

Index

Note: an asterisk marks a parameter whose definition may be found in the *glossary* pages 204–210

- acetyl-CoA, formation 3
- acidosis, chronic metabolic, ventilatory threshold, respiratory
 - compensation point reduction 127–128
- adenosine triphosphate (ATP) regeneration
 - aerobic metabolic pathways 6
 - cellular energy deprivation 5
 - NH₃ derivation 144
- aerobic capacity, submaximal testing 51
- aerobic metabolism, exercise physiology 5–6
- aerobic performance
 - data analysis 154
 - four-panel displays 159
- African males/females, nomograms of lung function 229
- AIDS, XT relative contraindication 88
- Allen test, modified, arterial blood sampling 49
- alveolar air equation 138
- alveolar slope, $P_{ET}O_2$, and $P_{ET}CO_2$ 137, 138, 140
- alveolar–arterial oxygen partial pressure difference ($P_{(A-a)}O_2$)
 - 138–139
 - definition, derivation, equation, and measurement units 138, 205
 - normal/abnormal response 138–139
- American Heart Association, ECG specifications 46
- American Heart Association/American College of Sports Medicine (ACSM)
 - Exercise Specialist certification 83
 - pro forma*, preparticipation screening for XT 253
 - XT supervision 83
- ammonia (NH₃) 144
 - arterial blood sampling 48
 - definition, derivation, and measurement units 144
 - myopathy evaluation 73
 - normal/abnormal response 144
- anaerobic metabolism, exercise physiology 5–6
- anaerobic threshold *see* metabolic threshold
- anemia, impaired oxygen delivery 168
- aneurysms, XT relative contraindication 87–88
- angina
 - CXT 73
 - XT termination 88–89, 89
- anxiety
 - cardiovascular response pattern abnormalities 165, 167
 - diagnosis 11, 12
 - exercise prescription 12
 - rapid shallow breathing association 173
 - sinus tachycardia 113
 - symptom perception abnormalities 178
- aortic aneurysm, XT contraindication 87
- appendices* 204–263
- arm ergometers 31–32
 - calibration, accuracy, and precision 31
 - maintenance 32
 - maximal incremental work rate 82
 - oxygen cost 212
 - settings 78
 - submaximal incremental work rate 64–65
- arterial blood gas tensions (Pao_2 , and $Paco_2$) 135–137
 - oxygen tension, defined 207
- arterial blood sampling 48–50
 - arterial catheter 49, 71
 - calibration, accuracy, and precision 49–50
 - description, and operational principles 48–49
 - double arterial puncture 49
 - laboratory tests 71
 - maintenance 50
 - modified Allen test 49
 - oxygen saturation (SpO_2), pulse oximetry 47
 - $Paco_2$ determination, hyperventilation, and dead space increase 135
- arterial pressure *see* blood pressure
- arterial–end-tidal carbon dioxide partial pressure difference ($P_{(a-ET)}CO_2$) 139–141
 - defined 207
 - definition, derivation, and measurement units 139–140
 - normal/abnormal responses 140–141
- arteriovenous difference in oxygen content*
 - definition, derivation, and measurement units 115–116, 205
 - normal/abnormal response 116
- arthritis, symptom perception abnormalities 178

- assessment
case studies
 for exercise program 185–7
 for pulmonary rehabilitation 191–195
- asthma
case study 181–5
 exercise-induced (EIA), CXT 71–73
 ventilatory flow limitation 134
 ventilatory limitation 169
see also pulmonary disease
- Åstrand–Ryhming cycling test 65
- Åstrand–Ryhming nomogram of lung function 227
- ataxia, XT termination 88–89, 89
- ATP *see* adenosine triphosphate
- atrial contractions *see* premature atrial contractions
- atrial fibrillation
 cardiovascular response pattern abnormalities 167
 ECG 113, 114
 XT termination 89
- Balke treadmill protocol 64, 78–79, 214, 241–242
- basic life support (BLS), training, and certification 89
- beta-sympathomimetic antagonists
 cardiovascular response pattern abnormalities 167
 f_{cmax} reduction 109
- biological variability, means 140, 150
- biomechanical efficiency, physical training 151
- blood doping, oxygen delivery increase 168
- blood pressure (BP)
 diastolic, XT termination 88–89
 mean, equation 119
 measurement
 intraarterial 47
 procedures 244
 resting 76
 sphygmomanometry 44–47
 monitor 84
 systemic arterial pressure 119–121
 defined 206
 definition, derivation, and measurement units 119–120
 normal/abnormal response 120–121
 oxygen uptake relationship 120
 systolic, XT termination 88–89
- BLS *see* basic life support
- “blue bloaters”, lung disease 125–126
- Bohr equation 2, 124
 V_d/V_t 141
- Borg scale for perceived exertion (psychometric scale) 256
- bradycardia, sinus, ECG 113
- breath-by-breath systems 45–46
 averaging method 97–98
 calibration, accuracy, and precision 45
 description, and operational principles 45
 maintenance 45–46
- breathing, rapid shallow, ventilatory control abnormalities 173
- breathlessness* 146–147
 definition, derivation, and measurement units 146, 205
 exertional, *case study* 187–191
 normal/abnormal response 146–147
 visual analog scale 146, 258
- bronchitis, chronic
 ventilatory flow limitation 134, 169
see also pulmonary disease
- bronchoconstriction test 71–73
- bronchospasm, exercise-induced (EIB), CXT 71–73
- Bruce treadmill protocol 78–79, 214–215, 242
 cardiac exercise testing 73
 data table 64
- CABG (coronary artery bypass grafting) 11, 13
- calcium channel antagonists
 cardiovascular response pattern abnormalities 167
 f_{cmax} reduction 109
- calculations 211–219
- calibration, measurement concepts 16
- calibration curve, mathematical adjustments 16
- calibration data 16
- carbohydrate
 respiratory quotient 7
 RQ value 106
 slope of ventilatory response increase 125
 ventilatory response pattern abnormalities 171
- carbon dioxide
 analyzers 42
 calibration, accuracy, and precision 42
 maintenance 42
 production, defined 96–97
 tension, arterial, regulation 2
see also arterial blood gas tensions; end-tidal gas tensions;
 pulmonary gas exchange
- carbon dioxide output*
 calculation 216
 defined 96–97, 208
 ventilatory coupling 2
- carboxyhemoglobinemia, impaired oxygen delivery 168
- cardiac failure
 oscillating ventilation 173
see also congestive heart failure
- cardiac glycosides, cardiovascular response pattern abnormalities 167
- cardiac output* 116–118
 cardiovascular coupling 2
 definition, derivation, and measurement units 116–117
 instantaneous oxygen uptake equation 117
 normal/abnormal response 117–118
- cardiac rhythm

