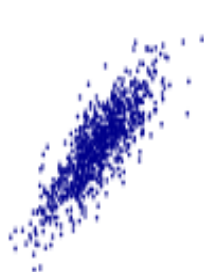


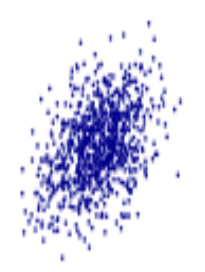
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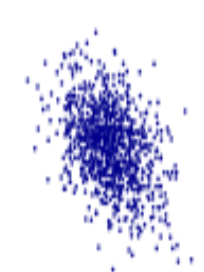
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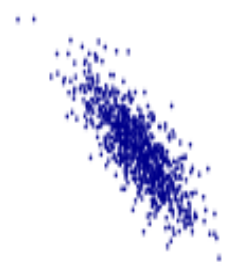
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-0.4



-0.8



-1



1



1



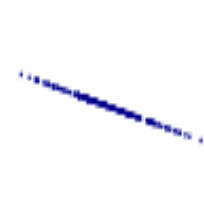
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-1



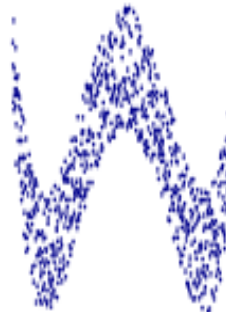
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-1



0



0



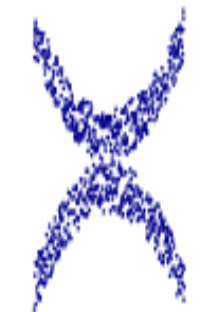
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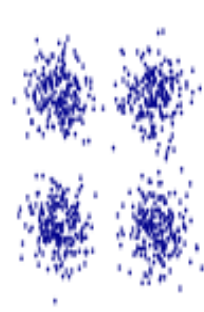
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0



0





Welche Schlange?

Kasse 1

3

2

3

Kasse 2

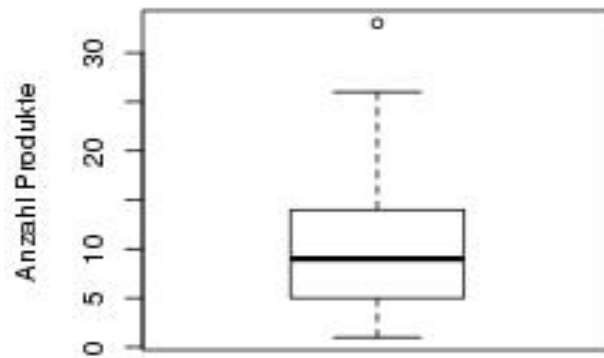
19

Coop Hauptbahnhof

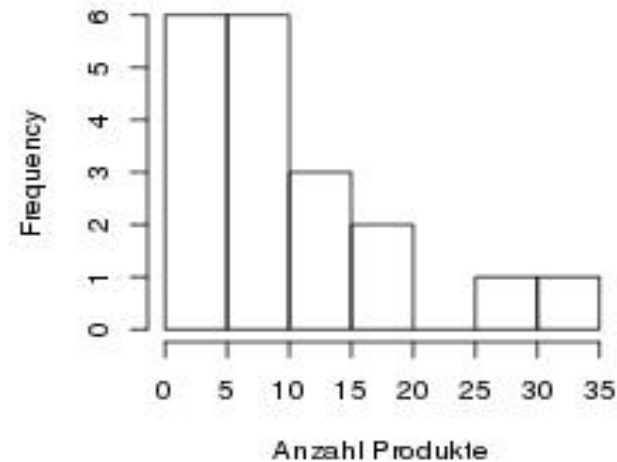
Di, 22.11.2011, 17:40 – 18:00

(eine Kassierererin)

