

Table 1. Energetics - Basic Definitions^{3,5}

Physiologic State	Oxygen consumed (ml O ₂ /kg/min)	Calories Consumed (kJ/m ² /hr)
At Rest	Resting oxygen consumption	Basal Metabolic Rate (BMR)
For a given activity	Oxygen Consumption (VO ₂)	Metabolic Equivalent - (MET*)
With maximal exertion	Maximal Aerobic Capacity (VO _{2Max} **)	

**MET is a multiple of BMR, defined as 3.5 ml O₂/kg/min*

***VO₂ max dictates functional ability and is normally achieved within 8-12 minutes of exercise. Note: Metabolism switches from aerobic to anaerobic at 55-65% of VO_{2Max} for untrained subjects.*