RESULTS: Daily distance run was significantly lower in the ATFL/CFL group compared to the CFL and SHAM groups (p=0.018) through 18 months of age. Daily distance decreased significantly across the lifespan (p=0.0001). Resting heart rate was not different between the groups through 18 months of age (p=0.25) but increased throughout the lifespan (p=0.0007). A significant interaction was observed suggesting a greater increase in resting heart rate in the ATFL/CFL mice with age (p=0.01).

<table>
<thead>
<tr>
<th>Age</th>
<th>ATFL/CFL Group</th>
<th>CFL Group</th>
<th>SHAM Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 months*</td>
<td>3.6 ± 2.3</td>
<td>4.2 ± 2.3</td>
<td>5.0 ± 3.5</td>
</tr>
<tr>
<td>6 months*</td>
<td>2.1 ± 1.1</td>
<td>2.7 ± 1.2</td>
<td>3.8 ± 1.5</td>
</tr>
<tr>
<td>12 months*</td>
<td>2.2 ± 0.8</td>
<td>2.4 ± 0.9</td>
<td>2.6 ± 0.8</td>
</tr>
<tr>
<td>18 months*</td>
<td>1.1 ± 0.6</td>
<td>1.6 ± 0.6</td>
<td>1.8 ± 1.0</td>
</tr>
</tbody>
</table>

(*)Significantly different between ATFL/CFL group and SHAM group; p < .05)

CONCLUSIONS: Our findings suggest ankle sprains involving the transection of the CFL and ATFL in young CBA/J mice will result in a reduced physical activity level and elevated resting heart rate throughout the remainder of the lifespan.

Supported by the UNC Charlotte Faculty Grant Program

G-38 Free Communication/Poster - Occupational and Environmental Physiology
Saturday, May 31, 2014, 7:30 AM - 11:00 AM
Room: WB1

3469 Board #113 May 31, 9:30 AM - 11:00 AM
Fear And Anxiety Increase During Fire Suppression
Deena S. Rosalky1, Robert J. Robertson, FACSM2, Jon C. Rittenberger2, David Hostler, FACSM2. 1University of Pittsburgh, Pittsburgh, PA. 2University of North Carolina at Wilmington, Wilmington, NC. (No relationships reported)

Fire suppression is inherently stressful work that increases stress and negative affect in firefighters. Two affective components of the stress response are fear and anxiety which are associated with different physiological responses. Little is known about how workload duration influences psychological stress responses in firefighters.

PURPOSE: The aim of this study is to investigate the effect of workload duration on self-reported fear and anxiety responses in firefighters.

METHODS: Healthy firefighters (N=42, 30.3±8.3 yrs) participating in a live fire evolution were randomized into either 2 bouts (n=19, 20.1±1.9 min total work) or 3 bouts (n=23, 27.3±5.0 min total work) of fire suppression, with 10 minutes rest between bouts. Self-reported fear and anxiety data were collected at 2 time points prior to entering the burn building, immediately on exiting the burn building, and at the commencement of recovery. The fear and anxiety scales used were developed from the revised Reinforcement Sensitivity Theory literature, and comprise 17 and 6 items respectively. Data were analyzed using a 2 (affect) x 2 (group) RMANOVA model and t-tests.

RESULTS: Significant main effects for time F (1,30) = 552.40, p < .01 and affect F (3,26) = 7.22, p = .01 were found. Independent t-tests indicated no difference between fear and anxiety at baseline. Fear and anxiety rose during fire suppression and t-tests showed that the increase in fear was greater than that of anxiety during both fire suppression and recovery. A decline in anxiety during recovery was demonstrated that was not present in fear responses, which continued to rise in recovery. No main effect or interaction effect was found for group.

CONCLUSIONS: Firefighters experience an increase in anxiety and fear during fire suppression with a greater and more prolonged increase in fear than anxiety. Longer work duration did not result in a more pronounced experience of fear or of anxiety.
Operational tasks in the uniformed services can be physically demanding. Fitness influences the ability of personnel to perform such tasks competently, therefore organizations routinely assess fitness. An in-depth evaluation of the most demanding critical job performance tasks is needed to inform the design of physical employment tests, however.