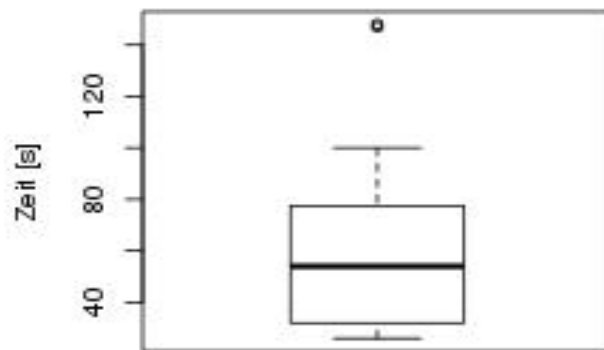
Anzahl Produkte



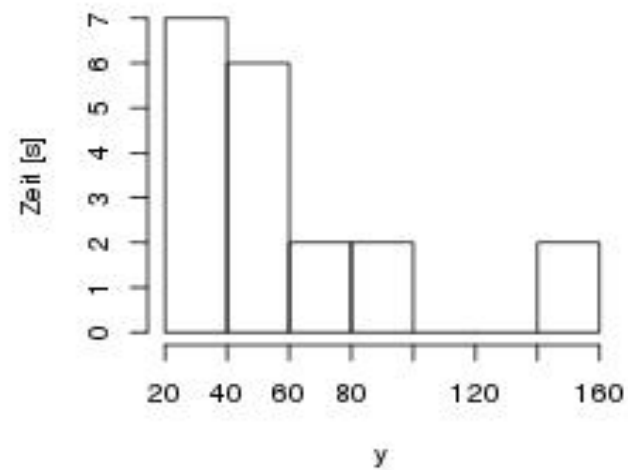
Anzahl Produkte



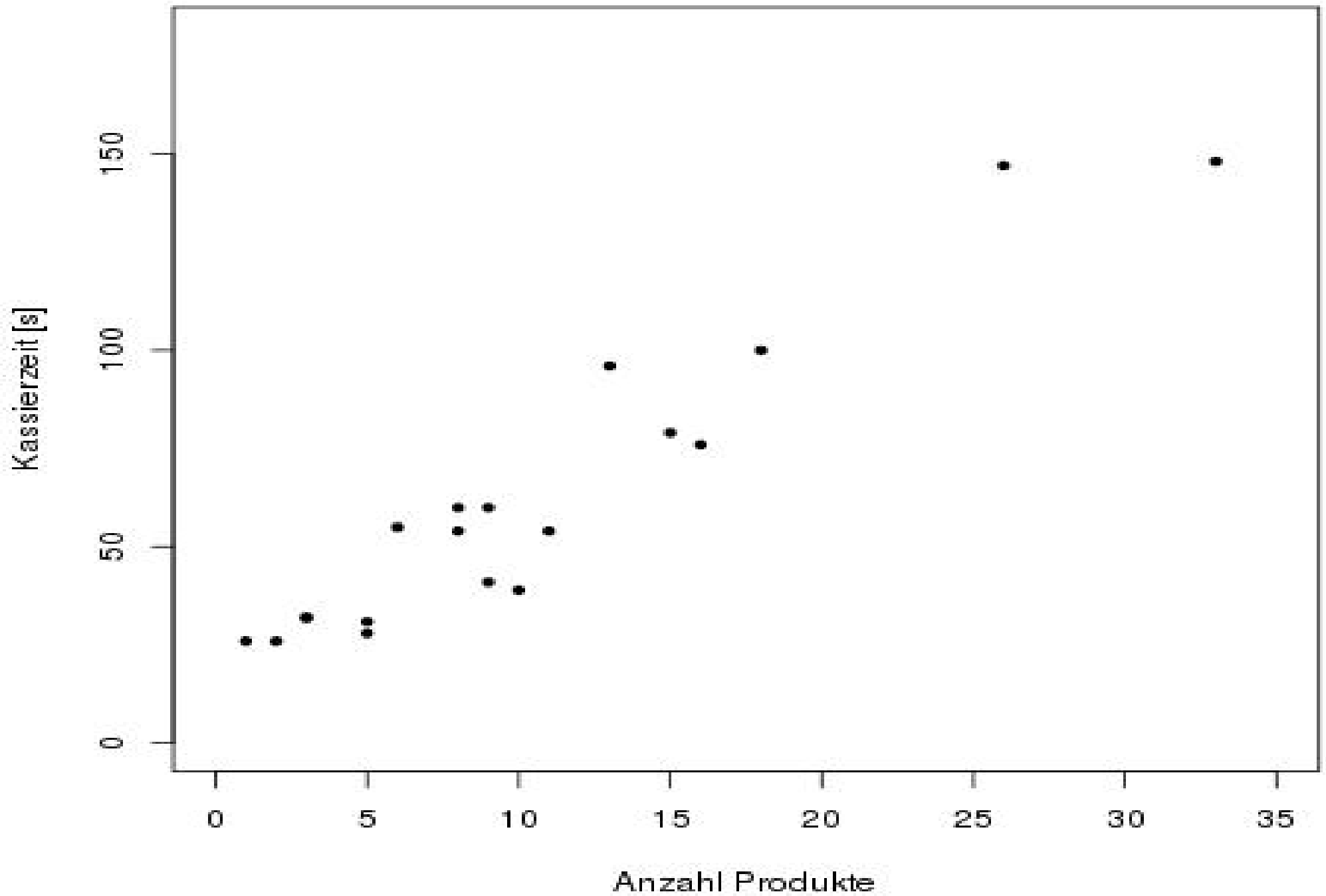
