

**ARALIKLI VE ARALIKSIZ
UYGULANAN AEROBİK
EGZERSİZ SÜRESİNCE YAĞ
OKSİDASYON HIZINDAKİ
DEĞİŞİMLER**

**Gökhan İPEKOĞLU
Şükrü Serdar BALCI**



**AKADEMİSYEN
KITABEVİ**



AKADEMİSYEN
KİTABEVİ

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Simgeler ve Kısaltmalar

MaksVO ₂	Maksimal Oksijen Tüketim Miktarı
DETAM	Deneysel Tıp Araştırma Merkezi
TURDEP	Türkiye Diyabet Epidemiyoloji
ATP	Adenozin Tri Fosfat
CHO	Karbonhidrat
CO ₂	Karbondioksit
H ₂ O	Su
NADH ⁺	Nikotinamid adenin dinükleotid
H ⁺	Hidrojen
RER	Solunum Değişim Oranı
kcal	Tüketilen Enerji
MET	Metabolik Eşdeğer
VO ₂	Oksijen Tüketimi
VCO ₂	Karbondioksit Üretimi
WHO	Dünya Sağlık Örgütü
VKİ	Vücut Kitle İndeksi
Kg	Kilogram
m	Metre

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