

Name _____

1) Define the following with the basic equation (units not necessary):

Force =

Power =

The following 3 questions refer to exercise testing:

2) Identify 3 measured variables that increase with increasing exercise intensity:

- a)
- b)
- c)

3) Identify 1 measured variable that may decrease as exercise intensity increases:

4) What symptoms/signs/changes in variables would cause you to stop an exercise test?

Thought questions:

If 1 watt = 1.341×10^{-3} hp (0.0013), approximately how much horse power was C.H. generating?

If C.H.'s $V_{O_{2\max}}$ was 3.2 L/min, what is her relative $V_{O_{2\max}}$?