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6. A basketball player executes a fast break ending with a slam dunk. 7. A volleyball player performs two sets of six squats. 8. A cyclist completes a 25-mi time trial in 50:30.6 9. An exercise physiology student completes a graded exercise test on a cycle ergometer with 3 minute stages and +50 kg.min⁻¹ per stage to . determine VO₂max. 10.

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Most of Dr. Howley's volunteer efforts have been with the American College of Sports Medicine, where he served as president from 2002-2003. He is the Editor-in-Chief of ACSM's Health & Fitness Journal, and is chair of the program planning committee for the annual ACSM Health & Fitness Summit meeting.

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