

Assessing exercise-induced stress on cardio-respiratory & neuro-cognitive responses



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The techniques that will be shown during the pre-conference workshop are -

- ❖ Assessment of cardio-respiratory fitness using Metabolic Gas Analyzer Cosmed Quark CPET and Polar Heart Rate Sensor
- ❖ Assessment of post-exercise recovery response
- ❖ Acquisition of electroencephalographic (EEG) recording in a subject performing a cognitive task and understanding the EEG wave pattern
- ❖ Biofeedback training
- ❖ Analysis & interpretation of the data



Pic: Metabolic Gas Analyzer Cosmed Quark CPET and treadmill

Pic: Neurophysiology & cognition laboratory setup