Kassierzeit



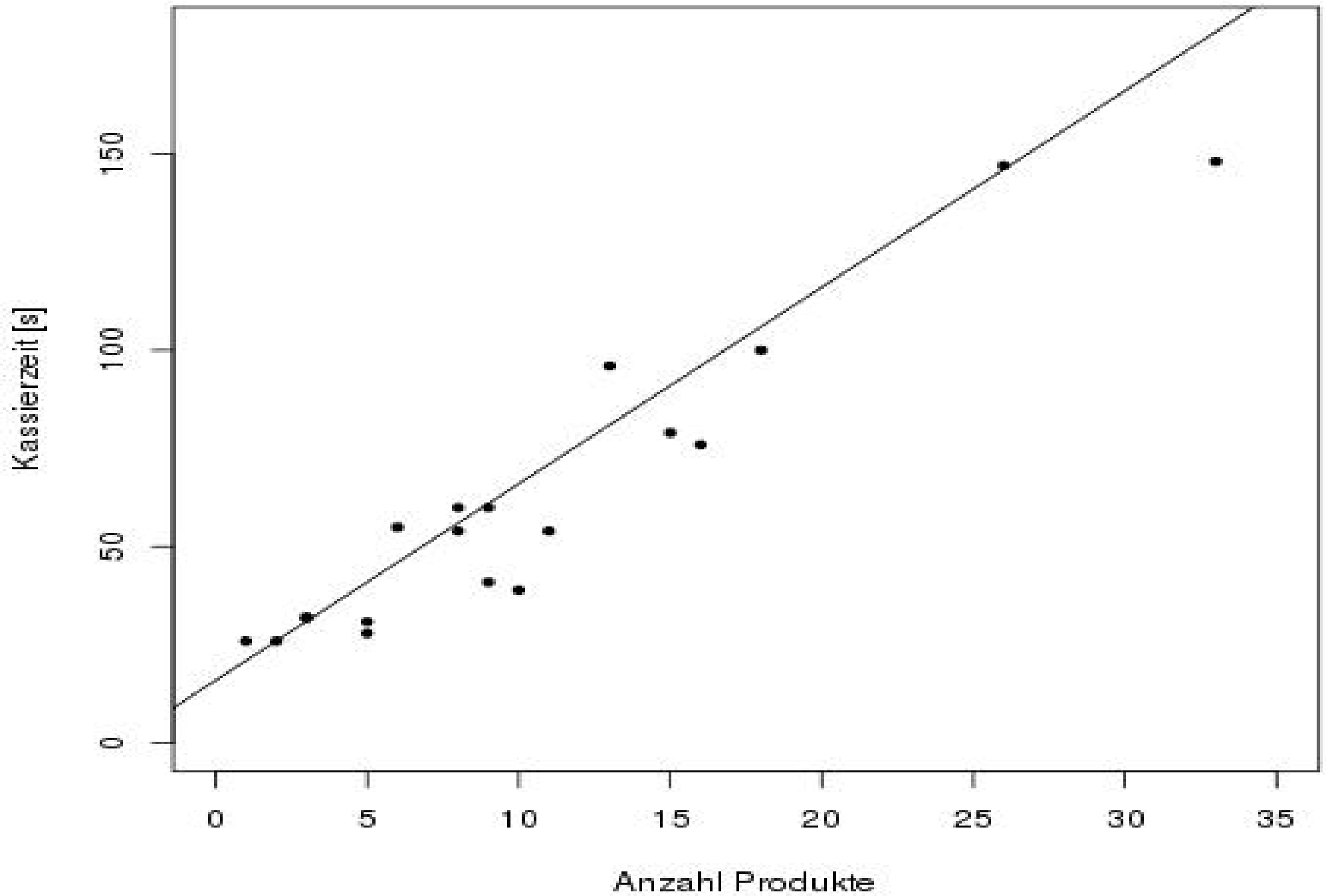
Kassierzeit



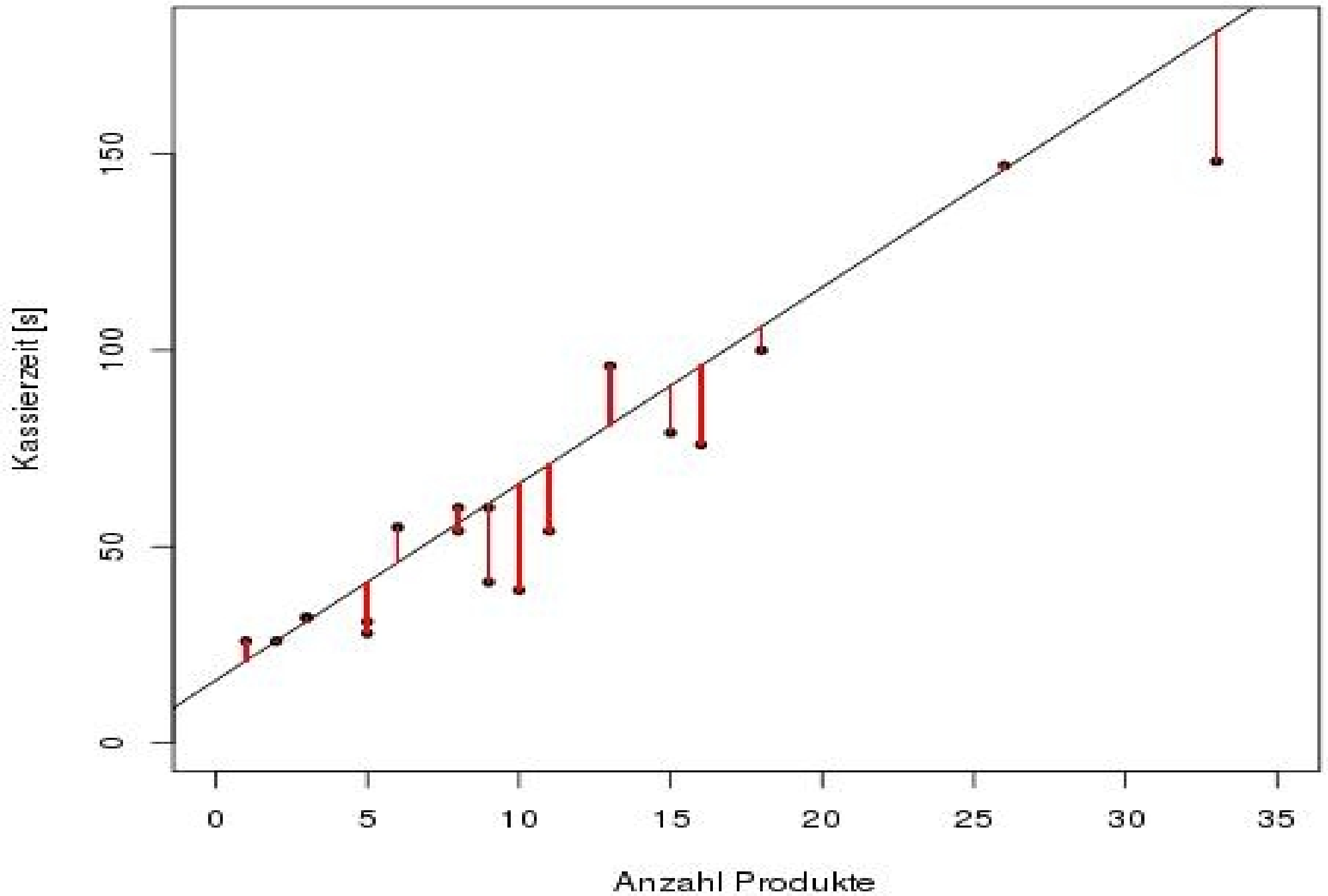
Streudiagramm



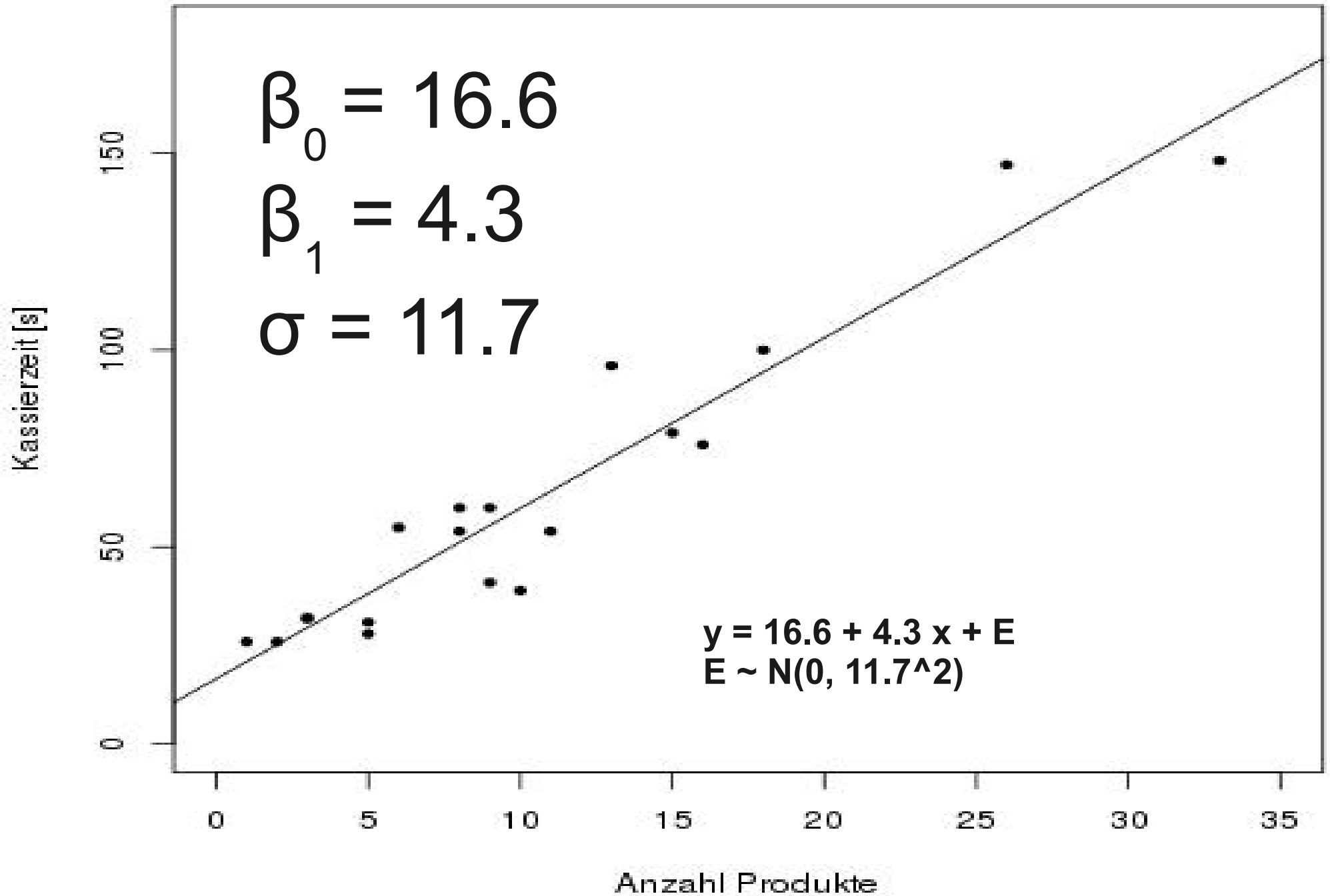
