**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