- ECG abnormalities 114
- XT termination 88–89
- cardiac stroke volume (SV) 118–119
 - calculation 118
 - cardiac output, and f_c association 2
 - defined 208
 - definition, derivation, and measurement units 118
 - estimation
 - incremental exercise 111
 - maximal exercise 112
 - normal/abnormal response 118–119
- cardiac XT 73
- cardiomyopathy
 - differential diagnosis 11
 - impaired oxygen delivery 169
 - SV reduction 118
- cardiopulmonary coupling, external work rate 2
- cardiopulmonary XT, supervision 83
- cardiorespiratory fitness
 - classification 230–238
 - see also* oxygen uptake, maximum
- cardiovascular disease
 - cardiovascular limitation 164
 - cardiovascular response pattern abnormalities 164–166
 - differential diagnosis 9–10
 - disease progression/regression assessment 151–152
 - exercise prescription 12
 - impaired oxygen delivery 168–169
 - NYHA classification 99–100, 112
 - oxygen pulse response patterns 112
 - oxygen uptake, prolonged 105
 - shunt abnormalities
 - arterial blood gas tension abnormalities 136
 - gas exchange abnormalities 175
 - valvular
 - slope of cardiovascular response 111
 - SV reduction 118
 - XT relative contraindication 88
 - Weber classification 99–100
 - SV values 119
- cardiovascular efficiency
 - oxygen pulse 111–112
 - slope of cardiovascular response 110–111
- cardiovascular limitation 8, 10
 - data analysis 154
 - four-panel displays 159–161
 - nine-panel displays 159
 - diagnostic response patterns 162–167
- cardiovascular response
 - abnormalities, diagnostic response patterns 164–167
 - four-panel display 159, 161
 - slope 110–111
- carnitine palmitoyl transferase (CPT) deficiency, muscle
 - metabolism abnormalities 176
- case studies*
 - assessment in preparation for exercise program 185–187
 - assessment for pulmonary rehabilitation 191–195
 - asthma 181–5
 - muscle fatigue, and exertional breathlessness 187–191, 199–203
 - occupational exposure to solvents 195–199
- catheter, arterial, arterial blood sampling 49, 71
- cellular energy generation
 - equations 3
 - metabolic substrates 7
- cellular respiration coupling, external work rate 1–2
- central nervous system symptoms, XT termination 89
- chest wall compliance, reduced, ventilatory capacity
 - reduction 124
- chronic fatigue syndrome, muscle metabolism abnormalities 176–177
- chronic obstructive pulmonary disease
 - 6-minute walking test 95
 - abnormal symptom perception 177–178
 - case study* 191–195
 - diagnostic XT 58
 - stair-climb 70
- chronometers 19–20
- chronotropic incompetence
 - cardiovascular response pattern abnormalities 165, 167
 - f_{cmax} reduction 109–110
- citric acid cycle *see* Krebs cycle
- clammy skin, XT termination 88–89
- clinical exercise testing (CXT) 6–8, 67–74
 - defined 204
 - field tests 68–70
 - laboratory tests 70–74
 - physician supervision 83
 - purposes, setting, and protocols 51, 52
 - submaximal testing 51
 - ventilatory capacity determination 76
 - see also* diagnostic XT
- clinical medical history questionnaire 253
- clocks *see* chronometers
- cold skin, XT termination 88–89
- collection bags *see* gas collection bags
- confidence interval, standard deviation of the mean 150
- confusion, XT termination 88–89, 89
- congenital heart disease, SV reduction 9–10
- congestive heart failure
 - slope of cardiovascular response 111
 - XT contraindication 87
- consent, informed 74–75, 250
- contractile coupling 2
- contraindications to XT 87–91
 - absolute 88
 - relative absolute 88
- conversion constants* 217–219

