

# Accuracy of a 'level of fitness dependent protocol' for measuring VO2-max using bicycle-ergometry

<b>Submission date</b> 14/02/2006	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 14/02/2006	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 05/11/2008	<b>Condition category</b> Other	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
NTR536

## Study information

**Scientific Title**

**Study objectives**

If the 'level of fitness dependant protocol' produces a higher VO2-max in comparison with the adapted Bruce protocol, then a relevant difference can be shown when the results are statistically analysed.

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Received from the local medical ethics committee

**Study design**

Randomised, double blind, controlled, parallel group trial

**Primary study design**

Interventional

**Study type(s)**

Diagnostic

**Health condition(s) or problem(s) studied**

Accuracy of a 'level of fitness dependent protocol'

**Interventions**

Subjects will do both exercise tests with a minimum of one week and a maximum of 3 weeks in between. Which test is taken first is decided by means of chance.

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

The maximum VO2 of both tests taken.

**Key secondary outcome(s)**

No secondary outcome measures

**Completion date**

01/05/2006

**Eligibility****Key inclusion criteria**

1. Aged 20 - 65 years of age
2. Healthy subjects

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

All

**Key exclusion criteria**

1. Use of medication concerning blood pressure or heart
2. Smoking subjects
3. Younger than 20 or older than 65 years
4. Musculoskeletal disorders which affect maximal bicycle ergometry

**Date of first enrolment**

13/12/2005

**Date of final enrolment**

01/05/2006

**Locations****Countries of recruitment**

Netherlands

**Study participating centre**

**St Anna Zorggroep**

Geldrop

Netherlands

5660 AB

**Sponsor information****Organisation**

St Anna Caregroup (St Anna Zorggroep) (The Netherlands)

**ROR**

<https://ror.org/04y89nz36>

**Funder(s)****Funder type**

Hospital/treatment centre

**Funder Name**

St Anna Caregroup (St Anna Zorggroep) (The Netherlands)

## **Results and Publications**

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**

Not provided at time of registration