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Graded Exercise Testing Protocols for the  
Determination of  $VO_2$ Max: Historical Perspectives,  
Progress, and Future Considerations

*Journal of Sports Medicine*

Maximal oxygen consumption ( $VO_2$ max) reflects a dynamic interaction among multiple human physiological systems and is the most widely studied concept in the field of Exercise Physiology. Yet, there remains a debate regarding the proper way to assess and confirm the attainment of  $VO_2$ max. This publication is a review article highlighting historical perspectives, current practice, and future direction in the measurement of  $VO_2$ max.

