

GLMS 23 April 2024

15.00-16.00, Boeringzaal

Presenter: Dr. Carlo Ferri Marini, Department of Human Movement Sciences, University of Groningen, University Medical Center Groningen

Aerobic exercise prescription: Delving deeper into the methods used for prescribing and monitoring aerobic exercise intensity

Accurately prescribing and monitoring aerobic exercise intensity is essential to maximize the benefits-to-risks ratio of training programs. Although several strategies can be used for prescribing and monitoring aerobic exercise intensity, each strategy presents advantages and disadvantages. The strengths, pitfalls, and unresolved matters of the methods used to assess aerobic exercise intensity will be analyzed in this presentation. In particular, it will be discussed how aerobic exercise intensity is affected by the a) parameters used for prescribing exercise intensity (e.g., heart rate, oxygen uptake, or power output), b) exercise characteristics (e.g., short vs. long duration or constant vs. variable intensity), and c) exercise intensity classification used (e.g., percentage- vs. thresholds- based).