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**A PRESCRIÇÃO DA FREQUÊNCIA CARDÍACA PARA A APTIDÃO
CARDIORESPIRATÓRIA EM MULHERES ADULTAS E IDOSAS.**

IMPLICAÇÕES DAS DIFERENÇAS NAS RELAÇÕES ENTRE

$\% VO_{2\text{máximo}} - \% FC_{\text{reserva}}$ e $\% VO_{2\text{reserva}} - \% FC_{\text{reserva}}$

Dissertação apresentada com vista à obtenção do grau de
Mestre em Exercício e Saúde

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RESUMO

Este estudo pretendeu comparar a relação entre a % do consumo máximo de oxigénio ($\%VO_{2max}$) e % da frequência cardíaca de reserva ($\%FC_{reserva}$) com a relação entre a % do diferencial entre os consumos de oxigénio máximo e de repouso ($\%VO_{2reserva}$) e a $\%FC_{reserva}$, em mulheres adultas e idosas. Outro objectivo deste estudo consistiu na identificação de factores explicativos das diferenças entre o VO_2 estimado com base na equação do American College of Sports Medicine para corrida e o VO_2 medido.

Vinte e três mulheres adultas e idosas realizaram um teste máximo em tapete rolante para monitorização daquelas variáveis. Seguidamente, identificaram-se 23 regressões individuais entre $\%VO_{2max}$ - $\%FC_{reserva}$ e $\%VO_{2reserva}$ - $\%FC_{reserva}$. Os coeficientes das duas relações foram avaliados através de testes t. Os resultados revelaram que as duas relações não são equivalentes e que a relação $\%VO_{2reserva}$ - $\%FC_{reserva}$ não difere da linha de identidade. Concluiu-se que a prescrição do exercício se deverá basear na $\%VO_{2reserva}$ em substituição da $\%VO_{2max}$.

No segundo objectivo deste estudo os resultados indicam que o quadrado do peso explica 31% das diferenças encontradas para o 1º patamar do teste. O cubo da idade contribui para explicar 51% das diferenças encontradas para o 2º patamar.

Palavras Chave: Frequência cardíaca máxima, frequência cardíaca de reserva, consumo de oxigénio de reserva, consumo máximo de oxigénio, prescrição de exercício, idosas.

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