**Table 1: Physiological responses during laboratory tests and PE lessons (PEL)**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **N=32** |  | **Laboratory tests** | | | **PEL** | **Calculated values** | | | |
|  | **age** | **VE (l·min.-1)** | **HR max** | **80% HR max** | **HR mean PEL** | **VE (l·min.-1)  resting** | **VE (l) resting/ time PEL** | **VE(l) time PEL** | **multiple resting values VE** |
| **Mean** | 12 | 66 | 207 | 165 | 151 | 6.5 | 260.3 | 990.2 | 3.8 |
| **Med.** | 11.5 | 66.7 | 206.5 | 167 | 151 | 6.4 | 260.6 | 962.2 | 3.8 |
| **Max.** | 14 | 90.3 | 221 | 175 | 170 | 7.7 | 340.5 | 1549 | 5.4 |
| **Min.** | 10 | 45 | 196 | 157 | 129 | 5.2 | 203.6 | 622.9 | 2.7 |
| **SD** | 1.3 | 11.2 | 6.1 | 4.6 | 10.9 | 0.73 | 32 | 233.7 | 0.72 |
| **CV** | 10 | 17 | 3.0 | 2.8 | 7.2 | 11.2 | 12.3 | 23.6 | 1.9 |

N=number, VE=pulmonary ventilation, HR=heart rate, SD=standard deviation, CV=coefficient of variation, PEL=physical education lessons