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ACSM Metabolic Calculations. Jim Ross ES. ,RCEP. Wake Forest University. Purpose of Calculations. Under steady-state conditions, volume of oxygen ($\dot{V}O_2$) provides a measure of the energy cost of

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exercise. The rate of oxygen (O_2) uptake during maximal exercise indicates the capacity for O_2 .

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4, Steps 3 and 4 should be adjusted as follows: $35.57 - 3.5 = 32.07$

so that the answer in the final step is 5.98 miles/hr. Page 81,

Detailed Solutions 1 initial equation is missing one number. The equation should be $120 \cdot 6.12 = 734.4$.

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