

**Table 1. Energetics - Basic Definitions<sup>3,5</sup>**

<b>Physiologic State</b>	<b>Oxygen consumed (ml O<sub>2</sub>/kg/min)</b>	<b>Calories Consumed (kJ/m<sup>2</sup>/hr)</b>
<b>At Rest</b>	Resting oxygen consumption	Basal Metabolic Rate (BMR)
<b>For a given activity</b>	Oxygen Consumption (VO <sub>2</sub> )	Metabolic Equivalent - (MET*)
<b>With maximal exertion</b>	Maximal Aerobic Capacity (VO <sub>2Max</sub> **)	

*\*MET is a multiple of BMR, defined as 3.5 ml O<sub>2</sub>/kg/min*

*\*\*VO<sub>2</sub> max dictates functional ability and is normally achieved within 8-12 minutes of exercise. Note: Metabolism switches from aerobic to anaerobic at 55-65% of VO<sub>2Max</sub> for untrained subjects.*