**PURPOSE:** To evaluate the critical job performance tasks undertaken by operational ambulance personnel.

**METHODS:** Data were collected during observations of 17 workers (7 females; 10 males; age range 19-58 y) across 31 shifts encompassing all job roles (emergency care, urgent care, rapid response, patient transport services, bariatric care). Heart rate data were collected at 60-s intervals across the shift. Differential ratings of perceived exertion (RPE; upper and lower body, breathlessness) were collected for each physical task using the CR-10 scale. Physical tasks were patient pick-up, patient drop-off or house visits. As these tasks involved common movements - carrying, pushing, pulling, and lifting - the tasks were subsequently categorized by activity mode (carryChair:, wheelChair:, stretcher, equipment carriage). Descriptive data were calculated for task physical responses. Tasks involving assisted and non-assisted walking were excluded from the analysis due to the low effort required.

**RESULTS:** The number of job tasks per shift was 9 ± 4. Physical task data are presented in Table 1.

**CONCLUSION:** The critical job performance tasks undertaken by operational ambulance personnel occur relatively infrequently and involve activities necessitating muscular strength and muscular endurance. Our task analysis provides the framework for the design of a valid physical employment test.

### Table 1. Median (interquartile range) RPE and heart rates for each critical job task. Also presented are the proportions of easy/moderate/hard RPE events.

<table>
<thead>
<tr>
<th>Activity</th>
<th>RPE</th>
<th>Heart rate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Upper body</td>
<td>Lower body</td>
</tr>
<tr>
<td>CarryChair: (n=25)</td>
<td>3 (2.3) 44/60/16</td>
<td>2 (2.3) 68/32/20</td>
</tr>
<tr>
<td>Equipment (n=54)</td>
<td>0.5 (0.1) 98/2/0</td>
<td>0.5 (0.1) 98/2/0</td>
</tr>
<tr>
<td>Stretcher (n=72)</td>
<td>2 (1.3) 58/32/10</td>
<td>1.8 (0.8,3) 74/24/3</td>
</tr>
<tr>
<td>WheelChair: (n=89)</td>
<td>2 (0.5,2.8) 75/250</td>
<td>1 (0.5,2) 89/11/0</td>
</tr>
</tbody>
</table>
Board #116  May 31, 9:30 AM - 11:00 AM
Lifestyle and Well-being in High Cardiovascular Disease Risk Groups in the UK Fire & Rescue Service
Phillip J.F. Turner, Andrew G. Siddall, Richard D. Stevenson, Martyn Standage, James L. Bilzon. University of Bath, Bath, United Kingdom. (Sponsor: Dr James Betts, FACSM) (No relationships reported)

PURPOSE: A high proportion of on-duty firefighter fatalities are thought to be associated with cardiovascular disease (CVD). However, lifestyle risk factors for CVD have not been investigated in the UK Fire & Rescue Service (FRS), but may indicate strategies for improving career longevity, health and well-being.

METHODS: The UK FRS Health & Lifestyle Survey was developed using validated, reliable questionnaires and made accessible to all UK FRS employees (Operational and non-operational staff) over a 6 month period. Anthropometric data (and pre-diagnosed hypertension (>140/90 mmHg)) were self-reported with measures of alcohol use, smoking status and psychological well-being (depression, anxiety, stress and satisfaction with life (SWL)). High CVD risk groups were defined as: overweight (BMI 25–30 kg/m²) and obese (>30 kg/m²); regular smoking; or presence of hypertension. Differences between groups in mean survey responses were identified using one-way ANOVA.

