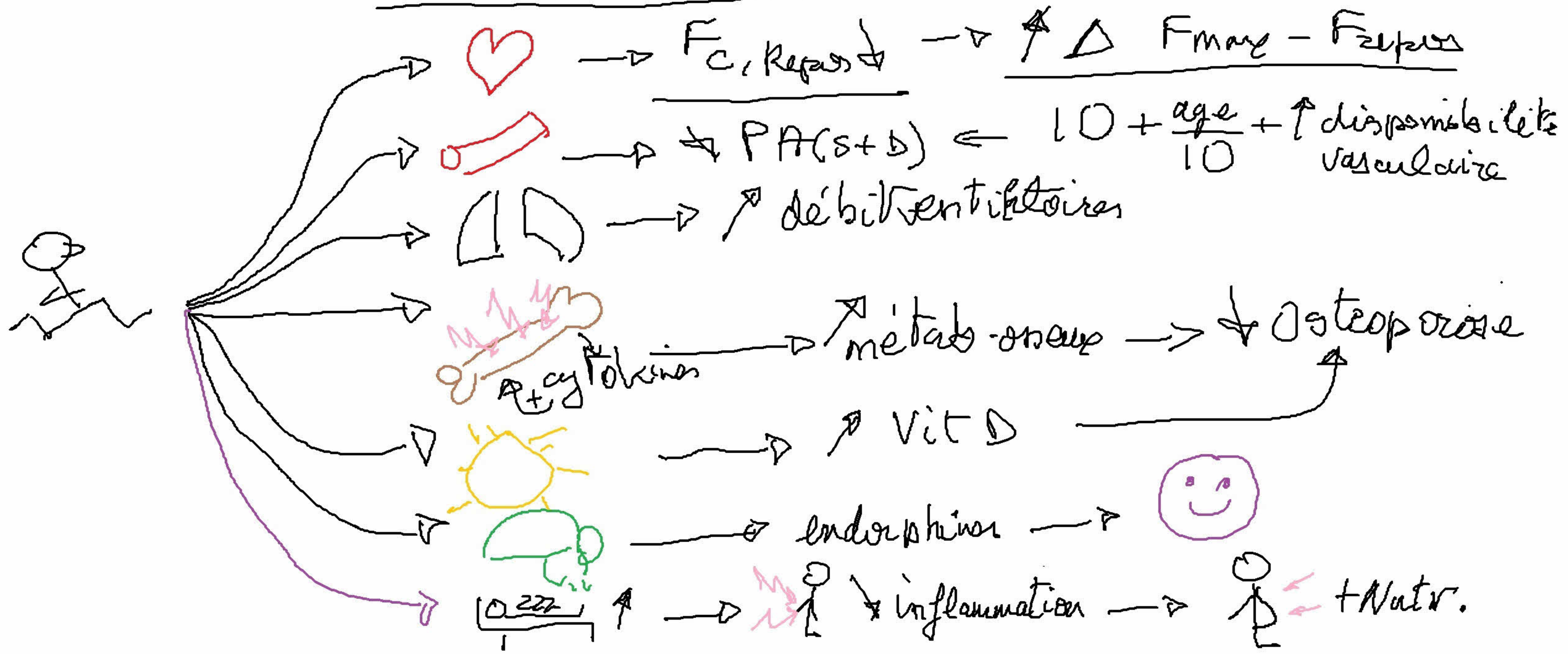

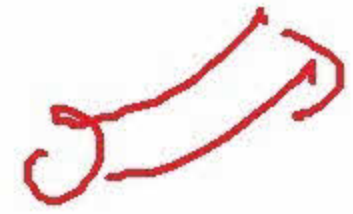



V: bénéfices du sport



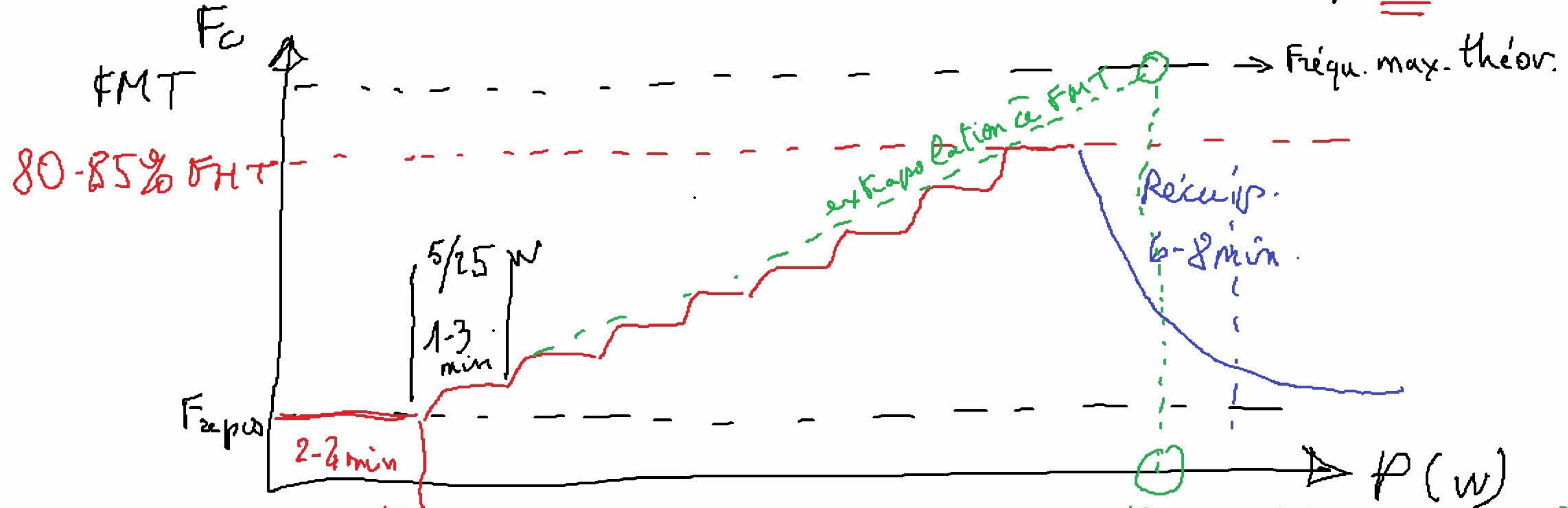
# I - Données mesurées

-  → ECG → FC  $\dashrightarrow$   $FMT = 220 - \text{age}$   
fréquence maximale théorique
-  → PAS →  $10 + \frac{\text{age}}{10}$   
PA D →  $\frac{PAS}{2} + 1$
-  →  $\dot{V}O_2 \text{ max}$   
→  $\dot{V}O_2 \text{ pulm.} + \text{débit ventric.} \rightarrow$  Explor. Funct. Resp.
- Fib I  $\Rightarrow$  Fib II  $\rightarrow$  Biopsie  
~~CO<sub>2</sub>~~



D = 8-15 min

III: Epreuve effort:  $\dot{V}O_2 \text{ max}$  — indirecte  
