

LIST OF ABBREVIATIONS

bpm	=	Beats per minute
C	=	Choice
cm	=	Centimeter
CR	=	Cardio Respiratory
D I	=	Direct Items
EHR	=	Exercise Heart Rate
GSR	=	Galvanic Skin Response
HR	=	Heart Rate
kg	=	Kilogram
lit/min	=	Liter per minute
ms	=	millisecond
PEI	=	Physical Efficiency Index
RI	=	Reverse Items
RHR	=	Resting Heart Rate
RT	=	Reaction Time
S	=	Simple
SAMT	=	Sports Achievement Motivation
SC	=	Skin Conductance
SD	=	Standard Deviation
Sec	=	Second
St	=	State
Tr	=	Trait
Vo ₂ max	=	Maximum Volume of Oxygen Consumption