RESULTS: Respondents comprised 2043 operational (Op) firefighters (mean ± SD age 42 ± 8 y, height 1.79 ± 0.07 m, mass 86 ± 13 kg) and 1096 non-operational (NoOp) staff (age 45 ± 10 y, height 1.70 ± 0.10 m, mass 76 ± 17 kg). Op reported significantly greater alcohol use scores (4.8 ± 2.4 vs. 4.0 ± 2.4; where >5 indicates at risk drinking behaviour), and lower SWL (18.3 ± 7.3 vs. 17.5 ± 7.4) than the NoOp (p<0.05). Sixty four percent of the whole sample (n=2019) were in the moderate-high risk categories for BMI, 9% (n=227) were hypertensive, and 7% (n=227) were habitual smokers. In comparison to the normal BMI group, the high BMI group exhibited higher incidence of hypertension (21% vs. 4%), significantly higher waist circumference (0.97 ± 0.09 m vs. 0.79 ± 0.07 m), alcohol use (4.7 ± 2.7 vs. 4.2 ± 2.3) and indicators of depression and stress (p<0.05). The hypertension group were significantly older (49 ± 8 y vs. 43 ± 9 y), had higher BMI (29 ± 4 vs. 26 ± 4) and scores for all adverse mood states (p<0.05). Non-smokers had higher SWL (16 ± 8 ± 18 ± 7, p<0.05) and lower scores in alcohol use than smokers (3.5 vs. 4.3, p<0.05).

CONCLUSIONS: Survey results suggest that the UK FRS contain a proportion of employees with modifiable risk factors for cardiovascular disease, and changing lifestyle may improve physical health, potentially leading to greater feelings of well-being.

Board #117  May 31, 9:30 AM - 11:00 AM
Lifestyle Behaviours, Well-being And Chronic Disease Biomarkers In UK Operational Firefighters.
Andrew G. Siddall, Philip J. Turner, Richard D. Stevenson, Martyn Standage, James L. Bilzon. University of Bath, Bath, United Kingdom. (Sponsor: Dr James Betts, FACSM) (No relationships reported)

PURPOSE: Firefighter fatalities tend to occur from cardiac events during, or following, emergency incidents. Lifestyle behaviours, occupational stress and markers of inflammation are known to increase the risk of chronic disease, but have not been examined in UK firefighters.

METHODS: An online survey was developed to collect data on anthropometric characteristics, lifestyle behaviours (physical activity, alcohol, sleep) and psychosocial constructs related to well-being, in 2043 UK firefighters. In a sub-sample (n=54), fasted blood samples were obtained and subsequently analysed for C-reactive protein (CRP), interleukin (IL)-6, tumour necrosis factor (TNF)-α and cholesterol profile. Bivariate correlational analyses were used to identify relationships between variables.

RESULTS: In all respondents (mean ± SD; age 42 ± 8 y, height 1.79 ± 0.07 m, body mass 86 ± 13 kg), there was an association between BMI and waist circumference (r= 0.72) and both tended to increase with age (r= 0.22; r= 0.29). Both physical activity and sleep duration decreased with age (r= -0.11; r= -0.12) (p<0.05). Both age and waist circumference were positively associated with frustration in autonomy (r= 0.15; r= 0.11) and relatedness (r= 0.11; r= 0.01), and inversely with relatedness satisfaction (r= -0.10; r= -0.09) (p<0.05). Sleep duration was associated with all positive well-being indices, and inversely with all adverse mood states (p<0.01). In the sub-sample, both CRP (1.47 ± 2.09 mg/L) and LDL (3.10 ± 0.72 mmol/L) tended to be greater with higher body mass (r= 0.29; r= 0.34) and waist circumference (r= 0.33; r= 0.32), while HDL (1.38 ± 0.31 mmol/L) tended to be lower (r= -0.34; r= -0.38) (p<0.05). BMI was positively and inversely correlated with LDL (r= 0.30) and HDL (r= -0.32), respectively (p<0.05). CRP and HDL were associated with indicators of depression (r= 0.28) and alcohol use (r= 0.28), respectively (p<0.05).

CONCLUSIONS: Despite the physical nature of firefighting, the infrequent exposure to demanding operational duties may not be sufficient to maintain health and fitness among UK firefighters over time. This appears to be associated with adverse feelings of well-being and markers of chronic disease, which could threaten occupational safety, particularly in an ageing workforce.