 — s/s maximale



idnauff

$$\dot{V}O_2 \text{ max} = \left( \text{PMT} \times 0,01 \right) + 0,4$$

l/min

$P_{\text{max Théorique}} = \text{PMT}$

entz aer<sup>t</sup> : ↑ 20%  $\dot{V}O_2 \text{ max}$

#### IV; domaines de travail

o VMA: vitesse maximale aérobie : D max. en 6 min.

$$VMA = D \times 10$$

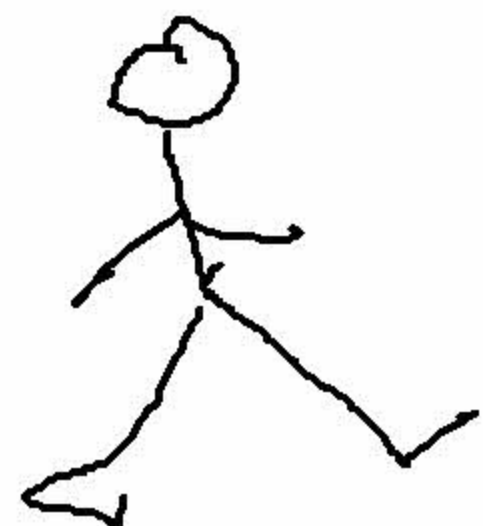
o  $\dot{V}O_2 \text{ max} = \left( 0,18 \times VMA \times \frac{100}{6} \right) \pm 5 \text{ ml/min/kg.}$

o PMA :  $(\dot{V}O_2 \text{ max} - 0,4) / 0,01 \text{ l/min}$

o seuil anaérobie  $\geq \frac{80-85\%}{\dot{V}O_2 \text{ max}} = \underline{\underline{7 \text{ min}}}$