- Cooper distance measurements
 walking and running tests 237–238
 1.5-mile run 237
 3-mile walk 238
- Cooper tests 56, 57, 60
 estimation of maximum oxygen uptake 213, 239
 fitness categories 230, 232–233
- coronary artery bypass grafting (CABG) 11, 13
- coronary artery disease
 impaired oxygen delivery 169
 screening 11
 slope of cardiovascular response 111
 SV reduction 118
see also cardiovascular disease
- counters 20
- CPT *see* carnitine palmitoyl transferase
- CR10 scale 145
- crash cart, detailed contents 247–248
- CWR *see* work rate tests, constant
- CXT *see* clinical exercise testing
- cyanosis, XT termination 88–89
- cycle ergometers 21–27
 calibration, pre-XT 78
 concerns 23–25
 description and operational principles 21–25
 electrically braked 23
 calibration, accuracy, and precision 27
 maintenance 27
 PWC170 test 23
- field exercise testing (FXT) 60, 234–235
- friction-braked 23
- leg, advantages and disadvantages 25
- maximal tests, work rate increments 79–80
- mechanically braked 21–23
 calibration, accuracy, and precision 25–27
 counters 20
 maintenance 27
 r.p.m. error effects 22–23
- Monark, calibration 245
 oxygen cost 211
 protocol *pro forma* 254
 settings 77–78
- Storer cycle test, estimation of maximum oxygen uptake 214
- submaximal constant work rate tests, Åstrand–Ryhming test 65
- submaximal incremental work rate tests 61–63
 branching protocol 61
 f_c , blood pressure, and RPE timing 61, 63
 YMCA multistage 61, 63
- Wingate test 25
- data integration and interpretation 85–87, 149–179
 data displays 152–162
- graphical
 four-panel 159–161
 nine-panel 158, 168
 recommended 78, 79
 sequential, trending phenomena 161–162, 165
 tabular 155–157, 168
- multiple data
 diagnostic response patterns 162–179
 reduction and display 152–162
- single variables
 reference value comparison 149–150
 serial measurements 151–152
- technical factors 152–154
- dead space
 calculation, CXT 71
 gas exchange abnormalities 173
 $P_{(a-ET)}\text{CO}_2$ increases 140
 $P_{ET}\text{O}_2$ and $P_{ET}\text{CO}_2$ influence 137–138
 ventilatory equivalents 135
- dead space–tidal volume ratio (V_D/V_T) 2, 141–142
 age effects 142
 Bohr equation 141
 defined 208
 definition, derivation, and measurement units 141–142
 normal/abnormal response 142
 ventilatory requirement 126
- definitions, *glossary* 205–210
- denial, symptom perception abnormalities 178
- diabetes mellitus, XT relative contraindication 88
- diagnostic exercise test (CXT: diagnostic) 8, 68
case studies
 asthma 181–185
 breathlessness and fatigue 187–191, 199–203
 chronic obstructive pulmonary disease 58, 191–195
 progress monitoring 68
 termination 89
- dietary recommendations, lung disease 126
- differential diagnosis 9–11
- diffusion impairment, $P_{(A-a)}\text{O}_2$ 139
- digoxin
 cardiovascular response pattern abnormalities 167
 $f_{C_{\max}}$ reduction 109
- diltiazem, $f_{C_{\max}}$ reduction 109
- disability evaluation 9, 11, 12
- Douglas bag technique, gas collection 32–35, 43
- d_{WB} *see* walking and running tests (6-minute walking distance)
- dynamic hyperinflation, tidal flow–volume loop 134
- dyspnea *see* breathlessness
- dysrhythmias
 cardiovascular response pattern abnormalities 165–167
 CXT risk assessment 68
 ECG 114, 115
 exercise prescription 12
 XT termination 89

- ECG *see* electrocardiography
- effort
- suboptimal
 - conscious/subconscious 179
 - data analysis, nine-panel display 156–157, 179
 - definition and identification 178–179
- EIA *see* asthma, exercise-induced
- EIB *see* bronchospasm, exercise-induced
- EILV *see* end-inspiratory lung volume
- electrocardiogram (ECG) 46
- American Heart Association specifications 46
 - calibration, accuracy and precision 46
 - definition, derivation, and measurement units 112–113, 205
 - dysrhythmias 114–115
 - maintenance 46
 - monitoring failure, XT termination 89
 - normal response 113–114
 - resting 12-lead 75
 - electrode placement 75, 76
 - skin preparation 75
 - technician 84
- electrochemical or fuel cell analyzers, oxygen analyzers 39
- electron transport chain *see* mitochondrial pathway
- Ellestad protocol, cardiac exercise testing 73
- Embden–Meyerhof pathway 3–4
- emergency procedures 89–91
- crash cart
 - detailed contents 247–248
 - drugs 248
 - emergency response board 90
 - resuscitation equipment 90–91
- emphysema 13
- cardiovascular response pattern abnormalities 166
 - gas exchange abnormalities 173–174
 - see also* pulmonary disease
- end-inspiratory lung volume (EILV), V_T relationship 133
- end-tidal gas tensions ($P_{ET}O_2$ and $P_{ET}CO_2$) 137–138
- alveolar slope 137, 138, 140
 - data analysis 154–155
 - dead space influence 137–138
 - definition, derivation, and measurement units 137
 - normal/abnormal responses 137–138
- endurance time (t)
- abnormal response 94
 - definition, derivation, units of measurement 93, 208
 - normal response 93–94
- energetics and substrate utilization, exercise physiology 7
- energy, *conversion constants* 217
- equipment failure, XT termination 88–89
- ergogenic drugs 11, 13
- ergometers 21–32
- familiarization pretest 77
 - recommendations 23
 - settings 77–78
 - see also* arm; cycle; treadmill ergometers
- errors, random and systematic 17–18
- errors in measurement of primary variables* 249
- exercise endurance, CWR tests 65
- exercise physiology 1–7
- aerobic and anaerobic metabolism 5–6
 - cardiopulmonary coupling, external work 2
 - cellular respiration coupling, external work 1–2
 - data acquisition 85–86
 - energetics and substrate utilization 7
 - metabolic pathways 3–5
 - threshold concepts 6–7
- exercise prescription 11, 12
- cardiopulmonary rehabilitation 12
 - CWR 74
 - PXT 8, 53–55
- exercise response variables 93–148
- 6-minute walking distance 94–95
 - arteriovenous difference in oxygen content 115–116
 - cardiac output 116–118
 - cardiac stroke volume 118–119
 - ECG 112–115
 - endurance time 93–94
 - evaluation 8–9
 - heart rate, maximum (f_{Cmax}) 109–110
 - maximum minute ventilation 122–124
 - metabolic, gas exchange, or lactic acid threshold 101–103
 - muscle respiratory quotient 107–109
 - oxygen pulse 111–112
 - oxygen uptake
 - maximum 96–100
 - time constant 103–105
 - pulmonary arterial pressure 121–122
 - respiratory exchange ratio (R) 105–107
 - respiratory rate 129–130
 - shuttle test speed 95–96
 - slope of cardiovascular response 110–111
 - slope of the ventilatory response 124–126
 - systemic arterial pressure 119–121
 - tidal volume 128–129
 - ventilatory threshold, respiratory compensation point 126–128
 - walking and running distance 94
 - work efficiency 100–101
- Exercise Specialist certification, American College of Sports Medicine (ACSM) 83
- exercise testing (XT)
- classification 7–8, 204
 - contraindications 87–90
 - differential diagnosis of disease 9–13
 - emergency procedures 89–91
 - equipment failure, XT termination 88–89
 - equipment preparation 77–78
 - explanation pretest 76–77