Board #118  May 31, 9:30 AM - 11:00 AM
Career vs. Volunteer Firefighters: Differences in Physiological and Perceptual Responses to Acute Firefighting Activity
Paula Y.S. Poh1, Eric Goldstein2, Denise L. Smith, FACSM3, Steven J. Petruzzello, FACSM4, 1University of Illinois at Urbana-Champaign, Urbana, IL, 2University of Illinois Urbana-Champaign, Champaign, IL, 3Skidmore College, Saratoga Springs, NY. (No relationships reported)

Volunteer firefighters (VFF) suffer fatal cardiac arrests at twice the rate of career firefighters (CF). Given that physiological responses are likely similar during fire suppression activities, differences in perceptual and/or psychological responses may help identify FFs at risk for adverse cardiovascular events.

PURPOSE: To (a) examine the effects of simulated firefighting activity in the heat on perceptual and psychological variables in VFF and CFF, and to (b) determine whether select individual difference (ID) measures are predictive of such changes.

METHODS: 114 male FFs (VFF n=53; CFF n=52; MaSD: age=29.4 ± 9.7 y; ht=1.8 ± 0.1 m; mass=87.8 ± 15.6 kg; BMI=28.1 ± 4.4) free from any known cardiovascular disease underwent 18 min of simulated firefighting activity (stair climbing, forcible entry, secondary search, hose line advance) in standard turnout gear (M wt = ~180kg). Each activity lasted 2 min and was separated by 2 min of rest. At waist level, ambient temperatures on the training course ranged between 71–82°F. Measurements were obtained pre- and post- simulated firefighting activity.

RESULTS: Simulated firefighting activity resulted in significant (P < 0.05) increases in heart rate (Δ71.5, Δ79 b/min-1) and core temperature (Δ0.71, Δ0.63°C) for both VFF and CFF, respectively. Increases in thermal sensations and respiratory distress, along with overall RPE, were also similar for both groups. VFF had greater decreases in pleasantness (2.4 ± 1.4 units, 0-10) and energy (2.3 ± 2.0 units, 0-10) compared to CFF. ID measures of Trait Anxiety (TA: 29.7 ± 33.2, d=0.433) and Conscientiousness (C: 40.5 ± 37.1, d=0.674) differentiated CFF from VFF. In addition to occupational status, C and TA were predictive of post-FF activity psychological changes in perceived energy and state anxiety.

CONCLUSIONS: Whereas occupational status did not differentiate physiological responses to simulated firefighting activities, it did for psychological responses. Additionally, ID measures were predictive of changes in psychological responses. Further delineation of relevant predictive factors that may help identify the risk for adverse cardiovascular events in FFs is warranted.

Board #119  May 31, 9:30 AM - 11:00 AM
Effect Of Nosecups On Inhaled Gases, Pressures, And Temperatures In Self-contained Self-rescuer Respirators
Edward J. Sinkule. Centers for Disease Control & Prevention/NIOSH/NIPTL, Pittsburgh, PA. (Sponsor: Fredric Goss, Ph.D., FACSM) (No relationships reported)
The National Institute for Occupational Safety and Health (NIOSH) tests and approves self-contained self-rescuer respirators (SCSRs) used when escaping from mining accidents. All SCSRs use a mouth-bit–noseclip interface which prevents verbal communication between escaping miners. A noseclip has been commercially developed to allow verbal communication and may be manually applied to NIOSH-approved SCSRs.

**PURPOSE:** To determine the metabolic effects of an experimental nosecup on the performance test criteria applied to three different modified SCSRs.

**METHODS:** The NIOSH Automated Breathing and Metabolic Simulator, a computerized system which simulates human oxygen consumption (VO₂), carbon dioxide production (VCO₂), minute ventilation (Ve), and breathing waveforms, was used to test SCSRs with and without the nosecup. The protocol was a SCSR performance test with three periods of duration, VO₂, VCO₂, Ve, and breathing frequency, respectively, repeated in sequence until the SCSR reached termination criteria per federal regulations (42CFR844): 5 minutes, 3 L/min, 0.5 L/min, 0.4 L/min, 20 L/min, 12 breaths/min (all STPD).

