

**Lecture of Prof. Leonard Kaminsky, Ball State University, USA,  
funded by “Invite Your Expert” of the PhD Program Health Sciences (PPHS)**

Leonard A. Kaminsky is a Professor at the School of Kinesiology, Ball State University and director of the Fisher Institute for Health and Well Being.

His research has focused on relationships among physical activity, physical fitness and health. He presently chairs the advisory board for an initiative to establish a national registry of cardiorespiratory fitness in the US.

Cardiorespiratory fitness (CRF) has long been accepted as a primary component of health-related physical fitness. However, in the past couple of decades, sufficient research evidence has accumulated to the point where low CRF is now recognized as possibly the most potent predictor of mortality for total and specifically for cardiovascular disease. Further, CRF also is strongly associated with health and functional outcomes related to a large number of chronic diseases and conditions.

The gold standard method for assessing CRF is a maximal exercise test with measurement of gas exchange parameters, commonly referred to as a cardiopulmonary exercise test (CPET) – the key parameter being directly measured is maximal oxygen consumption ( $VO_{2max}$ ). However, in clinical settings it has been a common (suboptimal) practice to assess exercise capacity from maximal exercise test time, work rate (speed/grade of treadmill or watts on cycle ergometer) or submaximal tests to predict CRF despite having large estimation errors. Surprisingly, there were no normative standards for measured CRF before Prof. Kaminsky and colleagues established the national registry of cardiorespiratory fitness in the US, the FRIEND registry.

Prof. Kaminsky will be visiting the Department of Sport, Exercise and Health and will give a lecture on:

**The Importance of the Development of a (Inter)National Registry for  
Cardiorespiratory Fitness**

**Tuesday 2<sup>nd</sup> of April 2019 at 10:00**

Department of Sport, Exercise and Health, Division for Rehabilitative and Regenerative Sports Medicine,  
Seminarraum, Mittlere Allee 18, Basel.