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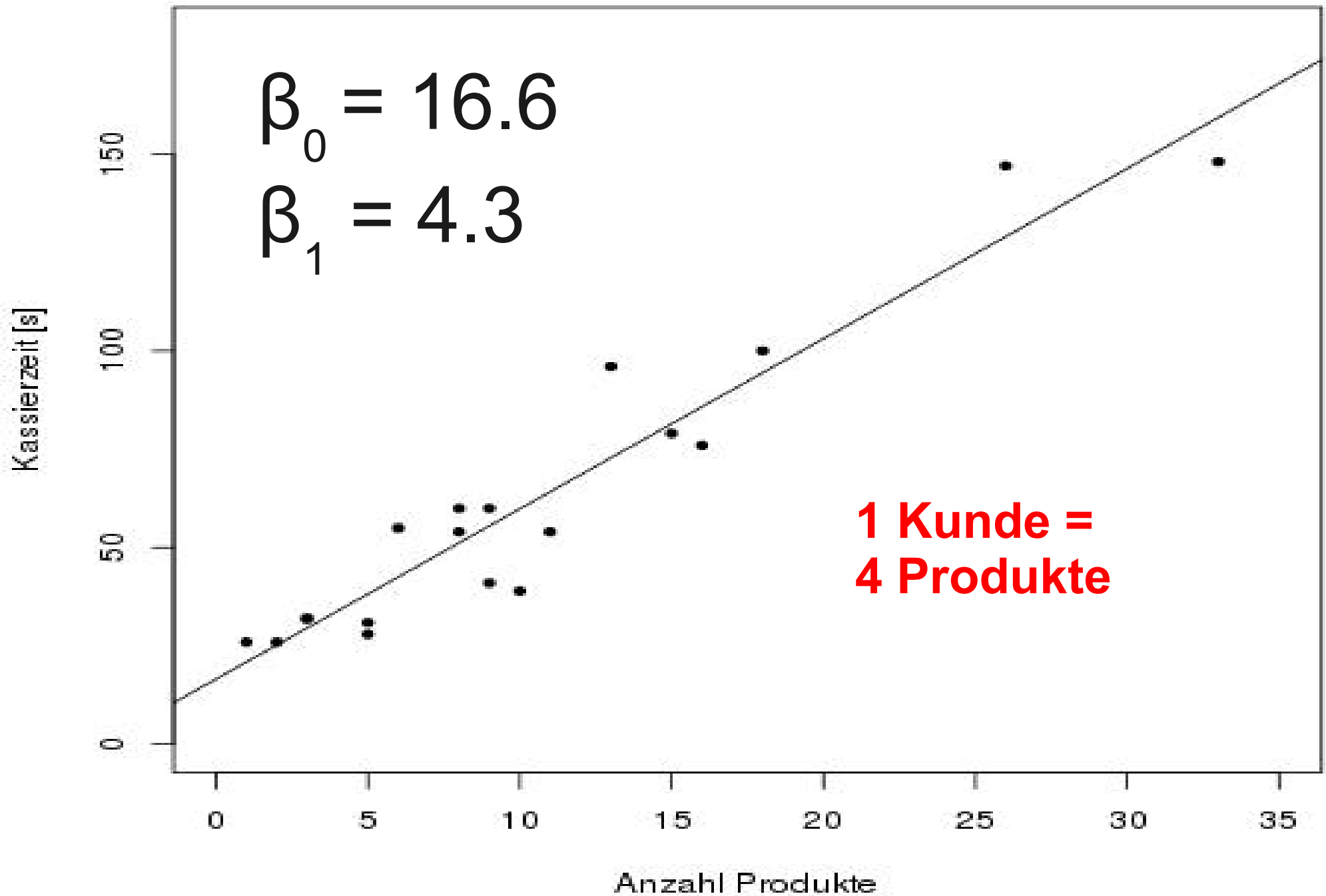
Streudiagramm



Streudiagramm



Streudiagramm



Welche Schlange?