- exercise testing (XT) (*cont.*)
 methods 51–92
 maximal vs submaximal 51–54
 nomenclature 7–8
 optimal protocol selection 78–83
 personnel recommendations 83–85
 physical fitness assessment 8–9
 preparation, *pro forma* 254
 preparticipation screening 253
 purpose 1–14
 report generation 86
 response variables 93–148
 safety considerations 87–91
 sequence, flow chart 84
 subject preparation 74–77
 termination indications 88
 see also clinical exercise testing (CXT); performance
 exercise testing (PXT)
- exercise tolerance, evaluation 9
- exertional breathlessness, *case studies* 187–191, 199–203
- expiratory flow–volume relationships*
 defined 206
 see also inspiratory/expiratory flow
- external work* 1–2
- fat, RQ value 7, 106
- fatigue
 XT termination 88–89
 see also chronic fatigue syndrome
- f_c *see* heart rate
- f_{cmax} *see* heart rate, maximum
- Fick equation 2, 110, 111
- field exercise testing (FXT)
 CXT 68–70
 cycle test 60, 235
 defined 4
 PXT 55–60
 run tests 56–58
 step tests 58–60
 swim test 60, 236
 walking tests 55–56
- fitness assessment
 categories, AHA, Åstrand and Cooper tests 232–235,
 238–239
 CWR tests 65
 field tests 55–60
 laboratory tests 62
 see also performance exercise testing (PXT)
- flow and volume transducers 36–38
 calibration, accuracy and precision 38
 description and operational principles 36–38
 hot-wire anemometer 38
 maintenance 38
 Pitot tube 37–38
- pneumotachograph 37
 turbine transducer 38
- force, *conversion constants* 217
- forced expired volume in 1 second (FEV₁) 35
 nomograms 228–229
 ventilatory capacity estimation 123, 124
- f_R *see* respiratory rate
- gait problems, XT termination 89
- gas analyzers 39–43
 blood sampling 49–50
 carbon dioxide analyzers 42
 mass spectrometry 42–43
 oxygen analyzers 39–42
 water vapor pressure 41
- gas collection bags 32–35
 Douglas bag technique 32–35
 maintenance 34–35
 meteorological balloons 32, 34
- gas exchange
 data analysis 154–155, 159
 four-panel displays 160–161, 163
 nine-panel displays 158, 173
 disorders, differential diagnosis 117
 impaired
 data analysis, nine-panel display 156–157, 173
 diagnostic response patterns 173–175
 mechanisms, $P_{(A-a)O_2}$ 139
- gas exchange threshold *see* metabolic threshold
- gas volumes, standardized, calculation 215–216
- gasometers *see* spirometers and gasometers
- general gas law 215
- glossary*
 exercise testing 204
 physiological variables 205–210
- glycolysis, anaerobic 3–4
- Haldane equation 128
- Harbor–UCLA Medical Center, nine-panel graphical displays
 157–158
- heart block, ECG 114
- heart rate (f_c)
 age-related decline 109
 cardiovascular response 2
 defined 205
 medication 166–167
 oxygen uptake relationship 110
 RPE relationship 145
 treadmill and cycle exercise comparisons 24
- heart rate, maximum (f_{cmax}) 109–110
 definition, derivation, and measurement units 109
 equation 109
 normal/abnormal response 109–110
 standard deviation 150

- heart transplantation 11, 13
 Henderson–Hasselbalch equation, bicarbonate calculation 135
 hepatitis, XT relative contraindication 88
 high-energy phosphates 2
 hot-wire anemometer, flow and volume transducers 38
 hypertension
 arterial systolic pressure increase relationship 120
 cardiovascular response pattern abnormalities 164–166
 CXT risk assessment 68
 exercise prescription 12
 pulmonary
 gas exchange abnormalities 174–175
 Ppa increase 121
 hyperthyroidism, cardiovascular response pattern abnormalities 167
 hyperventilation
 acute, ventilatory control abnormalities 172
 diagnosis 11, 12
 extreme, ventilatory limitation 170
 f_i increase 130
 R adverse factor 107
 ventilatory equivalents 135
 V_T abnormal responses 129
 hyperventilation syndrome 11
 ventilatory control abnormalities 172
 hypokalemia, XT relative contraindication 88
 hypomagnesemia, XT relative contraindication 88
 hypotension, exercise prescription 12
 hypoventilation, ventilatory control abnormalities 172–173
 hypoxemia
 CXT risk assessment 68
 exercise prescription 12
 oxygen uptake kinetics, cardiovascular and pulmonary disease 105
 Ppa increase 121–122

I/E ratio *see* ratio of inspiratory to expiratory time (T_i/T_e)
 ILD *see* interstitial lung disease
 illustrative cases and reports 181–203
 incremental exercise protocols 66–67
 indoor courses 18
 infection
 acute, XT contraindication 87
 chronic, XT relative contraindication 88
 informed consent 240
 pretest subject preparation 74–75
 inspiratory/expiratory flow–volume relationships* 133–134
 defined 206
 definition, derivation, and measurement units 133
 normal/abnormal response 133–134
 inspiratory/expiratory time ratio (T_i/T_e) 131–133
 definition, derivation, and measurement units 131, 207
 normal/abnormal response 131–133

 instrumentation 15–50
 interstitial lung disease (ILD), gas exchange abnormalities 173–174
 isowork analysis, physical training 151

 Joint Commission for the Accreditation of Hospital Organizations (JCAHO), clinical standards 87

 Korotkoff sounds, tonal quality and interpretation 119
 Krebs cycle 3–4

 LA *see* lactate
 laboratory exercise testing (LXT) 60–67
 CXT 70–74
 with/without arterial blood sampling 70–71
 defined 204
 fitness assessment 62
 PXT 60–67
 work rate tests
 maximal incremental 66–67
 submaximal constant 65–66
 submaximal incremental 61–65
 lactate (La) 142–144
 arterial blood gas tensions 136
 blood concentrations, treadmill and cycle exercise comparisons 24
 definition, derivation, and measurement units 142–143
 metabolic threshold 143
 metabolism
 arterial blood sampling 48
 exercise prescription 12
 myopathy evaluation 73
 normal/abnormal response 143–144
 ventilatory control abnormalities 128
 laser diode absorption spectroscopy (LDAS), oxygen analyzers 40
 LED *see* light-emitting diode
 leg cycle ergometers *see* cycle ergometers, leg
 leg cycling, oxygen cost 211
 lifestyle modifications 12, 13
 PXT 8
 light-emitting diode (LED), pulse oximetry 47
 lightheadedness, XT termination 88–89
 lung function, nomograms 123, 150, 228–229
 lung volume reduction surgery (LVRS) 11, 13
 LVRS *see* lung volume reduction surgery

