The purpose of this investigation was to identify the effect of exercise intensity on individuals who engage in a reading distraction task during steady-state exercise and to indicate whether heart rate remains an accurate marker of exercise intensity during the reading phase.

**METHODS**

Eight healthy participants were asked to perform steady-state workload exercise on a recumbent cycle ergometer at a fixed workload with a randomly assigned reading phase to determine whether there are physiological effects that compensate for the additional task. A lead ECG monitored heart rate, and the application of a blood pressure cuff measured mean arterial pressure. Also, volume of oxygen consumption means in relation to workload were recorded with the use of metabolic cart (T08553) and (9) Fairbrother, J., Baldwin, D., Dinesh, D., Bassett, D., Thompson, D., Garvin, A.W., et al. (2008). Oprah, Oxygen or Ergometry: Differential Psychological Outcomes of reading distraction activities. Journal of Sport Behavior. 32(3), 357-367.

**RESULTS**

The variables did not undergo significant responses: heart rate, blood pressure, and arterial pressure. Therefore, it is suggested that increases in oxygen consumption are related to the increase in metabolic demand of the brain when reading is added to the steady-state workload. However, the statistically significant response (less than 1% predicted VO2max) could be due to the working skeletal muscle requiring more oxygen to tissues to hold the reading material. Future investigation should incorporate the examination of rate of cardiovascular responses and brain activation.

**REFERENCES**


**CONCLUSION**

The following variables did not undergo significant responses: heart rate (p=0.51), acute heart rate response (p=0.64), systolic blood pressure (p=0.57), diastolic blood pressure (p=0.63), mean arterial pressure (p=0.63), and rate pressure product (p=0.64). However, volume of oxygen consumption means in relation to workload were recorded with the use of metabolic cart (T08553) and (9) Fairbrother, J., Baldwin, D., Dinesh, D., Bassett, D., Thompson, D., Garvin, A.W., et al. (2008). Oprah, Oxygen or Ergometry: Differential Psychological Outcomes of reading distraction activities. Journal of Sport Behavior. 32(3), 357-367.

**PERSPECTIVES**

The following variables did not undergo significant responses: heart rate (p=0.51), acute heart rate response (p=0.64), systolic blood pressure (p=0.57), diastolic blood pressure (p=0.63), mean arterial pressure (p=0.63), and rate pressure product (p=0.64). However, volume of oxygen consumption means in relation to workload were recorded with the use of metabolic cart (T08553) and (9) Fairbrother, J., Baldwin, D., Dinesh, D., Bassett, D., Thompson, D., Garvin, A.W., et al. (2008). Oprah, Oxygen or Ergometry: Differential Psychological Outcomes of reading distraction activities. Journal of Sport Behavior. 32(3), 357-367.

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