Peak expiratory flow rate protocol

Daniël Pastoor [1], Larissa Voshol [1], Marian Hasan [1]
[1]Hanzehogeschool

1 Protocol

1.1 Protocol for measurement

1. Explain our experiment and determine if the fits the criteria.

2. One person will ask for their basic information and write it down in the right column like:

2.1 Age

2.2 Length

2.3 Weight

2.4 Sex

2.5 Sport

2.6 Sport times

3. Measure the peak flow before an active workout.
   How to measure with a spirometer:

3.1 The subject must inhale and exhale deeply 3 times.

3.2 After the 3rd inhale, the subject must place the spirometer inside their mouth and exhale until there is no air left in their lungs.

3.3 Both researchers will write down the number in the "Peak flow" column in their own excel file.

3.4 Rest 1 minute.

3.5 The subjects must now do 10 jumping jacks.

3.6 Repeat steps 4.1 – 4.3.

1.2   Target audience:

18 to 25 year olds

Non smokers/vapers

No lung conditions

Sports: football, volleyball, gym, athletics

1.3   Research group:

Males

Sports/ works out less than 1 time a week

Sports/ works out more than 1 time a week

Females

Sports/ works out less than 1 time a week

Sports/ works out more than 1 time a week

1.4   Supplies:

Peak Flow measure device

1.5   Data processing:

The data will be processed using an excel sheet in which the following columns will be used:

Subject_id number

Labarant_id number

Sport (football, volleyball, athletics, tennis, none)

Sport_frequency

Age

Length in cms

Weight in kilograms

Sex man or woman

Peak_flow in liters

This file will be saved in a Github environment to make it accessible for all group members. The data will be anonymized