



Editorial

Exercise Evaluation and Prescription—Second Edition

Carl Foster ¹, Cristina Cortis ^{2,*} and Andrea Fusco ²

¹ Department of Exercise and Sport Science, University of Wisconsin-La Crosse, La Crosse, WI 54601, USA

² Department of Human Sciences, Society and Health, University of Cassino and Lazio Meridionale, 03043 Cassino, Italy

* Correspondence: c.cortis@unicas.it

Introduction

In the first volume of “Exercise Evaluation and Prescription” in the Journal of Functional Morphology and Kinesiology [1], we presented the case that prescribing exercise was integrally linked to a prior evaluation of exercise capacity and psychophysiological markers of exercise performance (including maximal oxygen uptake, maximal strength, blood lactate, ventilation, and the Rating of Perceived Exertion (RPE)). The link between evaluation and prescription provided a rational basis for prescribed exercise. In volume two, this link is extended to markers of the response to, and recovery from, systematic exercise training.

This extension is grounded in general adaptation syndrome (GAS), described by Hans Selye 75 years ago [2]. In his study, there was a predictable response to any imposed stress. If the stress was too large, or too frequently applied, there was a predictably negative outcome (exhaustion). On the other hand, in the presence of a stressor that was neither too large nor too frequent, there was adaptation such that the organism could subsequently tolerate greater levels of stress. Although Selye conceptualized GAS as a generic response to any stressor, it has become particularly associated with the adaptive response to exercise training.

One way of understanding the adaptive response to training is using the ‘training impulse’ (TRIMP) model of Banister et al. [3], who discovered that exercise training produces changes in both fitness and fatigue [4,5]. The TRIMP model was originally designed to work using training heart rate (HR) and time, but more recent studies have shown that it could work using RPE and time, resulting in the session RPE (sRPE) [6–9]. More recent studies have suggested that it could be understood using responses during the warm-up for subsequent exercise bouts [10], questionnaires [11], HR variability (HRV) [12–14], or training intensity distribution [15–17]. In any case, the process of monitoring training using any tool appears to be a useful method of evaluating the exerciser (athlete fitness rehabilitation) and optimizing exercise prescription [18].

This volume presents several papers, written from the perspective of optimizing training programs by better understanding the purpose and process of evaluating exercise capacity, either to better prescribe exercise training or to better understand the outcome of exercise training programs. A total of 30 papers are published, including twenty-five original articles, four reviews, and one case report; the papers focus on team sports (soccer, volleyball, handball, rugby, and basketball), individual sports (cycling, running, weightlifting, and Paralympic powerlifting), diseases (in overweight, obese, and postmenopausal women with type 2 diabetes mellitus (T2DM); individuals with pulmonary embolism; individuals with cardiovascular disease or its risk factors; individuals receiving β -blocker treatment; and breast cancer survivors), healthy individuals, and murine models.

Several studies were carried out in collegiate soccer players [12–14]. Aiming to compare accumulated workloads between starters and reserves in collegiate soccer, Jagim et al. [12] reported a greater distance covered by starters throughout the season, resulting



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