

MAXIMAL FAT OXIDATION STUDY

Georgia College Human Performance Lab

Fall 2020 / Spring 2021

****Must be COVID-19 negative and have no recent exposure to participate****

**Study Participants needed:

to determine if maximal fat oxidation differs between the treadmill and the cycle ergometer in a population of college-aged females.

Healthy Female participants

* 18 – 35 years old

Determine your:

Maximal Oxygen Consumption (VO₂max)

Maximal Fat Oxidation Rates (Fatmax)

for both Treadmill and Cycle exercise

Fitness Level

Body Composition (% Body Fat / % Lean Body mass)

Fasting Blood Glucose/Blood Lipid Profiles

Contact :

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**This study has been approved by the GC Institutional Review Board.

