**DEFINITIONS**

**Total Time (s):** Total time in seconds for one 3-mile ride

**Total Time (h):** Total time in hours for one 3-mile ride

**Average Speed:** Average speed of the participant during a trial

**Average HR**: Average heart rate of participant during trial

**Average V02:** Average rate of oxygen consumption

**METS** = Refers to the metabolic equivalent, where 1 MET is the metabolism required for sitting and represents 3.5 ml/kg/min

**% of VO2 Max:** VO2/VO2 max = oxygen consumption or metabolic response as a fraction of maximum oxygen consumption or maximum metabolic rate breath frequency

**RQ:** Respiratory Quotient:  **RQ** = CO2 eliminated / O2 consumed

**RPE** = In sports and exercise, the rating of perceived effort that is used to measure the intensity of exercise.  On the rate of perceived effort scale, a designation of 6 represents no exertion at all, and a score of 20 represents maximal exertion.

**VT:** Tidal Volume

**VE:** Expiratory volume (is this right?)

**IV**: Inspiratory volume

**V02:** Rate of oxygen consumption per unit time

**VCO2:** Rate of CO2 output per unit time

**O2 Exp:** Oxygen expired

**CO2 exp:** CO2 expired

**VE/VO2:** Ventilator equivalent for oxygen

**VE/VCO2:** Ventilator equivalent for carbon dioxide

**VO2/Kg:** Rate of oxygen consumption per kilogram

**FeO2**: Fraction of expired air that is oxygen

**FeCO2:** Fraction of expired air that is carbon dioxide

**FetO2:** End tidal O2 Fraction

**FetCO2:** End tidal CO2 Fraction

**FiO2:** Fraction of inspired oxygen

**FiCO2:** Fraction of inspired carbon dioxide

**PeO2:** Relationship between inspired and expired oxygen

**PeCO2:** Relationship between inspired and expired carbon dioxide

**PETO2:** End tidal tensions of Oxygen

**PETCO2:** End tidal Tensions of carbon dioxide

**HR** **(beats/min)** = In one minute, the amount of beats that the heart creates.

**EE (kc)** = Energy expenditure refers to the amount of energy a person uses to partake in regular daily activities. This includes carrying out physical functions including breathing, circulating blood, or physical movement.