**RESULTS:** To characterize effects of the nosecup, results for each SCSR at each VO₂ were averaged then subtracted from the averaged SCSR-nosecup data. Positive results indicate increases and negative results indicate decreases caused by the nosecup. The following results at each workload (VO₂, L/min) are average-inhaled CO₂ concentration (%); average-inhaled O₂ concentration (%); peak inspiration pressure (mmHgP); peak exhalation pressure (mmHgP); peak inhaled dry-bulb temperature (°C); and, peak inhaled wet-bulb temperature (°C), respectively: 3 L/min, 0.53%, -33.7%, 49 mmHgO, 40 mmHgO, -5°C, -3°C; 2 L/min, 0.89%, –30.87%, 20 mmHgO, 13 mmHgO, -7°C, -4°C; and, 0.5 L/min, 0.56%, -36.7%, -6 mmHgO, -31 mmHgO, -5°C, -2°C. Using criteria in 42CFR844, the nosecup increased the duration of one SCSR by 6 minutes, decreased the duration of another SCSR by 13 minutes, and caused a hypoxic condition (FgO₂ < 19.5%) early in the evaluation of the third SCSR at 6 minutes.

**CONCLUSION:** An experimental nosecup may have adverse effects on the performance by 2 of 3 NIOSH-approved SCSRs.

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**Board #120**

**May 31, 9:30 AM - 11:00 AM**

**Time to Target Heart Rate in Professional Firefighters Wearing a Weighted Vest versus Firefighter Gear**

Lindsey L. Carson, Lisa A. Donner, Ryan Z. Amick, Ruth A. Miller, Jeremy A. Patterson, FACSM, Michael J. Jorgensen, Nils Hakansson. Wichita State University, Wichita, KS.

(No relationships reported)

Firefighters have a physical demanding job that requires the ability to perform important and difficult tasks while carrying the weight of their fire gear. The Candidate Physical Ability Test (CPAT) is a physical exam that tests a candidate’s ability to perform firefighting tasks. During this test, candidates wear a 50-lb weighted vest to simulate the weight of a firefighter’s gear, including protective gear and equipment. 

**PURPOSE:** To determine whether a weighted vest accurately simulates gear in regard to heart rate activity of professional Firefighters during physical activity.

**METHODS:** Six male professional Firefighters (aged 26.83 ± 6.08 years) participated in this pilot study. Each subject performed two progressive incline treadmill stress tests using the Modified Balke protocol. The protocol was further modified to increase the grade by an additional 1 percent each minute. One test was performed while wearing a vest weighted to 35.5 lb. This weight simulates protective gear, which is fire gear without the self-contained breathing apparatus (SCBA). The second test was performed while wearing fire protective gear, including boots, bunker pants, coat and helmet. Tests were performed in a randomized order at the same time of the day with a 12 hour break between tests. Target heart rate was calculated for each subject using the equation (220 – Age) x 0.85. For each test, heart rate was measured with a heart rate monitor and time to target heart rate was recorded.

**RESULTS:** Mean time to target heart rate was 570.5 (±91.55) sec and 511 (±49.79) sec with vest and gear, respectively. A paired sample t-test indicates that there is a significant difference between time to target heart rate while wearing fire protective gear and a weighted vest (p=0.026).

**CONCLUSION:** As determined by this pilot study, a weighted vest does not accurately simulate fire protective gear with regard to time to target heart rate of professional Firefighters during physical activity.

**FUNDING:** 2013 College of Engineering Summer Research Award, Wichita State University, Wichita, KS.

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**Board #121**

**May 31, 9:30 AM - 11:00 AM**

**Effects of Heat Stress and Dehydration on Heart Rate during Exercise in Personal Protective Equipment**

Jeanne M. Haller, Patricia C. Fehling, FACSM, Denise L. Smith, FACSM, Skidmore College, Saratoga Springs, NY.

(No relationships reported)

Many occupational groups and athletes are required to wear personal protective equipment (PPE) to protect themselves from impact or environmental dangers. However, exercise or work in PPE leads to increased physiological strain, part by result of resultant heat stress and dehydration.