 McArdle's syndrome
 La levels 143
 metabolic threshold, abnormal response 103
 muscle metabolism abnormalities 175–176
 R values 107
 malingering
 diagnosis 11, 12
 symptom perception abnormalities 178

- mass spectrometry 42–43
 - calibration, accuracy and precision 42
 - description and operational principles 42
 - maintenance 43
- maximum minute ventilation (MMV)* 122–124
 - definition, derivation, and measurement units 122–123
 - f_c changes 2
 - normal/abnormal response 123–124
- maximum oxygen uptake *see* oxygen uptake, maximum*
- maximum voluntary ventilation (MVV)*
 - defined 206
 - measurement 35, 123
- measured courses 18–19
 - indoor 18
 - outdoor 19
- measurement concepts 15–18
 - accuracy 16
 - calibration 16
 - error 17–18
 - precision 16
 - validation 16
- mechanical coupling 2
- medical history
 - multiple data analysis 152–153
 - questionnaire, pretest preparation 74
- medication
 - cardiovascular limitation effects 164
 - cardiovascular response pattern abnormalities 165–167
 - ergogenic drugs 11, 13
- metabolic cart operator 85
- metabolic disease, XT relative contraindication 88
- metabolic measurement systems 43–46
 - breath-by-breath method 45–46
 - mixing chamber method 43–45
- metabolic pathways 3–4
 - ATP regeneration 6
 - exercise physiology 3–5
- metabolic substrates, energetic properties 7
- metabolic threshold*
 - data analysis 159
 - definition, derivation, measurement units 101–102
 - equations 230–231
 - lactate accumulation 143
 - normal response 102–103
 - interpretation 102–103
 - oxygen and carbon dioxide uptake relationship 103
 - physical fitness assessment 8–9
 - terminology 102
 - ventilatory equivalents and end-tidal gas tension relationships 103–104
- metabolism
 - aerobic and anaerobic 5–6
 - muscle, data analysis 155
- meteorological balloons
 - gas collection 32
 - calibration 34
- metoprolol, f_{cmax} reduction 109
- metronomes 20–21
- mitochondrial myopathy, NH_3 increase 144
- mitochondrial pathway
 - oxidative phosphorylation 3–5
 - schematic representation 5
- mixing chambers
 - calibration, accuracy and precision 44
 - maintenance 45
 - metabolic measurement 43–45
- Monark cycle ergometer, calibration 245
- mononucleosis, XT relative contraindication 88
- muscle diseases, differential diagnosis 11
- muscle fatigue and exertional breathlessness, *case studies* 187–191, 199–203
- muscle metabolism
 - abnormalities, diagnostic response patterns 175–177
 - data analysis 155
 - definition and identification 175
 - nine-panel display 156–157
- muscle oxygen consumption*, oxygen delivery effectiveness 1–2
- muscle respiratory quotient (RQ_{mus}) 107–109
 - calculation 108
 - definition, derivation, and measurement units 107–108, 207
 - normal/abnormal response 108–109
 - oxygen–carbon dioxide uptake relationship 108
- muscle work*, conversion, external work 2
- musculoskeletal disease, symptom perception abnormalities 178
- musculoskeletal disorders, XT relative contraindication 88
- musculoskeletal limitations 8, 10
- MVV *see* maximum voluntary ventilation
- myalgia, differential diagnosis 11
- myoadenylate deaminase deficiency
 - muscle metabolism abnormalities 176
 - NH_3 levels 144
- myocardial dysfunction, slope of cardiovascular response 111
- myocardial infarction
 - XT contraindication 87
 - XT termination 89
- myocardial ischemia
 - CXT 73
 - CXT risk assessment 68
 - ECG 114–115, 116
 - exercise prescription 12
 - treadmill protocols 9
- myocarditis, XT contraindication 87
- myopathy 203
 - cardiac output 117–118
 - CXT evaluation 73

- differential diagnosis 11
- mitochondrial, muscle metabolism abnormalities 176
- NH₃ increase 144
- slope of cardiovascular response 111
- myophosphorylase deficiency
 - metabolic threshold, abnormal response 103
 - R values 107
- myxedema, XT relative contraindication 88

- Naughton protocol, cardiac exercise testing 73
- nausea, XT termination 88–89
- neurological symptoms, XT termination 89
- neuromuscular disorders, XT relative contraindication 88
- New York Heart Association (NYHA)
 - cardiovascular disease classification 99–100
 - SV values 119
- NH₃, *see* ammonia
- nitrogen concentration, expired, equation 128
- noise, random errors 17
- nomograms
 - FEV₁ estimation 123
 - lung function 228–229
 - prediction values 150
- nutrition
 - modifications 11, 13
 - see also* carbohydrate

