

# Breath Frequency MedThesis

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## Abstract

Estimate Ventilatory Threshold from Respiratory Rate

This thesis explores the relationship between respiratory rate and ventilatory threshold, drawing insights from seminal works (Wasserman et al. 1994; Beaver, Wasserman, and Whipp 1986).

## CONTENTS

## REFERENCES

Beaver, William L, Karlman Wasserman, and Brian J Whipp (1986). "Ventilatory Thresholds and Metabolic Control of Exercise Intensity". In: *Journal of Applied Physiology* 60.5, pp. 1648–1653.  
Wasserman, Karlman et al. (1994). "Principles of Exercise Testing and Interpretation". In.