Monitoring and Control of Cardiovascular responses by using portable devices

By

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Submitted in Partial Fulfillment of the Requirements
for the Degree of Master by research
in the Faculty of Engineering and Information Technology at
University of Technology Sydney, 2015

Sydney, Australia
Certificate of Original Authorship

I, Hamzah Alqudah, certify that the work in this thesis has not previously been submitted for a degree nor has it been submitted as part of requirements for a degree except as fully acknowledged within the text.

I also certify that the thesis has been written by me. Any help that I have received in my research work and the preparation of the thesis, itself has been acknowledged. In addition, I certify that all information sources and literature used are indicated in the thesis.

Signature of Student:

Date:
Acknowledgments

I would like to extend my deepest gratitude to all who supported me during the last academic years and throughout the delivery of my thesis.

To begin with, I would like to extend a big thank you to Dr. Li Li and Dr. Steven Su for their ongoing help, support, advices, friendship and knowledge which helped me a lot to develop and achieve great success on both academic and personal levels.

I am most grateful to my colleagues Azzam Haddad for his kindness and assistance. I am indebted to the Centre for Health Technologies (CHT) - Faculty of Engineering and Information Technology-University of Technology Sydney to provide me with all necessary tools to accomplish my thesis.

Words fail me to express my appreciation and love to my late mother who believed in me and carried me till her last breath. I dedicate this work to her, may her soul rest in peace.

Finally, warm thanks you to my father, brothers, sister and my wife who has supported and helped me a lot during my study.
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\[ \text{Equation 1} \]
\[ H_R^{\max} = 220 - \text{Age} \]
\[ \text{Equation 2} \]
\[ H_R^{\max} = 205.8 - 0.685 \times \text{age} \]
\[ \text{Equation 3} \]
\[ H_R^{\text{reserve}} = H_R^{\max} - H_R^{\text{rest}} \]
Interval training is an effective training protocol which helps strengthening and improving the athletes cardiovascular.

Heart rate (HR) and oxygen uptake ($VO_2$) are major indicators of human cardiovascular response to exercises, observing these two factors can help predict energy expenditure (EE) which is an important factor in improving cardiovascular health. HR and $VO_2$ measurements can also aid early detection of cardiac diseases. The measurements of oxygen uptake and heart rate during sport or life activities are of great interest for development of training programs and the study of their effects on elite athletes or for assessing the efficacy of a rehabilitation therapy.

A common method for evaluating the effects of endurance training is the monitoring of various respiratory parameters during exercise. One difficulty to achieve this goal during sport or different life activities is to use a reliable and valid portable system to measure the HR in a field setting. Such a portable apparatus may also be useful to determine the energy cost of many sport and real life activities.

In this thesis, a portable device from Texas Instruments has been used to measure the Heart Rate. The eZ430-Chronos watch was reprogrammed and customized to measure the heart rate and to respond accordingly to eliminate any risk while exercising and to develop the exerciser cardiovascular fitness.