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Age and Resting Heart Rate Are Discriminators to Predict Endurance Without Physical Test

Abstract

Physical endurance is the most important variable in sport fitness. Endurance is determined commonly by maximal oxygen uptake (VO2 max) examination during such physical test. We tried to investigate whether there were some factors that could predict physical endurance without any physical test. Some data were collected from 32 subjects; half of them were athletes and othersedentary. Age, body weight, blood fasting glucose and resting heart rate were measured as predicted factors of endurance. Thesubject asked to hold as long as possible in the maximum exercise intensity and the duration in time was measured as an observed endurance. All data were analyzed for its normality distribution, multivariate correlation and discriminator test. We found that age and resting heart rate determined endurance with the following function was \( z = 0.246 \text{age} + 0.72 \text{resting heart rate} - 9.057 \). This function could differ significantly between low and high category of physical endurance \((p = 0.0001)\). It also 81.3% correctly classified the category of endurance level. Age and resting heart rate were two factors which determine predicted endurance. Thediscriminator function of age and resting heart rate could distinct correctly the subject into high and low category of endurance. (FMI 2014;50:110-113)

Keyword: physical, endurance, athletes, resting, heart, rate, physical, test,

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