Dataset Records

When you find potentially useful datasets for your work, be sure to take these notes before navigating away!

Search terms and search tool you used to find this dataset

After searching through Carleton College Catalyst, Kaggle, and EBSCO host, we found this dataset by utilizing Google Scholar with the following search terms: “VO2 Max Treadmill Dataset.”

URL - (Also be sure to download a local copy)

Check to make sure the URL is stable from session to session (try opening the same URL in a different browser). If it is not stable, look for a “stable URL” or “permalink” or similar, or else document how you arrived at your data from the most recent stable URL on the website.

This is the stable URL to the article from which this dataset was posted:
https://link.springer.com/article/10.1007/s00421-021-04784-4.
This is the stable URL for the Dataset:
https://static-content.springer.com/esm/art%3A10.1007%2Fs00421-021-04784-4/MediaObjects/421_2021_4784_MOESM2_ESM.pdf.

Date Downloaded

Datasets can be fluid, so be sure you record when you downloaded your data.

This dataset was downloaded on January 24th, 2022.

Authorship

Record the author, Primary Investigator, or Agency that created the dataset

The author of the article associated with this dataset is Anders Aandstad − a PhD. and researcher from the Norwegian School of Sport Sciences with 51 publications and 570

citations (Aandstad, 2022). The agency that published this article was the *European Journal of Applied Physiology*. However, this data was provided by the "Norwegian Armed Forces HR and Conscription Centre" (Aandstad, 2021).

Exact name of the dataset and version

There are lots of similarly named datasets, so this will prevent mayhem later.

The exact name of the dataset is **Supplementary file2 (PDF 95 KB)**, and the file is presented at the bottom of the research article under the header Supplementary Information.

Time period, geography, and/or scope covered

This data was collected between 2011 to 2019 at conscript selection centers in Norway, and it includes "154,659 subjects (66% men and 34% women, 17–21 years old) who completed physical examinations at conscript selection" (Aandstad, 2021).

Location of dataset overview information

URL or other description of where to find the overview. Note key aspects of the overview in your notes (such as time period, geography, etc). Be sure to save local copies as datasets can be fluid things and documentation may move or change.

Here is a link to the article from which the data was presented: https://link.springer.com/article/10.1007/s00421-021-04784-4. It provides a description of how the data was collected and accessed in the Materials and Methods section. The database from which the article was accessed was Springer Link, and the article can alternatively be found by typing the title "Reference data on anthropometrics, aerobic fitness and muscle strength in young Norwegian men and women" into the search bar on this site.

Location of technical documentation

URL or other description, PLUS LOCAL COPIES THAT YOU SAVE. These may include a codebook, user guide, metadata, documentation, and terms of use. Be sure to save local copies as datasets can be fluid things and documentation may move or change.

The data across percentiles is stored on a pdf document from which I have made a local copy. Three documents of statistical data were generated by this study, one includes a description of

the exercises performed by research subjects. The last offers calculated means for athletic performance between men and women. However, for this assignment, our team will only use the data that describes athletic performance across percentiles of Norwegians. Below is a link to the data:
https://static-content.springer.com/esm/art%3A10.1007%2Fs00421-021-04784-4/MediaObjects/421_2021_4784_MOESM2_ESM.pdf

Data formats

Note any useful information about the data formats found.

Because the publicly available data presented in this study is actually summary statistics across percentiles of a private dataset, the researcher opted to present the information in a pdf document rather than a csv file, but since there is not an extreme amount of values, it is quite simple to convert the pdf into a csv file using Google Docs. The rows are partitioned into the subsections “men” and “women” where individual rows correspond to “Height (m),” “Weight (kg),” “BMI (kg·m-2),” “Treadmill run time (min:sec),” “Est. VO2peak (mL·kg-1 ·min-1),” “Isometric chest press (kg),” “Isometric leg press (kg),” “Seated medicine ball throw (m),” “Standing long jump (m),” and “Pull-ups (reps.).” These labels are present in both the “men” and “women” subsections. The first column is labelled n and corresponds to the number of individuals who underwent the test for each exercise or measurement corresponding to the rows. The remaining columns represent the percentiles of Norwegians ranging from 5% to 95% by steps of either 5% or 10%. For instance, the fifth percentile men in this study had a predicted VO2 Max score of roughly 45.2 mL·kg-1 ·min-1, whereas the ninety fifth percentile had a score of around 60.5 mL·kg-1 ·min-1.

Terms of Use

Are there any restrictions on how you can use these data?

Suggested Citation if provided

You may adjust this citation later to accommodate a particular citation style, but always record the suggested citation in your notes.

Aandstad, A. Reference data on anthropometrics, aerobic fitness and muscle strength in young Norwegian men and women. *Eur J Appl Physiol* 121, 3189–3200 (2021). https://doi.org/10.1007/s00421-021-04784-4.

References

Aandstad, A. Reference data on anthropometrics, aerobic fitness and muscle strength in young Norwegian men and women. *Eur J Appl Physiol* 121, 3189–3200 (2021). https://doi.org/10.1007/s00421-021-04784-4.

Aandstad, A. Anders Aandstad [Personal Profile]. *ResearchGate,* (2022). https://www.researchgate.net/profile/Anders-Aandstad.