

Energy Requirements of Squash and

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Montpetit, R.R., Beauchamp, L., Léger, L. Energy requirement of squash and racquetball. *Physician Sportsmedicine*, 15(8): 106-109, 112, 1987.

In brief: To quantify and compare the aerobic energy costs of recreational squash and racquetball, oxygen consumption ($\dot{V}O_2$) was determined with the direct method in 32 male subjects. Expired air samples were collected on three occasions during play, in each of two games against different opponents. Heart rates were monitored throughout each game. The energy expenditure in racquetball was only slightly less than for squash (600 kcal·hr⁻¹ or 2,520 kJ·hr⁻¹ for racquetball, 661 kcal·hr⁻¹, 2,820 kJ·hr⁻¹ for squash). The overall intensity of play was 57% and 51% of $\dot{V}O_{2\max}$ for the squash and racquetball players, respectively. Thus, the average intensity level and the total energy expenditure in about 30 minutes of play would be appropriate for an exercise session in a program designed for the development and maintenance of fitness in healthy adults.

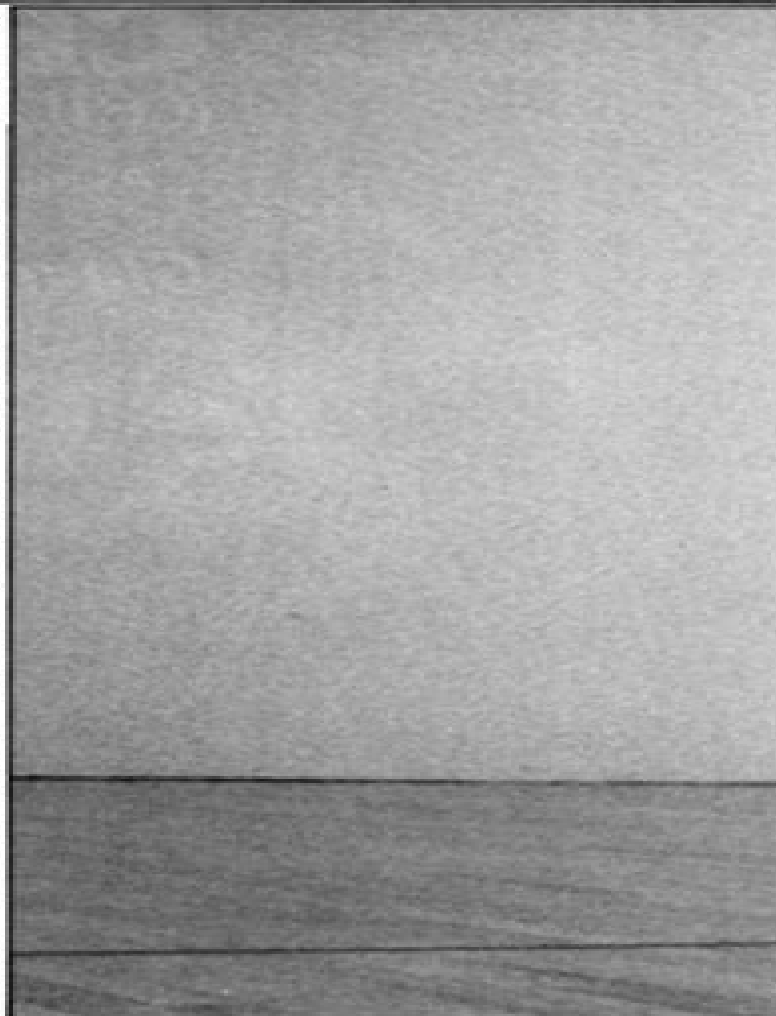
Participation in racket sports at all levels of play has increased greatly in recent years, partly because of the wider use of sports such as squash, racquetball, and tennis as modes of exercise in fitness programs.

The American College of Sports Medicine (ACSM)¹ lists intensity of exercise and total energy expenditure as the two most important areas to use as guidelines for exercise prescription for developing and maintaining fitness.

Previous studies of racket sports²⁻⁴ indicate that the energy requirements of badminton, table tennis, racquetball, squash, and tennis are specific to each particular sport. No direct comparisons between any of these activities have been made using the same methodological approach, and research was often limited to a

continued

Dr Montpetit and Dr Léger are professors and Ms Beauchamp was a graduate student in the department of physical education, University of Montreal. Dr Montpetit and Dr Léger are members of the Canadian Association of Sports Sciences.



The Physician And Sportsmedicine Guide To Racquetball And Squash

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The Physician and Sportsmedicine Guide to Racquetball and Squash Robert Samuel Scott, 1980-01-01 **The Physician and Sportsmedicine** ,1988-04 **Navy Lifeline** ,1981 *Current Catalog* National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 *The Art and Science of Racquetball* D. Ray Collins, Patrick B. Hodges, Michael G. Marshall, 1996 Skills & Strategies for Winning Racquetball Edward T. Turner, Marty Hogan, 1988 This guide outlines beginning through advanced skills and strategies and presents practice drills for each level **Expert Guide to Sports Medicine** Matthew Davis, 2005 A one stop reference on the management of sports injuries this is ideal for physicians who have not specialized in sports medicine It offers all of the practical guidance needed to diagnose sports related injuries treat patients in the ambulatory care setting if possible and refer them to a specialist if necessary *Racquetball Everyone* Larry David Isaacs, Angela Lumpkin, Don Schroer, 1992 **Library of Congress Catalog** Library of Congress, 1980-07
American Book Publishing Record ,1981

Whispering the Strategies of Language: An Mental Quest through **The Physician And Sportsmedicine Guide To Racquetball And Squash**

In a digitally-driven earth where screens reign great and quick communication drowns out the subtleties of language, the profound secrets and mental nuances hidden within words often get unheard. Yet, located within the pages of **The Physician And Sportsmedicine Guide To Racquetball And Squash** a captivating literary value sporting with fresh thoughts, lies an extraordinary quest waiting to be undertaken. Written by a skilled wordsmith, that enchanting opus invites viewers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very fabric of each and every word. Within the mental depths of this moving evaluation, we can embark upon a heartfelt exploration of the book is key themes, dissect its fascinating publishing design, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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