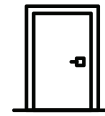


Workshop: Evidence-based exercise prescription with cardiopulmonary exercise testing



Wednesday,
5. July 2017,
10:30-12:00 o'clock



Room
Mailand/West



We look back on a long history of “range-based” training zone models where - irrespective of the athletes training or health status - training zones were assigned based on percentage proportions of maximum heart rate or maximum oxygen uptake. Physiological variables such as ventilatory thresholds determined by means of cardiopulmonary exercise testing allow the definition of training zones based on the athlete’s personal health and training status.

The 21st century in exercise testing shows a fundamental shift from “range-based” to “threshold-based” training zone models. This shift is important for athletes in performance related sports as well as for patients in the context of primary – quaternary prevention.

The lecture summarizes evidence-based methods used to identify ventilatory thresholds and gives an overview on scientifically based research in “threshold-based” exercise prescription for athletes as well as for patients.



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