

The Accuracy of Recreational Athletes in Self Detecting Ventilation Threshold During a
Maximal Exercise Test

Andrew Biegner

School of Exercise and Nutrition Sciences

Honors Research Project

Submitted to

*The Williams Honors College
The University of Akron*

Approved:

Stephanie Davis-Dieringer

Date: 4/1/2023

Honors Project Sponsor (signed)

Stephanie Davis-Dieringer

Honors Project Sponsor (printed)

Dr. Stacey Buser Date: 4/10/2023

Reader (signed)

Dr. Stacey Buser

Reader (printed)

Melissa G. Smith Date: 4/11/23

Reader (signed)

Melissa G. Smith

Reader (printed)

Accepted:

Melissa G. Smith Date: 4/11/23

Honors Department Advisor (signed)

Melissa G. Smith

Honors Department Advisor (printed)

Judith A. Juvancic-Heltzel Date: 4/18/2023

School Director (signed)

Judith A. Juvancic-Heltzel

School Director (printed)

