

Heart Rate Response to Oronasal versus Oral Breathing during Incremental Muscular Work

Hazzaa M. Al-Hazzaa

Exercise Physiology Laboratory, King Saud University, Riyadh, Saudi Arabia

Journal of Human Ergology 1987, 16: 95-98.

Abstract:

Five healthy males performed two incremental bicycle ergometer tests, starting at 50 W with 12.5 W increments every minute until fatigue. One test was performed while the subjects were breathing through the oronasal passage and the other test while the subjects were breathing only through the oral passage. The results of this study indicate higher heart rate response during oral breathing as compared to oronasal breathing at any given work load. Implications of this finding in relation to predicted and measured VO₂ max are discussed.