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Volume 24, 2007
Volume 23, 2006
Volume 22, 2005
Volume 21, 2004
Volume 20, 2003

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Effect of the chronological age and sexual maturation on the time to exhaustion at maximal aerobic speed

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[Biol Sport](#) 2007; 24 (1):

ICID: 890701

Article type: Original article

IC™ Value: 9.36

Abstract provided by Publisher



The purposes of this study were: a) to verify the effect of chronological age and sexual maturation on the time to exhaustion at VO₂max (tlim) and; b) to examine the reproducibility of tlim in boys aged 10-15 years. Forty boys, divided into 4 groups, in accordance to the chronological age (G10-12 and G13-15) and sexual maturation (P1-P3 and P4-P5 levels for pubic hair), performed the following tests: 1) incremental test for determination of VO₂max and; 2) all-out exercise bout performed at VO₂max to determine the tlim. There was no difference of tlim (sec) between G10-12 and G13-15 (181.5± 96.3 vs. 199± 105.5). While the two measures of tlim were moderately related (r=0.78), tlim from the second test (226.6± 96.1 s) was higher than that of the first (191.3± 79.2 s). We can conclude that the tlim is not influenced by chronological age and sexual maturation. Besides, tlim presents a lower reproducibility in children and adolescents.

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