**PURPOSE:** To examine the independent and combined effects of heat stress and dehydration on heart rate (HR) responses during exercise in PPE.

**METHODS:** Twelve men (age, 22 ± 3 yr; height, 1.78 ± 0.07 m; body mass, 77.9 ± 11.2 kg) completed a 100 min run protocols (20 min exercise/20 min recovery) under four conditions: (1) control (euthyredated and weighted vest over cooling shirt [EUH-WVCS]), (2) euthyredated and PPE (EUEH-PPE), (3) dehydrated and weighted vest over cooling shirt (DEH-WVCS), and (4) dehydrated and PPE (DEH-PPE). A two-way ANOVA (time × condition) with repeated measures was used to determine differences in HR.

**RESULTS:** Peak core temperature was 37.5 ± 0.2 °C, 37.6 ± 0.2 °C, 37.8 ± 0.2 °C, and 38.2 ± 0.2 °C for the EUH-WVCS, DEH-WVCS, EUH-PPE, and DEH-PPE trials, respectively. On average, change in body mass between the end of the protocol and 24 h prior to exercise was -3.4 ± 0.6% for DEH-PPE and -2.9 ± 0.6% for DEH-WVCS. For the EUH conditions, change in body mass was -0.4 ± 0.6% for EUH-PPE and 0.2 ± 0.8% for EUH-WVCS. Exercise in PPE resulted in higher (P < 0.05) HRs (EUH-PPE, 152 ± 7 bpm; DEH-PPE, 159 ± 7 bpm) compared with the WVCS condition (EUH-WVCS, 105 ± 7 bpm; DEH-WVCS, 108 ± 8 bpm) at the end of the third exercise bout. Additionally, HR was higher (P < 0.05) for the DEH compared with the EUH condition when PPE was worn. At the end of the second recovery period, HR was higher (P < 0.05) for PPE (EUH-PPE, 82 ± 8 bpm; DEH-PPE, 83 ± 11 bpm) versus WVCS conditions (EUH-WVCS, 64 ± 11 bpm; DEH-WVCS, 64 ± 9 bm).

**CONCLUSION:** Both heat stress and dehydration contributed to increased HR during exercise but heat stress has a more pronounced effect. Heat stress also results in higher HR values during post-exercise recovery. Both the weight and insulative properties of PPE contribute to the physiological burden it imposes. The findings from this study support the importance of considering the encapsulating nature of PPE in efforts to reduce physiological strain through the redesign of PPE.

Supported by FEMA-APF Grant EMW-2010-01992.

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**Board #122**

**May 31, 9:30 AM - 11:00 AM**

**The Influence of Fire and Arc-Resistant Clothing on Heat Dissipation During Work in the Heat**

Brian J. Friesen 1, Martin P. Poirier 2, Stephen G. Hardcastle 2, Glen P. Kenny 1. 1University of Ottawa, Ottawa, ON, Canada. 2Canmet MINING Natural Resources Canada, Sudbury, ON, Canada.

(No relationships reported)

Workers are often exposed to hot environmental conditions while wearing protective clothing thereby further exacerbating the risk of heat-related injury. Increasingly in some industries, Arc-Flash and Fire resistant (AFR) clothing must be worn regardless of the environmental conditions to ensure worker safety. Anecdotal evidence suggests that workers experience greater thermal discomfort and strain when wearing AFR clothing. However, it is unclear how this type of clothing may affect whole-body heat dissipation.

**PURPOSE:** To examine the effects of AFR clothing on whole-body heat loss and change in body heat content during intermittent work in the heat (35°C, 20% relative humidity).

**METHODS:** On three separate occasions, six young males (23 ± 3 yrs) performed four 15-min exercise bouts at a fixed rate of heat production (400 W), each separated by a 15-min rest period while wearing: (1) cotton underwear only (Control, CON); wearing standard workpants (WP) and a long sleeve shirt with and without AFR properties; (2) shirt with Arc Thermal Performance Value: 8.1 (WP+AFTop) and (3) regular workshirt (WP+RegTop). A hard hat and gloves were worn in all conditions except CON. Whole-body evaporative heat loss (EHL, direct calorimetry), rate of heat production (M-W, indirect calorimetry), rectal temperature and heart rate were measured continuously. Change in body heat content (ΔHb) was calculated for each exercise/recovery cycle.

