

Contents

Preface	5
1. Chronological Age and Biological Maturation	7
2. Anthropometry and Body Composition	17
3. Basal Metabolic Rate and Energy Metabolism	23
4. Dynamometry – Muscle Strength Testing	33
5. Reactometry and Sensomotrics	37
6. Visual Function	39
7. Hearing, Vestibular and Kinaesthetic Function	43
8. Audiometry	47
9. Analysis of Urine	49
10. Physical Examination of Heart and Lungs	51
11. Heart Rate, Orthoclinostatic Test and Basis of Electrocardiography	55
12. Blood Physiology	59
13. Blood Pressure	63
14. Spirometry I. – Basic Pulmonary Tests	67
15. Spirometry II. – Advanced Pulmonary Tests (Computerised Spirometry)	71
16. Reflexes	75
17. Thermoregulation	77
18. Assessment of Daily Energy Intake from Nutrition	79
19. Assessment of Work Metabolism	83
20. Indirect Calorimetry	87
21. Cardiorespiratory Changes during Exercise	89
22. Thermoregulation and Excretion during Exercise	91
23. Fatigue and Changes of Reactivity during Exercise	93
24. Simple Functional Tests	95
25. Test PWC 170	99
26. Ventilatory Anaerobic Threshold	105
27. Test $\dot{V}O_{2max}$ – Aerobic Capacity	109
28. Anaerobic Wingate Test	113
29. Field Exercise Testing	115
30. Advanced Laboratory Exercise Testing	125
Appendices	135
References	141
Protocols	143

you will exchange your data in your laboratory report you fill your own data. However, when you examine your colleagues' lifting higher data in higher reps will make the laboratory practice more effective.

4. You will need a small pocket calculator for all the laboratory units. Each student will perform the calculations of his/her own data and therefore the use of only one calculator in the group will make problems to you. Be sure in performing basic arithmetic operations on your calculator (summing, subtracting, division, multiplying). Usually, you will express your own values obtained in experiments as a percentage of a norm and/or predicted value.