- obesity, maximum oxygen uptake complications 99–100
- occupational exposure to solvents, *case study* 195–199
- Ohio spirometer 36
- operative risk, assessment by exercise testing 240
- outdoor courses 19
- oxygen, *see also* arterial blood gas tensions; end-tidal gas tensions; gas exchange; pulmonary gas exchange
- oxygen analyzers 39–42
 - calibration, accuracy and precision 40–41
 - Scholander procedure 40
 - water vapor 41
 - description and operational principle 39–40
 - electrochemical or fuel cell 39
 - laser diode absorption spectroscopy (LDAS) 40
 - maintenance 41–42
 - paramagnetic 39
 - zirconium oxide 39–40
- oxygen breath* 130–131
 - definition, derivation, and measurement units 130, 209
 - equation 130
 - normal/abnormal responses 130–131
- oxygen consumption
 - defined 96–97
 - muscle* 1–2
- oxygen content *see* arteriovenous difference in oxygen content
- oxygen cost of exercise 211–213
- oxygen delivery
 - impaired
 - data analysis, nine-panel display 156–157, 168
 - definition and identification 167–168
 - diagnostic patterns 167–169
 - oxygen partial pressure
 - alveolar, increase 138
 - mixed venous, reduction 138
 - reference values, arterial blood and alveolar–arterial difference 139
 - oxygen pulse* 111–112
 - definition, derivation, and measurement units 111–112, 209
 - equation 111
 - normal/abnormal response 112
 - oxygen therapy 11, 13
 - oxygen uptake
 - alveolar, measurement 1–2
 - calculation 215–216
 - CWR tests 66
 - effect of errors in r.p.m. (cadence) 240
 - external work rate coupling 1–2
 - maximum*, cardiorespiratory fitness 230–233
 - peak 210
 - respiratory exchange ratio 2
 - r.p.m. error effects 22, 240
 - systemic arterial pressure relationship 120
 - time constant* 103–105
 - calculation 104
 - CWR tests 65–66
 - definition, derivation, and measurement units 103–104
 - normal/abnormal response 104–105, 106
 - treadmill and cycle exercise comparisons 24
 - see also* breath-by-breath systems
 - oxygen uptake kinetics*, time constant, physical fitness
 - assessment 8–9
 - oxygen uptake, maximum*
 - abnormal responses 99–100
 - cardiovascular disease classification 99–100
 - measured values 99
 - obesity complications 99–100
 - athletes 98
 - categories, AHA, Åstrand and Cooper tests 232–235, 238–239
 - definition, derivation, and measurement units 96–98, 209
 - estimation from predictive tests 211–215
 - incremental XT relationship 99
 - normal responses 98–99
 - physical fitness assessment 8–9
 - reference values 220–240
 - terminology 96–98
- oxygenation, arterial, pulse oximetry 47–48

- pacemaker, fixed-rate, XT relative contraindication 88
- pallor, XT termination 88–89, 89
- Pao₂ and Paco₂ *see* arterial blood gas tensions

- paramagnetic analyzers, oxygen analyzers 39
 paresthesia, XT termination 89
 patient interface 78
 pedal revolution counters *see* counters
 performance exercise testing (PXT: fitness assessment) 6–9,
 53–67
case study 185–191
 defined 204
 exercise prescription 53–54
 field tests 55–60
 fitness assessment 53
 laboratory tests 60–67
 maximal testing 66–67
 progress monitoring 54–55, 54–55
 purposes, setting and protocols 51, 52
 submaximal testing 51, 52
 pericarditis, XT contraindication 87
 peripheral measuring devices 46–50
 electrocardiography 46
 pulse oximetry 47–50
 sphygmomanometry 46–47
 peripheral vascular disease 168
 personnel
 assignment 83–84
 BP monitor 84
 ECG technician 84
 experience and qualifications 83
 metabolic cart operator 85
 supervision level 83
 test administrator 84
 pharmacological interventions 11, 13
 pharmacotherapy, CXT progress monitoring 68
 phosphate compounds, high-energy, production 2
 phosphorylation coupling 2
 physical activity readiness, protocol *pro forma* 252
 physical deconditioning, cardiovascular response pattern
 abnormalities 165–166
 physical training
 assessment/preparation, *case study* 185–7
 biomechanical efficiency 151
 blood doping 168
 cardiovascular limitation 163–164
 data analysis, sequential graphing 162, 165
 exercise prescription 11, 12
 isowork analysis 151
 oxygen pulse response patterns 112
 response, PXT 8
 response measurements 151
 running economy 151
 sinus bradycardia 113
 physiological variables, *glossary* 205–210
 “pink puffers”, lung disease 125
 Pitot tube, flow and volume transducers 37–38
 pneumotachograph, flow and volume transducers 37
 power, *conversion constants* 217
 power output, cycle ergometers 22
Ppa see pulmonary arterial pressure
 predicted normal values *see* reference values
 prediction equations, reference values 150
 pregnancy
 XT guidelines 82–83
 XT relative contraindication 88
 premature atrial contractions (PACs), ECG 113
 preoperative risk assessment, CXT 73
 preparation for exercise program, *case study* 185–187
 pressure, *conversion constants* 217
 progress monitoring
 CXT 68
 PXT 54–55
 propranolol, f_{cmax} reduction 109
 protein, respiratory quotient 7
 protocol *pro forma*
 cycle ergometers 254
 physical activity readiness 252
 preparation for exercise testing 251
 preparticipation screening for exercise testing 253
 treadmill ergometers 255
protocols and supplemental materials 241–260
 psychological disorders
 differential diagnosis 11
 symptom perception abnormalities 178
 XT contraindication 87
 psychometric scales
 Borg scale for perceived exertion 256
 CXT 71
 symptomatic evaluation, data analysis 155
 $P_{(a-ET)CO_2}$ *see* arterial–end-tidal carbon dioxide partial pressure
 difference
 $P_{ET}O_2$ and $P_{ET}CO_2$ *see* end-tidal gas tensions
 pulmonary arterial pressure (*Ppa*) 121–122
 definition, derivation, equation, and measurement units
 121, 207
 normal/abnormal response 121–122
 pulmonary capillary transit time (*Tpc*), oxygen diffusion,
 alveolar–capillary membrane 138
 pulmonary disease 11
 arterial blood gas tension abnormalities 136
 “blue bloaters”/“pink puffers” 125–126
 breathlessness scores 147
 cardiovascular response abnormalities 165–166
 chronic, oxygen uptake, prolonged 105
 dietary recommendations 126
 differential diagnosis 11
 exercise prescription 12
 f_R values 130
 interstitial 11
 oxygen breath decrease 131
 PAO_2 and $Paco_2$ increases 140

