I. BACKGROUND:

- Colon, breast, and prostate cancer risks can be reduced by physical activity, but assessment methods are self-reported, crude, and often imprecise.
- Better objective methods are needed to improve the validity and reliability of non-invasive physical activity measurement devices.
- Furthermore, specific activity prescriptions should be individualized and require improvements in assessment protocols.

II. PROPOSED MODEL

- As part of an overall model, cycling has been proven successful in physical activity assessment, due to its applicability from rehabilitation populations to elite athletes, but individualized determination between moderate and vigorous activity is needed.
- This study demonstrates how a series of three individualized tests can determine an individual's Anaerobic Work Capacity (AWC), the threshold between heavy and severe exercise known as Critical Power (CP), and the correlation between AWC expended (AWCexp) and changes to the torque-velocity curve (T-v).

III. METHODS

- 3 Min-All-Out Protocol
- Sprint Protocol (After Initial Fresh Sprint Established)

IV. RESULTS

- Effects of Theoretical AWCexp on T-v Curve.
  - 0% AWCexp
  - 33% AWCexp
  - 100% AWCexp

V. CONCLUSIONS

- Previous work (Butelli, 1996) has looked at changes in the T-v curve versus varying cycling intensities.
- Our work extends this idea to incorporate CP and AWC for the purposes of modeling a state of fatigue.
- Potentially, at any moment in time, a 6-second sprint could determine a subject’s state of fatigue.
- Future work will integrate these protocols into real-time monitoring of fatigue including other non-invasive devices and validated protocols.
- Protocol will be based on an individualized prescription of a threshold between moderate and vigorous exercise.

VI. CONCURRENT & FUTURE STUDIES

- Predicting the Expenditure of AWCexp Based on Changes to the T-v Curve (Karlee Edwards)
- Comparison of Threshold Determination between Blood Lactate Samples and Near Infrared Spectroscopy (NIRS) (Kristine Knowles)
- Modeling of real-time power output based on wearable, non-invasive NIRS device (Clemson Univ.)

VII. REFERENCES


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