

Exercise Intensity of Horticulture as Physical Activity

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Abstract

In this paper, the exercise intensities of the general horticultural task were estimated and intensity of each horticultural activity were determined in order to develop the basic data to begin establishing a system for selecting suitable horticultural activities for specific individuals. In order to investigate the exercise intensity of horticulture, the rate of oxygen uptake (VO_2) and the heart rate (HR) were measured during the completion of a horticultural task (making a flower-bed for approximately 20 min). In this task, there were various activities whose exercise intensities ranged widely. Intensities of the individual activities in the task of making a flower-bed were expressed in metabolic equivalents (METs) and ranged from 2-8 METs. These values are comparable to the intensities of non-game basketball playing (3-9 METs).