it sounds like $V_{O_{2max}}$ is irrelevant. Is this so? Explain.

3) Following endurance training, resting/submaximal HR is: \uparrow (increased); \downarrow (decreased); \leftrightarrow (no change)

3) Following endurance training, resting/submaximal Stroke Volume is [circle one]: \uparrow \downarrow \leftrightarrow

4) [bonus] Is the initial increase in HR that occurs with exercise due entirely to parasympathetic withdrawal? If not, what may be responsible for the initial increase in HR?