# VI. Recommendations

mini



30 min marche  
Rapide / j

podomètre  
léger essouffement

moyenne



45 min / j

cardiofréquence mètre

intense



≥ 45 min

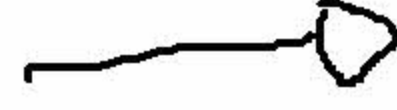
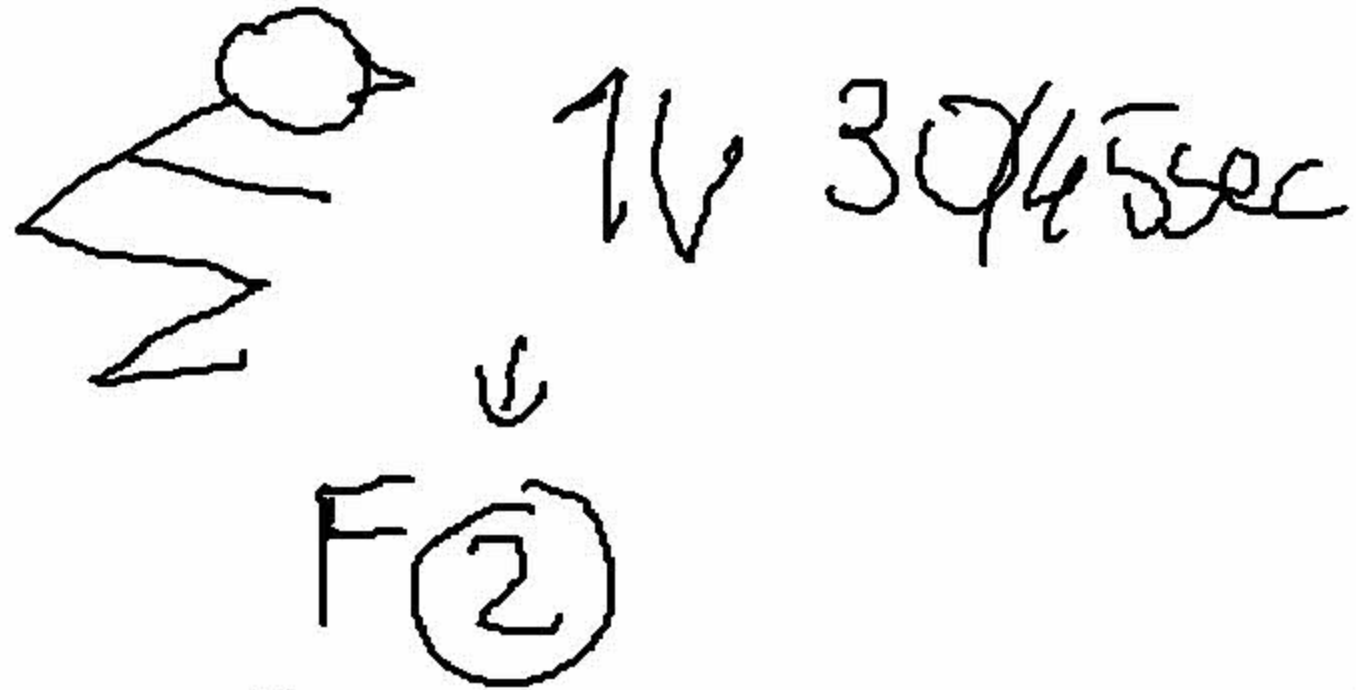
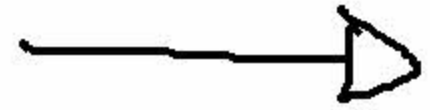
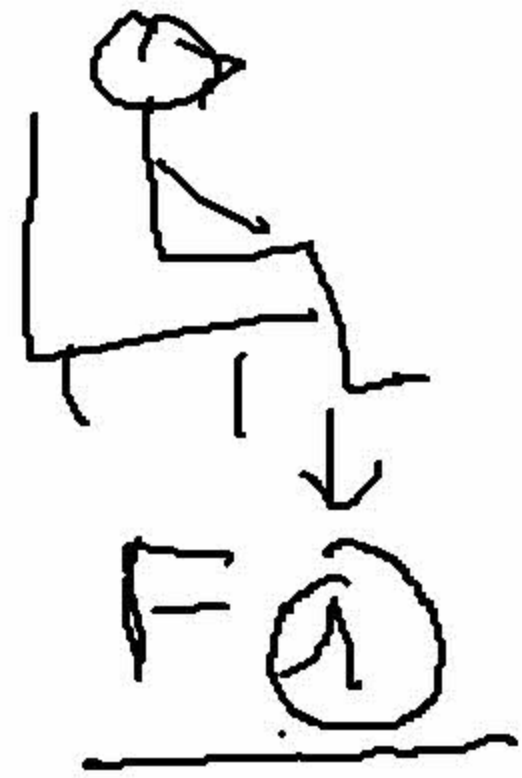
80-85% FMT

cardiofréq + Coach

- o échauffement
- o essouffement
- o fractionné

• Pazoles

## II. Test de Ruffier



Indice de Ruffier (iR)  
 iR ← en train

$$= \frac{(F_1 + F_2 + F_3) - 200}{10}$$

- 0 : accept
- 1-5 : TB
- 5-10 : m
- 10-15 : insuff.
- > 15 : consulte