

Preparation for the test

- The last meal before exercise should be light and should precede the test by at least 2 hours



- No smoke or drink caffeine or alcohol \leq 3 hr



Preparation for the test

- Heavy exercise should not be done earlier on the same day of the test
- Continue take all medicine unless instructed otherwise
- Wear running shoes, shorts and loose-fitting shirt

Procedure

Before test

- Hx & PE
- Calibration equipment
- Check supplies & data forms
- Select the appropriate test protocol for the participant
- Explain the procedure & answer any question
- Obtain informed consent
- Have the participant practice the task, if needed