Kasse 1

3

$3 + 4 = 7$

2

$2 + 4 = 6$

3

$3 + 4 = 7$

20

Kasse 2

19

$19 + 4 = 23$

23

Aerobe Leistungsfähigkeit

- $VO_2\text{max}$: Menge Sauerstoff, die der Körper pro kg maximal pro Minute verwerten kann

Aerobe Leistungsfähigkeit

- VO₂max: Menge Sauerstoff, die der Körper pro kg maximal pro Minute verwerten kann
- **Teuer, aufwändig**
- **Nicht für breite Masse geeignet**



Ersatz: Cooper & Shuttle

- 12-Minuten Test nach Cooper (1968)
- 20m-Shuttle-Test nach Leger (1982)

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Eur J Appl Physiol (1982) 49: 1–12

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A Maximal Multistage 20-m Shuttle Run Test to Predict $\dot{V}O_2 \max^*$

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²Département de Médecine sociale et préventive, Université de Montréal, Canada

Ersatz: Cooper & Shuttle

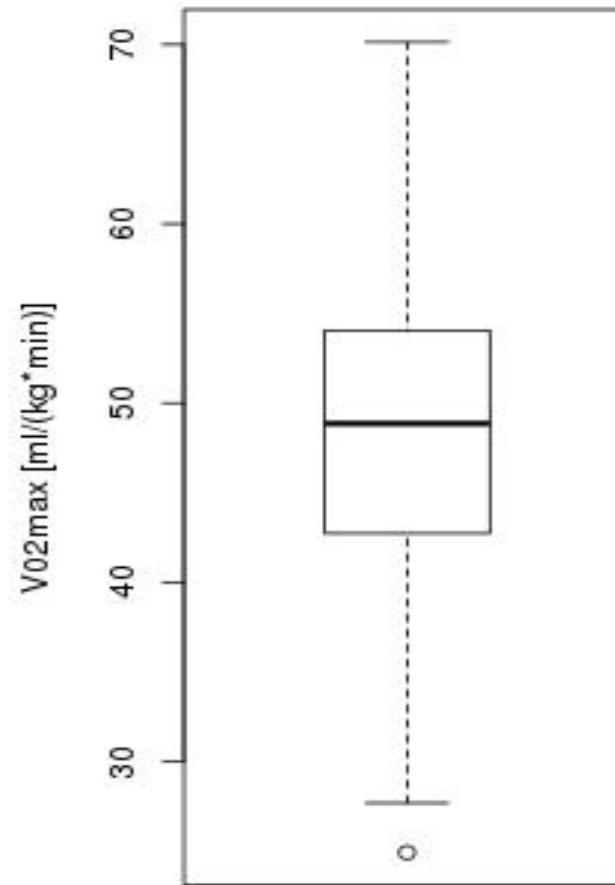
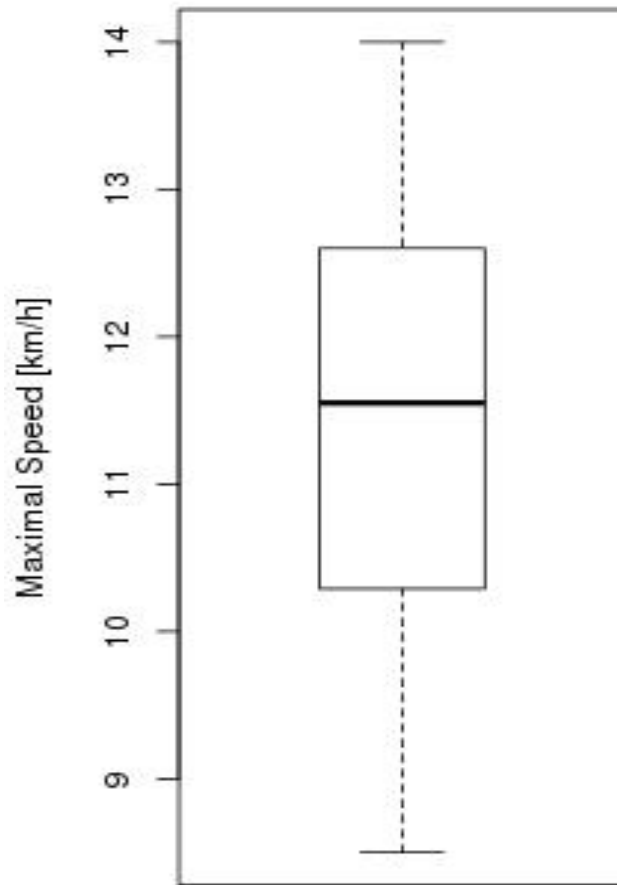
- 12-Minuten Test nach Cooper (1968)
- 20m-Shuttle-Test nach Leger (1982)
- Kann Shuttle-Test den $VO_2\text{max}$ -Wert vorhersagen?

Falls ja: Einfache Testmöglichkeit für breite Bevölkerung

Leger et. al., 1982:

91 Personen

Shuttle test & VO₂max



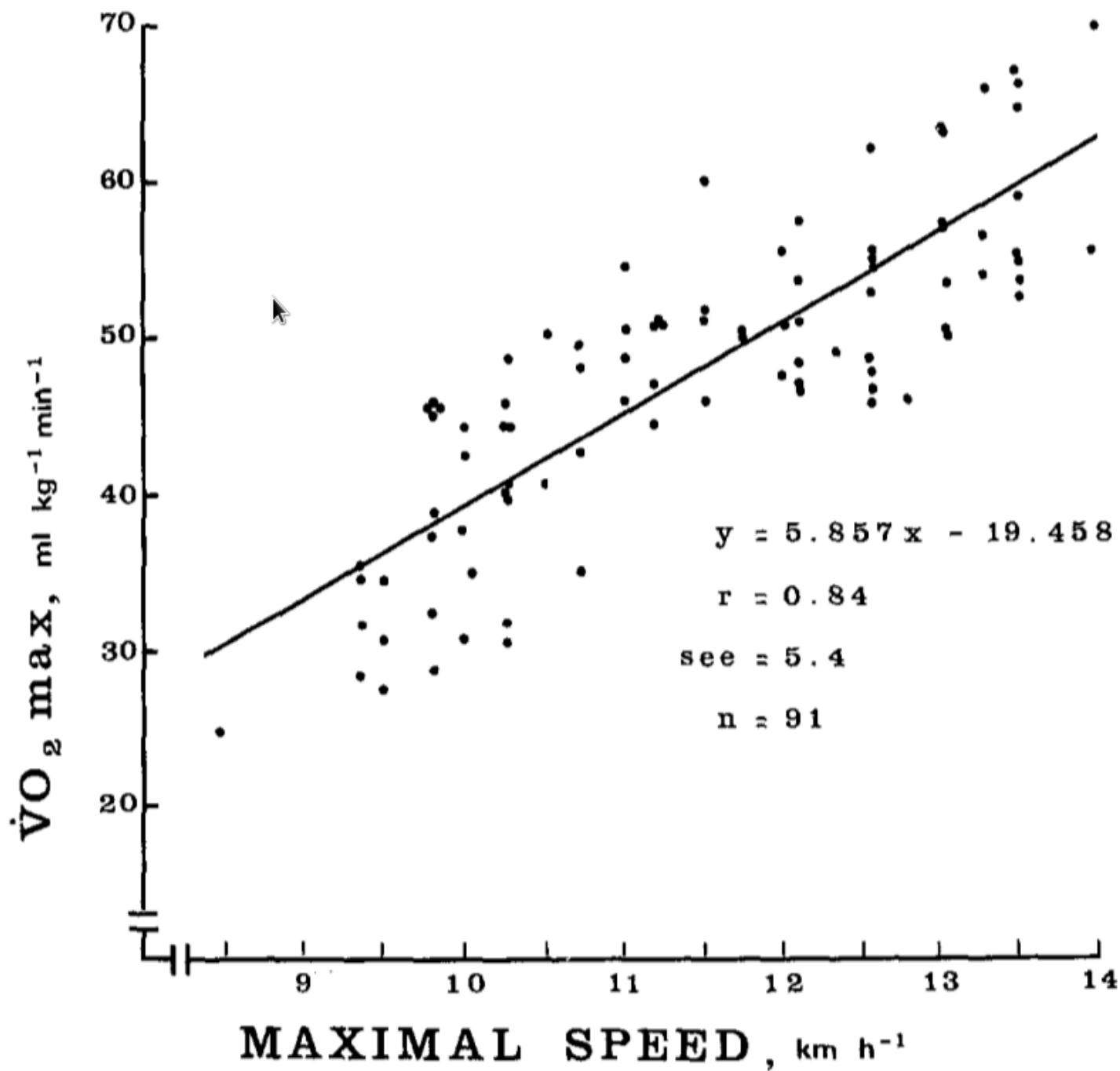


Fig. 2. $\dot{V}O_2 \text{ max}$ as a function of the maximal speed achieved in the 20-m shuttle run test for a total sample of 91 adult subjects. Each point in this figure represents maximal effort

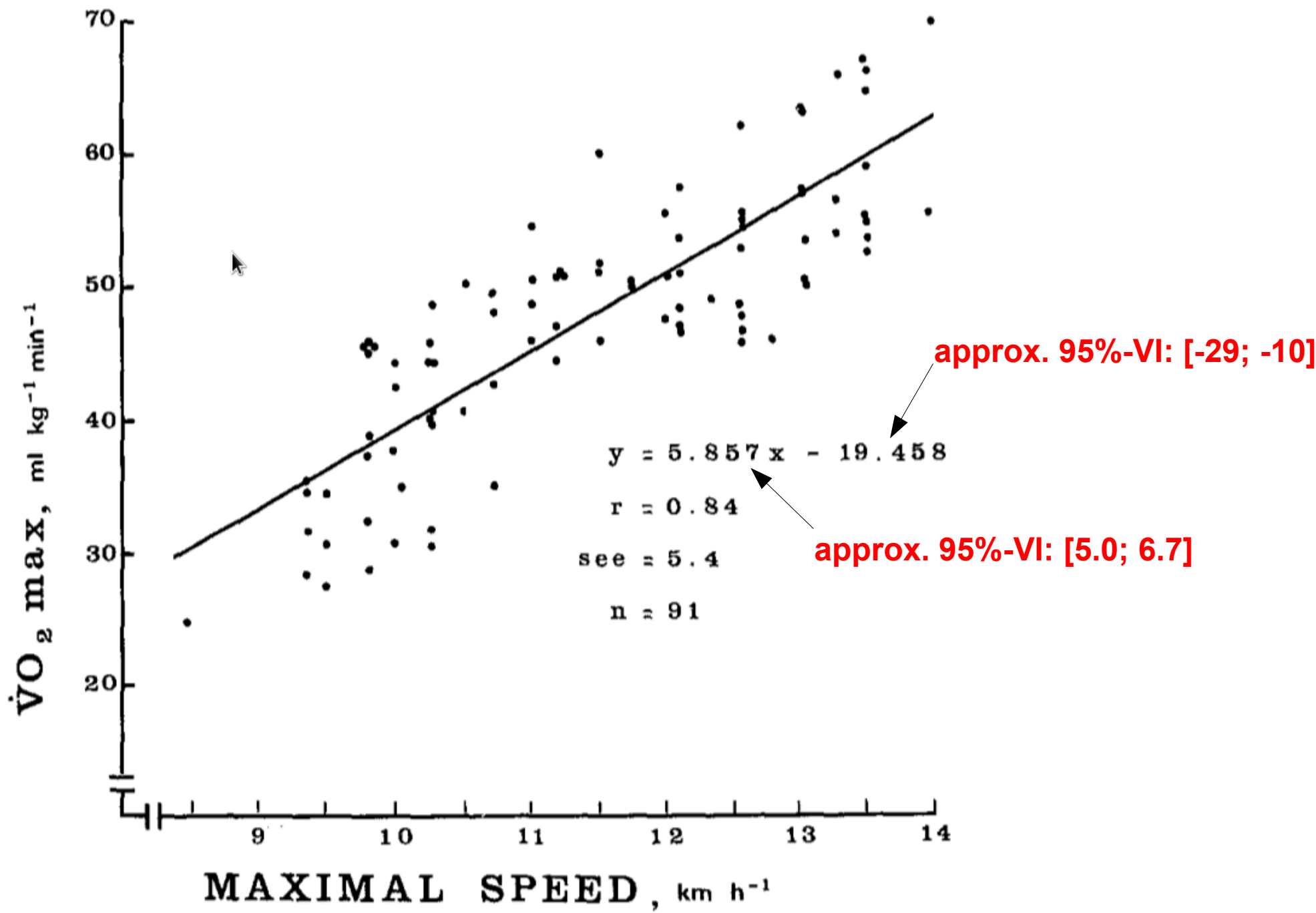


Fig. 2. $\dot{V}O_2$ max as a function of the maximal speed achieved in the 20-m shuttle run test for a total sample of 91 adult subjects. Each point in this figure represents maximal effort