- progression/regression assessment 151–152
 $P_{(A-a)}O_2$ widening 139
 restrictive, ventilatory capacity reduction 124
 symptom perception abnormalities 127–128, 177–178
 T_I/T_E 131, 133
 vascular disease 11
 ventilatory control abnormalities 173
 ventilatory equivalents 135
 ventilatory limitation 169
 ventilatory response pattern abnormalities 170–171
 V_T values 128–129
see also chronic obstructive pulmonary disease; *specific diseases*
 pulmonary embolism, XT contraindication 87
 pulmonary rehabilitation
 initial assessment, *case study* 191–195
 response 151
 pulse oximetry
 arterial blood sampling 48–50
 calibration, accuracy and precision 48
 confounding factors 48
 description and operational principles 47–48
 maintenance 48
 PWC170 test, electrically braked ergometers 23
 PXT *see* performance exercise testing

 Queen's College single-stage step test 58–59, 214
questions, frequent 261–263

R see respiratory exchange ratio
 ramp test 67
 rating of perceived exertion (RPE) 144–146
 Borg (psychometric) scale 144–146
 definition, derivation, and measurement units 144–145, 207
 f_c relationship 145
 interpretations 146
 normal/abnormal response 145–146
 recovery phase, data acquisition 86
reference values 220–240
 reference values
 defined 149
 prediction equations 150
 single variable comparison 149–152
 regression equation 16
 rehabilitation
 CXT progress monitoring 68
 response measurements 151
 respiratory chain *see* mitochondrial pathway
 respiratory compensation point* 126–128
 respiratory exchange ratio (R) 2, 105–107
 calculation 216
 carbon dioxide output and oxygen uptake relationship 2
 measurement 105
 definition, derivation, and measurement units 105–106, 207
 normal/abnormal responses 106–107
 time relationship 107
 terminology 105–106
 respiratory muscle weakness, ventilatory limitation 124, 169–171
 respiratory quotient (RQ)
 defined 106
 substrates 7
 respiratory rate (f_R) 129–130
 definition, derivation, and measurement units 129, 206
 normal/abnormal response 129–130
 resting phase, data acquisition 85
 resuscitation equipment 90–91
 crash cart 90–91
 rheumatoid disorders, XT relative contraindication 88
 risk assessment
 CXT 8, 68
 preoperative 11, 13
 Rockport walking test 55–56
 estimation of maximum oxygen uptake 213–214
 RPE *see* rating of perceived exertion
 r.p.m. (cadence)
 conversion constants 217
 effect of errors on mechanically braked, cycle ergometers 22–23
 effect of errors on work rate and oxygen uptake 240
 indicators *see* counters
 RQ *see* respiratory quotient
 RQ_{mus} *see* muscle respiratory quotient
 running tests *see* walking and running tests

 safety considerations 87–91
 contraindications 87–90
 JCAHO standards 87
 Scholander procedure, calibration gas accuracy 40
 shunt
 intracardiac, gas exchange abnormalities 175
 physiological
 gas exchange abnormalities 173
 $P_{(A-a)}O_2$ increase 139
 shuttle test
 10-meter 69–70
 20-meter 57–58
 course 19
 speed
 definition, derivation, and measurement units 95–96
 normal/abnormal responses 96
 time intervals and estimated oxygen uptake
 10-meter 69–70
 20-meter 59
 Siconolfi multistage step test 59–60, 212
 sinus arrhythmias, ECG 113
 sinus bradycardia 113
 sinus tachycardia 113

- six-minute walking distance (d_{w6}) *see* walking and running tests
- skin symptoms, XT termination 88–89
- slope, alveolar 137, 138, 140
- slope of cardiovascular response*
 definition, derivation, and measurement units 110–111, 205
 Fick equation 110
 normal/abnormal response 111
- slope of ventilatory response* 123, 124–126
 definition, derivation, and measurement units 124, 205
 equation 124
 normal/abnormal response 125–126
- smoking cessation 11, 13
- solvents, occupational exposure, *case study* 195–199
- speed, *conversion constants* 238
- sphygmomanometry 46–47
 description and operational principles 46–47
 intraarterial blood pressure measurement 47
 Korotkoff sounds, tonal quality and interpretation 119
- spirometers and gasometers 35–36
 calibration, accuracy and precision 36
 description and operational principles 35–36
 dry gasometers 36
 dry rolling-seal 36
 maintenance 36
 Ohio spirometer 36
 Tissot spirometer 32
 leak tests 34
 water-sealed 35–36
- sports medicine, ergometers 21
- SpO_2 *see* arterial oxygen saturation
- stair-climb, chronic obstructive pulmonary disease 70
- stair-step incremental work rate tests 67, 80–82
 Bruce and Balke treadmill protocols 64, 73, 78–79, 214–215
- standard deviation of the mean
 confidence interval 150
 variability degree 140, 150
- standardized gas volumes 215–216
- step tests 58–60
 oxygen cost 211–213
 Queen's College single-stage step test 58–59, 214
 Siconolfi multistage step test 59–60, 214
 stair-step incremental work rate tests 67, 80–82
- stoicism, symptom perception abnormalities 178
- stopwatches *see* chronometers
- Storer cycle test, estimation of maximum oxygen uptake 214
- suboptimal effort 156–7, 178–9
- supplemental materials* 241–260
- surgery 11, 13
 CXT progress monitoring 68
- SV *see* cardiac stroke volume
- swim test 60, 236
- symptom perception
 abnormalities 127–128, 177–178
 definition and identification 177
 data analysis 155
 rating of perceived exertion (RPE) 144–146, 207, 256
 systemic arterial pressure 206
- t see* endurance time
- tachometer 20
see also counters
- tachycardia
 sinus, ECG 113
 supraventricular
 cardiovascular response pattern abnormalities 167
 ECG 113
 ventricular, ECG dysrhythmias 115
 XT termination 89
- TCA *see* Krebs cycle
- testing methods *see* exercise testing (XT)
- therapeutic interventions, evaluation 11, 13
- thoracotomy, preoperative risk assessment, CXT 73
- thromboembolic disease
 cardiovascular response pattern abnormalities 166
 XT contraindication 87
see also pulmonary disease
- thrombus, intracardiac, XT contraindication 87
- thyrotoxicosis
 cardiovascular response pattern abnormalities 165
 XT relative contraindication 88
- tidal volume (V_T) 128–129
 definition, derivation, and measurement units 128, 210
 equation 128
 normal/abnormal response 128–129
 V_E relationship 128, 129
- timing devices 19–21
 chronometers 19–20
 counters 20
 metronomes 20–21
- Tissot spirometer 32, 34
- total lung capacity (TLC), inspiratory and expiratory
 flow–volume relationships 133–134
- Tpc see* pulmonary capillary transit time
- transplantation, heart 11, 13
- treadmill ergometers
 advantages and disadvantages 25
 calculation of grade increment 249
 calibration
 accuracy and precision 28–30
 pre-XT 78
 description and operational principles 27–28
 grading 28–29
 speed 29–30
 grading, angle relationship 29–30
 maintenance 30

