

Table 2: Cardiopulmonary exercise data of the 11 adolescent male and 13 female volleyball players who underwent maximal exercise treadmill test.

| | Total | Males | Females | p |
|--|------------------|------------------|------------------|--------------|
| | (n =24) | (n =11) | (n =13) | |
| HR_{AT} (beats/min) | 168.08 ± 15.96 | 161.45 ± 15.94 | 173.69 ± 14.22 | 0.059 |
| HR_{max} | 191.71 ± 6.66 | 192.36 ± 7.15 | 191.15 ± 6.47 | 0.668 |
| Time to exhaustion (min:sec) | 12:07 ± 01:14 | 13:09 ± 00:56 | 11:14 ± 00:35 | 0.001 |
| sBP_{max} (mmHg) | 153.33 ± 10.80 | 157.73 ± 10.34 | 149.62 ± 10.10 | 0.065 |
| dBp_{max} (mmHg) | 63.33 ± 9.05 | 65.00 ± 8.06 | 61.92 ± 9.90 | 0.419 |
| VO_{2max} (ml/kg/min) | 50.07 ± 7.68 | 56.32 ± 6.36 | 44.78 ± 3.65 | 0.001 |
| VO_{2max} (ml/min) | 3108.71 ± 595.37 | 3606.73 ± 464.03 | 2687.31 ± 283.23 | 0.001 |
| VO_{2max} predicted (%) | 113.11 ± 12.78 | 121.42 ± 11.04 | 106.08 ± 9.72 | 0.002 |
| VO_{2AT} (ml/kg/min) | 34.44 ± 7.92 | 34.81 ± 10.13 | 34.13 ± 5.87 | 0.840 |
| VO_{2AT} (ml/min) | 2104.21 ± 434.27 | 2204.18 ± 504.26 | 2019.62 ± 364.21 | 0.310 |
| Velocity_{AT} (km/hr) | 6.29 ± 0.70 | 6.21 ± 0.87 | 6.35 ± 0.54 | 0.624 |
| RER_{max} | 1.20 ± 0.08 | 1.19 ± 0.07 | 1.21 ± 0.09 | 0.525 |
| RER_{AT} | 0.97 ± 0.02 | 0.98 ± 0.02 | 0.97 ± 0.02 | 0.867 |
| COP (VE/VO₂) | 20.15 ± 2.11 | 19.81 ± 1.29 | 20.44 ± 2.63 | 0.480 |
| VO_{2COP} (ml/kg/min) | 24.05 ± 11.04 | 27.32 ± 12.84 | 21.29 ± 8.84 | 0.189 |
| Velocity_{COP} (km/hr) | 3.61 ± 0.83 | 3.41 ± 0.89 | 3.78 ± 0.76 | 0.289 |
| HR_{COP} (beats/min) | 132.71 ± 16.77 | 121.73 ± 9.77 | 142.00 ± 15.97 | 0.001 |

Values are expressed as mean ± standard deviation. n: number, HR_{AT}: heart rate at the anaerobic threshold, HR_{max}: maximal heart rate, sBP_{max}: maximal systolic blood pressure, dBp_{max}: maximal diastolic blood pressure, VO_{2max}: maximal oxygen uptake, VO_{2AT}: oxygen uptake at the anaerobic threshold, Velocity_{AT}: velocity at the anaerobic threshold, RER_{max}: maximal respiratory exchange ratio, RER_{AT}: respiratory exchange ratio at the anaerobic threshold, COP: cardiorespiratory optimal point, VO_{2COP}: oxygen uptake at the cardiorespiratory optimal point, Velocity_{COP}: velocity at the cardiorespiratory optimal point, HR_{COP}: heart rate at the cardiorespiratory optimal point.