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Exercise Physiology: New Frontiers for Exercise Testing and Prescription

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Deadline for manuscript submissions: closed (30 May 2021)

Message from the Guest Editors

Dear Colleagues,

Within the past decade, research on exercise testing has refined exercise prescription across newly defined exercise intensity domains. These domains are demarcated by the gas exchange/lactate threshold (GET/LT), critical power (CP), or critical speed (CS) in running, whereby exercise exceeding CP/CS and/or the maximal lactate steady state (MLSS), will evoke the attainment of maximum oxygen uptake (VO₂max). Key testing advances include the 3-min all-out exercise test for the determination of CP/CS and the verification bout for determination of "true" VO2max. These metrics enable the prediction of exercising performance, provide refined exercise prescription, and are useful in monitoring training adaptations. The Special Issue is soliciting original research and review articles related to these trending areas in exercise testing and prescription. We encourage submissions using and evaluating these testing procedures as well as other novel procedures in all populations including healthy subjects of all ages, athletes, sedentary individuals, and individuals with risk factors or those with diagnosed chronic disease.









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Message from the Editor-in-Chief

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