

Testing the feasibility of a clinic-based assessment of exercise-induced maximum heart rate and heart rate recovery in adults without cardiovascular disease

Status: Recruiting

Eligibility Criteria

Sex: Male or Female

Age Group: 18 years and over

This study is also accepting healthy volunteers

Inclusion Criteria:

- able to perform short-term intense exercise

Exclusion Criteria:

- history of heart disease such as heart failure, valve disease, arrhythmia etc. - resting symptoms of shortness of breath or chest discomfort - resting heart rate of 100 or greater - high blood pressure - women who are pregnant - unable to speak and understand English

Conditions & Interventions

Conditions:

Community Health, Heart & Vascular

Keywords:

Exercise, Heart Health, Stress test

More Information

Description: We want to explore whether it is possible for adults without symptoms of heart disease to perform a short, high intensity exercise routine in a clinic setting in order to measure maximum heart rate and heart rate recovery. If this method is successful, it could be used by patients and clinicians to estimate and track heart health over time.

Study Contact: Jeremy Van't Hof - vanth008@umn.edu

Principal Investigator: Jeremy Van't Hof

IRB

Number: STUDY00022190

Thank you for choosing StudyFinder. Please visit <http://studyfinder.umn.edu> to find a Study which is right for you and contact sfinder@umn.edu if you have questions or need assistance.