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RESULTS: Both WP+AFRTop and WP+RegTop resulted in a –1.8 fold greater cumulative ΔHb relative to CON (p ≤ 0.05). When both clothing ensembles were compared, EH and ΔHb were similar at the end of all four exercise and recovery periods (all p > 0.05). In parallel, the cumulative ΔHb for all exercise/recovery cycles was not different between WP+AFRTop and WP+RegTop (266 ± 40 vs. 264 ± 43 W, p = 0.939). Further, there were no differences in rectal temperature and heart rate during each exercise bout and recovery period (all p > 0.05).

CONCLUSIONS: We show that when combined with standard work pants, the use of a long sleeve AFR shirt does not impede heat dissipation to a greater extent than a standard long sleeve work shirt. Both clothing arrangements resulted in the same level of thermal and cardiovascular strain. Support: Natural Sciences and Engineering Research Council of Canada and QEII Scholarship.

G-39 Free Communication/Poster - Cycling
Saturday, May 31, 2014, 7:30 AM - 11:00 AM
Room: WB1

3479 Board #123 May 31, 8:00 AM - 9:30 AM
Rollers Versus Trainers: 10-KM Time Trial
WAYLAND TSEE, TAYLOR MILLESON, PAIGE BARHAM, ANGILA BERNI, CHRISTOPHER CUNDARI, BRANDON DAVIS, TATE DEVLIN, AMANDA DOTY, MORGAN EUDY, COLBY FORDHAM, TERRA OSMON, SHANE REYBOLD, ALEXANDRA SPRINGHETTI. UNC WILMINGTON, WILMINGTON, NC. (Sponsor: ROBERT BOYCE, FACSM)

PURPOSE: To determine which cycling indoor training device, Rollers or Trainers, is most effective in improving 10-km time trial.

METHODS: Eight male and 6 female volunteers (N = 14; age = 23.6 ± 4.6 yrs; height = 172.7 ± 9.9 cm; body mass = 68.4 ± 10.4 kg; % body fat = 16.9 ± 7.7; VO2max = 61.0 ± 9.4 mL·kg⁻¹·min⁻¹) provided informed consent prior to participation. Subjects performed a 10-km time trial at baseline and were then randomly assigned into one of three groups: Rollers (R), Trainers (T), or Control (C). Participants assigned to the R or T groups attended 24 supervised workout sessions throughout an 8-wk period (F: 3 days/week; I: 65-80% HRrest, D: 40 min; M: R or T).

RESULTS: There were no significant mean differences in baseline 10-km time trial between R, T, and C groups (F = 0.34, p = .72). There was a significant mean difference in 10-km time trial improvement between groups post-assessment when controlling for baseline values (F = 17.04, p < .001). Participants training with R and T improved their 10-km time trial by 20.4s [t(4) = 4.86, p = .008] and 12.8s [t(4) = 4.57, p = .01] respectively, whereas, C displayed no significant improvement.

CONCLUSION: Participants using R and T displayed significant decrements in time with respect to the 10-km time trial. However, R had a greater improvement in 10-km time trial when compared to T.

3480 Board #124 May 31, 8:00 AM - 9:30 AM
The Influence Of Cycling Protocols And Regression-based Algorithms On The Assessment Of The Anaerobic Threshold
Jorge M. Zuniga, Terry J. Housh, FACSM, Haley C. Bergstrom, Clayton L. Camic, Creighton University, Omaha, NE. University of Nebraska-Lincoln, Lincoln, NE. University of Wisconsin-La Crosse, La Crosse, WI. (Sponsor: Joan Eckerson, FACSM)

PURPOSE: The purpose of this study was to examine the effect of ramp and step incremental cycle ergometer tests on the assessment of the anaerobic threshold (AT) using three different computerized regression-based algorithms.

