

Methodology of Effort Tests

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Abstract

The objective of exercise test is to evaluate the cardiovascular, respiratory and metabolic capacity in conditions of supplementary charges. Depending on the type of exercise, these tests are continuous with constant or progressive increased charge or uncontinuous with break periods. During exercise test the functional parameters were dynamic measured at the beginning, during the test and at the ending, during the recovery period. These parameters are: arterial pressure, heart rate, maximal oxygen consumption and ventilation parameters.

Key words: cycloergometer, exercise test, cardiovascular parameters, ventilation, maximal oxygen consumption.