- maximal incremental work rate 80–82
- oxygen cost
 - running 212
 - walking 211–212
 - walking and running tests 211–212
- protocol *pro forma* 255
- safety 30–31
- settings 78
- submaximal constant work rate 65
- submaximal incremental work rate 63–64
 - Balke protocol 64, 214
 - Bruce protocol, data table 64, 214–215
- tricarboxylic acid (TCA) cycle *see* Krebs cycle
- T_i/T_e *see* inspiratory/expiratory time
- turbine transducer, flow and volume transducers 38

- vascular disease
 - peripheral, impaired oxygen delivery 168
 - pulmonary 11
- ventilation
 - oscillating, ventilatory control abnormalities 173
 - treadmill and cycle exercise comparisons 24
 - see also* hyperventilation; maximum minute ventilation; maximum voluntary ventilation
- ventilation disorders, differential diagnosis 10–11
- ventilatory capacity
 - defined 208
 - determination pretest 76
 - spirometry 35
- ventilatory capacity measurement, MVV 123
- ventilatory control abnormalities
 - data analysis, nine-panel display 156–157, 172
 - definition and identification 171–172
 - diagnostic patterns 171–173
- ventilatory equivalents* 134–135
 - definition, derivation, and measurement units 134, 208
 - equations 134
 - normal/abnormal response 134–135
- ventilatory failure, ventilatory control abnormalities 172–173
- ventilatory limitation 8, 10
 - data analysis 154, 159, 169–170
 - four-panel displays 160, 162
 - nine-panel display 156–157, 158, 169
 - definition and identification 124, 169
 - diagnostic patterns 169–170
- ventilatory response pattern abnormalities
 - data analysis, nine-panel display 156–157, 170
 - diagnostic patterns 159, 170–171
- ventilatory threshold
 - physical fitness assessment 9
 - respiratory compensation point*
 - definition, derivation, and measurement units 126–127
 - normal/abnormal response 127–128
 - terminology 126–127
- ventricular aneurysm, XT relative contraindication 88
- ventricular contractions
 - ECG dysrhythmias 115
 - premature (PVCs), ECG 113
 - XT termination 89
- ventricular fibrillation, ECG dysrhythmias 115
- verapamil, f_{cmax} reduction 109
- vertigo, XT termination 89
- visual analog scale for breathlessness 146, 258
- visual disturbance, XT termination 89
- vital capacity (VC), nomograms 228–229
- volume, *conversion constants* 218
- volume transducers *see* flow and volume transducers
- volume-measuring devices 32–43
 - desirable qualities 32
 - flow and volume transducers 36–35
 - gas collection bags 32–36
 - spirometers and gasometers 35–38
- V_T *see* tidal volume
- V_D/V_T *see* dead space–tidal volume ratio

- walking and running tests
 - 6- and 12-minute 69
 - 6-minute walking test
 - definition, derivation, measurement units 94
 - equations 231
 - normal/abnormal responses 95
 - protocol 243
 - Cooper distance measurements 56–57, 237–239
 - 1.5-mile run 237
 - 3-mile walk 238
 - data analysis, sequential graphing 161–162
 - distance
 - definition, derivation, measurement units 94, 205
 - normal/abnormal responses 94
 - endurance time, normal/abnormal 93–94
 - oxygen cost, treadmill ergometers 211–212
 - Rockport 55–56
 - Shuttle 2-meter 57–58
 - timed 55–58
 - physical fitness assessment 9
 - see also* treadmill ergometers
- warm-up phase, data acquisition 85
- water vapor pressure
 - gas analyzers 41
 - oxygen analyzers, calibration 41
- water vapor pressure (P_{H_2O}) 246
- Weber classification, cardiovascular disease 99–100
- weight, *conversion constants* 218–219
- Wingate test, cycle ergometers 25
- work, *conversion constants* 219
- work efficiency*
 - calculation 100

- work efficiency (*cont.*)
 definition, derivation, measurement units 100, 206
 incremental exercise, oxygen uptake and work rate
 relationship calculation 100
 muscle work conversion 2
 normal/abnormal response 100–101
 physical fitness assessment 8–9
 XT response variables 100–101
- work rate increment 210
- work rate and oxygen uptake, effect of errors in r.p.m.
 (cadence) 240
- work rate tests
 constant (CWR)
 CXT 73–74
 oxygen uptake time constant 65–66
 t , normal/abnormal responses 93, 94
 $f_{c_{max}}$ and f_c /work rate relationship 51, 52
- incremental
 arterial blood gas tensions 135, 136
 cardiac output 117–118
- f_r responses 129–130
 maximal 66–67
 maximum oxygen uptake relationship 99
 minute ventilation and oxygen uptake relationship 123
 $P_{(A-a)O_2}$ changes 139, 140
 t , normal/abnormal responses 93, 94
 ventilatory equivalents 134–135
- laboratory tests 66–67
- oxygen uptake coupling 1–2
- variable, t , normal/abnormal responses 93–94
see also arm ergometers; cycle ergometers; treadmill
 ergometers; walking and running tests
- work rate (W), defined 210
- XT *see* exercise testing
- YMCA cycle ergometer test 61
- zirconium oxide analyzers, oxygen analyzers 39–40