METHODS: Thirteen healthy adults (mean age and body mass ± SD = 23.4 ± 3.3 years, and 71.7 ± 11.1 kg) visited the laboratory on separate occasions. All subject performed a step or a ramp incremental cycle ergometer test to exhaustion in a random order. The data analyzed included VO2 and heart rate at the AT. The AT was assessed using three common computerized regression-based algorithms used in previous literature. The three mathematical models used were: 1) “Breaking point” algorithm, 2) “V–slope” algorithm, and 3) “Dmax” algorithm. Repeated measures ANOVAs were used to analyze the interaction and main effects between protocols and algorithms.

RESULTS: The step protocol resulted in significantly greater (P ≤ 0.05) mean values across algorithms than the ramp protocol for the VO2 (step = 7.6 ± 0.8 L·min⁻¹ and ramp = 6.8 ± 0.4 L·min⁻¹) and heart rate (step = 133 ± 21 bpm and ramp = 124 ± 15 bpm) at the AT. There were no significant mean differences, however, in power outputs at the AT between the step (115.2 ± 44.3 W) and the ramp (112.2 ± 31.2 W) protocols. Furthermore, there were no significant mean differences for VO2, heart rate, or power output across protocols among the three computerized regression-based algorithms used to estimate the AT.

CONCLUSIONS: The current findings suggested that the protocol selection, but not the regression-based algorithms can affect the assessment of the VO2 and heart rate at the AT.

3481 Board #125 May 31, 8:00 AM - 9:30 AM
Weighted Vest Standing Cycling Increases Metabolic Cost
Colin R. Carriker, Reid McLean, Jeremy McCormick, Len Kravitz. (Univ. of New Mexico), Albuquerque, NM. (Sponsor: Chad Kerkwas, FACSM)

No prior research has examined the effect of wearing a weighted vest (WTV) during stationary standing cycling. As well, no research has investigated the effect of extended bouts of stationary standing cycling (1, 2, 3 and 4 min) on metabolic parameters.

PURPOSE: To examine the metabolic cost of standing cycling with and without wearing WTVs, as a percent of body weight (BW).

METHODS: Twelve cycle-trained female subjects (age=40±8 yr, wt=57.3±5.3 kg, VO2max=44.9±5.8 ml/kg/min, max heart rate (MHR)=173±13 b/min, peak power output (POO)=325±29 Watts) randomly performed four, 4-minute standing WTV trials (No Vest, 5% BW, 10% BW, 15% BW) of cycling at 65% of POO, at subject’s preferred self-selected cycling cadence. A seated 4-min trial at 65% POO served as the control. VO2 and HR were monitored continuously during each exercise bout using open circuit spirometry and telemetry. RPE was recorded at the end of each minute for each 4-min trial.

RESULTS: Independent of workload, VO2 was 8% higher (p<0.05) in all standing conditions as compared to the seated cycling position. No significant (p>0.05) difference was seen between standing cycling (no vest) and wearing a 5% BW, 10% BW or 15% BW WTV. Standing cycling at 65% POO resulted in subjects exercising at an average of 87 to 89% during min 3 and 4 of their actual VO2max (with or without wearing a WTV) as compared to 81% during seated cycling. HR responses ranged from 91 to 94% of the subjects’ actual MHR values during min 3 and 4 for all standing trials compared to 92% during the seated control. There was a significant (p<0.05) increase in oxygen consumption ranging from 67 to 76% between min 1 and min 2 for all standing cycling bouts, with an additional 60 to 10% (p<0.05) increase between min 2 and min 3. All trials attained steady state parameters between min 3 and min 4. Standing cycling wearing 10% BW and 15% BW vests had a significantly (p<0.05) higher perceived effort than standing cycling with no vest, standing cycling with a 5% BW WTV and the seated control.

CONCLUSION: One strategy to increase energy expenditure during stationary cycle training with trained females is to incorporate standing cycling bouts lasting 2 to 3 min, with or without a WTV up to 15% BW.