**Exam 2 Review**

14-15 Questions

35 points

Opens October 27th 12:00am, Closes October 31st 11:59pm

* Total Energy Expenditure (TEE)
	+ Components
	+ How to measure or estimate
	+ How to calculate
		- With and without PAL
	+ Physical activity level (PAL) contributions to TEE
* Resting Metabolic Rate
	+ Equipment used to calculate RMR
	+ RER/RQ
		- What is it? What components are needed?
		- What substrates/macronutrients are being burned for each outcome?
		- Substrate contributing to energy production (macronutrient being burned)
* Maximal and Submaximal Testing
	+ What is a maximal test and examples? (used for a lab)
	+ What is a submaximal test and examples?
	+ Changes in VO2 is someone is heavier or lighter
		- What happens if someone loses weight or does a VO2 test with more weight on them? Will VO2 go up or down?
	+ Absolute vs Relative VO2Max
		- Differences in weight, height and how they affect vo2 outcomes
		- VO2 absolute (L/min)= relative VO2 (ml/kg/min) x body weight (kg)
* VO2 Testing
	+ Classification of VO2: poor, fair, average, superior
	+ VO2Max vs. VO2 Peak
	+ 4 qualifications to meet VO2Max
	+ Relationship of heart rate and VO2