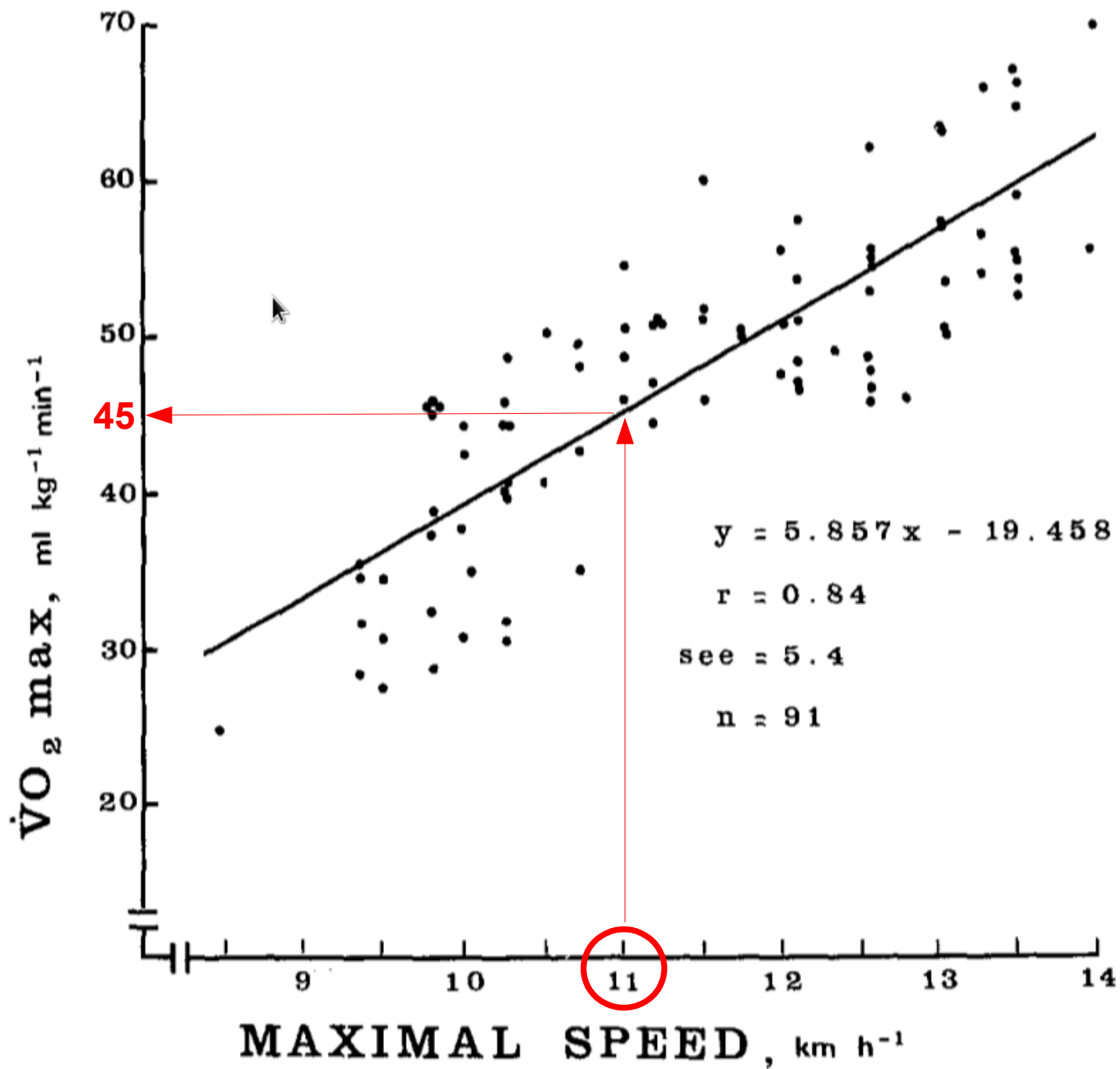


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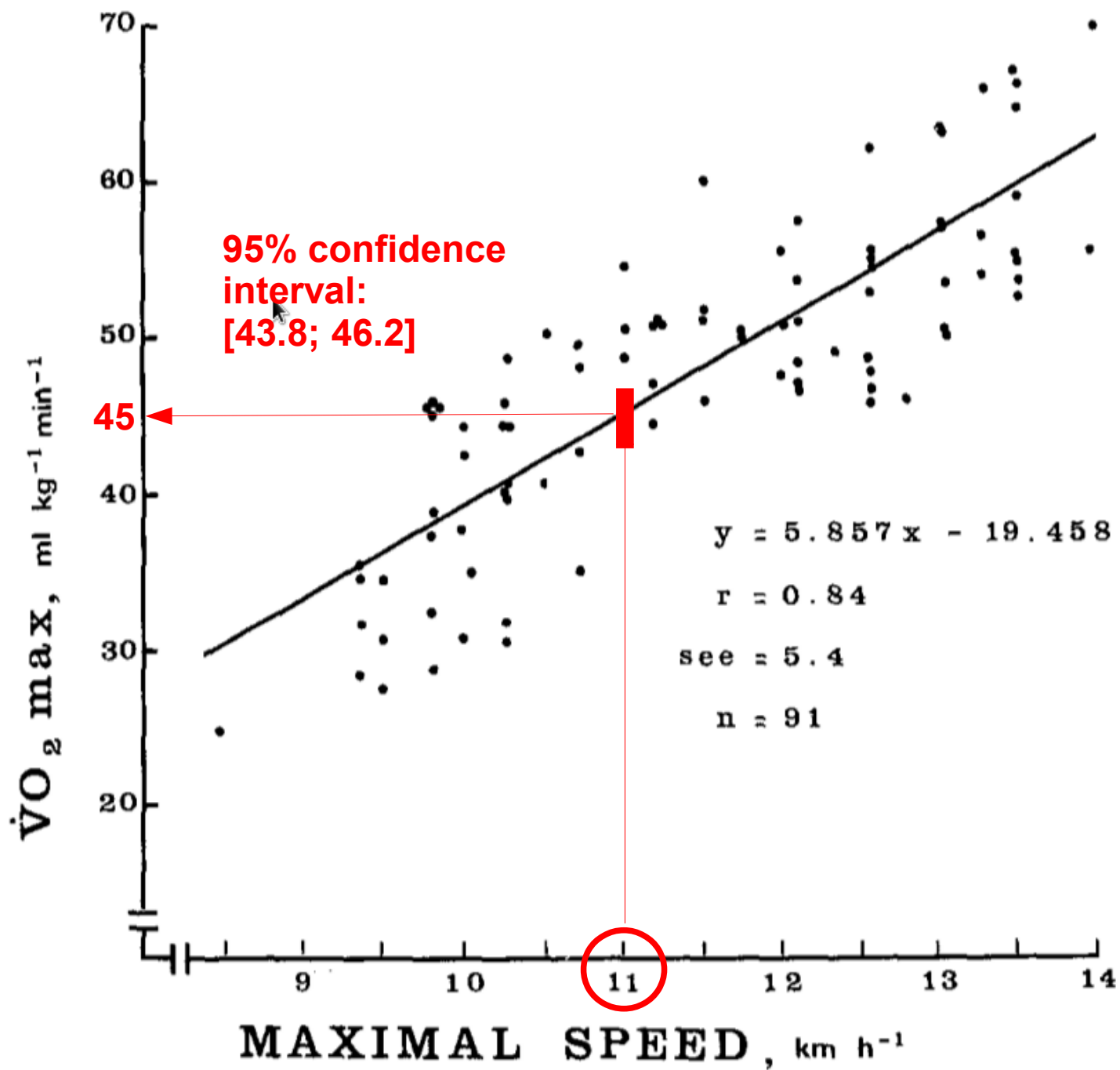


