**VO2Max Lab: Lab within the Class (10 pts) Your Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Please complete as we go through the lab

1. Write a definition of VO2max:

2. How is VO2max expressed? Which way is better for comparison of participants?

3. List 4 Criteria for attainment of VO2max?

a.

b.

c.

d.

4. What is RER?

5. What are the theoretical limits of RER?

6. How do you estimate someone’s maximal heart rate (MHR)? Estimate your MHR?

7. What is the range of the Ratings of Perceived Exertion (RPE) Scale?

8. What is VO2peak?

9. Ideally, how long does it take to achieve VO2max?

10. What energy systems are you using during a VO2max test?

11. What is the clinical significance of a VO2max test?

12. Let’s make a list of all factors that may affect the outcome of a VO2max test?

13. Please WATCH the 30-Minute Lecture by Dr. David Nieman on Exercise, COVID-19 and Immune System Health.

Please answer the following:

a) How much exercise does Dr. Nieman recommend to improve the immune system health.

b) What are the risk factors one faces with obesity and COVID-19?

c) What are the risk factors one faces with aging and COVID-19?

d) Why is consistent exercise so important for immune system health?