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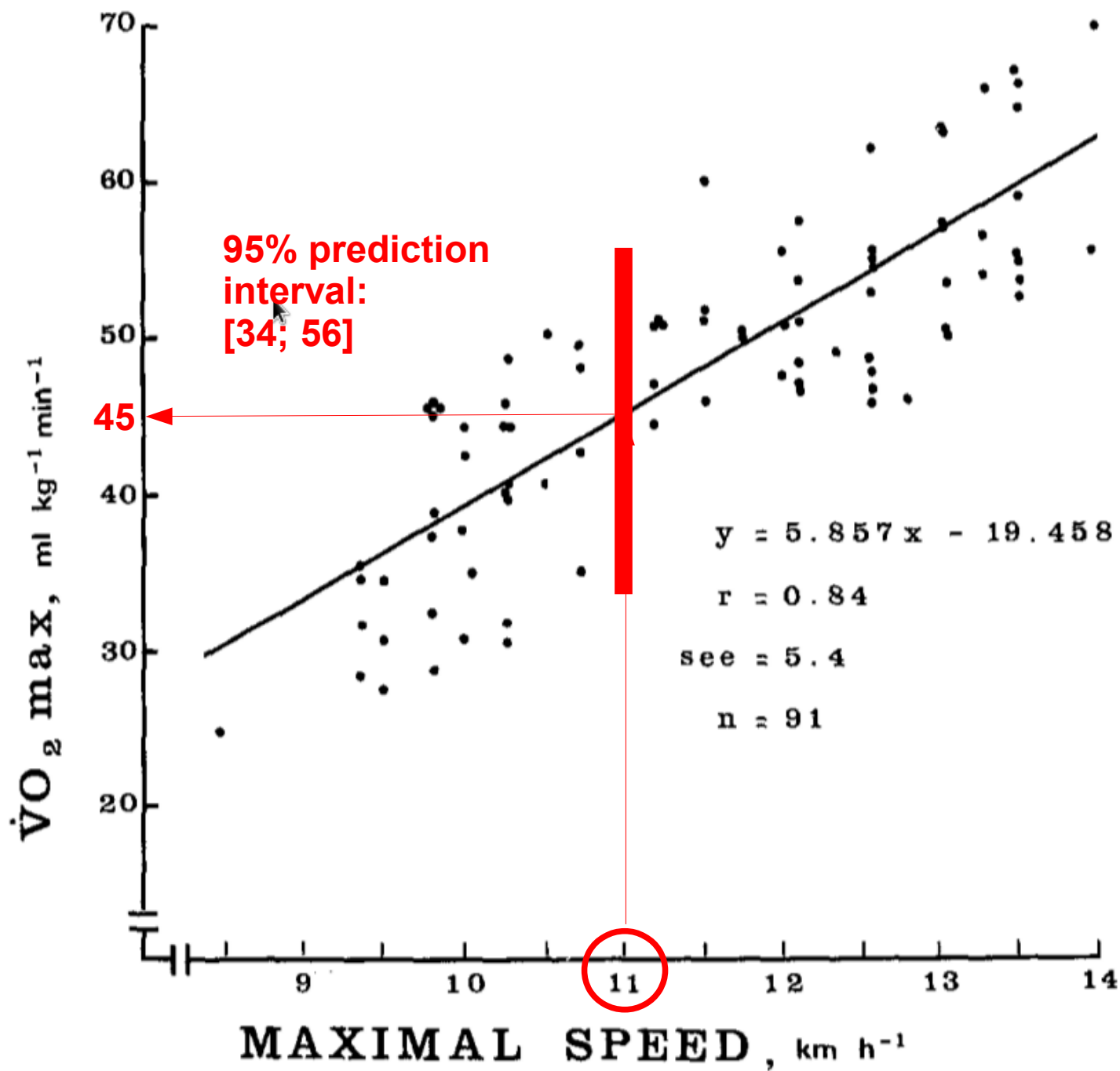


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