Author's response to reviews

Title: Concurrent validity of the non-exercise based VO2max prediction equation using % body fat as a variable in Asian Indian adults.

Authors:

Shweta Shenoy (shwet1999@yahoo.com)
Bhupinder S Tyagi (physiobhupinder@gmail.com)
Jaspal S Sandhu (jssandhu2000@yahoo.com)

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Cover letter- We would like to thank the worthy reviewers for their in depth analysis and suggestions for improvement of our manuscript. We have tried to address and incorporate their suggestions and the manuscript with all the changes has been attached. The following are a point by point overview of all the changes that we have made.

Reviewer No 1
1. The objectives have been modified to improve clarity. They have been formulated in a stepwise manner logically in the order of which the study was carried out.
2. The concurrent validity of Jackson et al's NEXPE for the estimation of VO2 max with the substitution of body fat % values estimated from 3 methods is considered in the text and the background has been modified to clarify this
3. Methods chapter has been expanded to improve clarity
4. All 3 equations are now mentioned. Correlation coefficient has now been mentioned
5. Third para in the background chapter has been modified to improve flow and clarity. Valid models have been added in the last sentence
6. Equations that use body fat % in the estimation of VO2 max have been added in 5th para
7. And
8. Physical activity readiness questionnaire bibliography has been added. PARQ expanded and described
9. Make of the digital weighing scale added
10. Primary criterion added
11. Description of 0-7 scale for h/o PA added in text.
12. And
13. Results section has been modified and expanded. The study analyzed the
validity of Jackson et al prediction equation for Vo2 max against the lab values obtained on a GXT.
14. ANOVA tables have been added
15. We have used only Jackson et al predictive equation for the estimation of Vo2max. This equation makes use of the body fat percentage of the individual for the prediction. We have not generated any new model for Vo2 max prediction. We have not generated any new model for estimation of body fat and have only used previously developed models. Since we have not given any new model, our statistician advised us that the presentation of the model assumptions was not relevant to this study and as such was beyond the scope of this study.
16. The discussion chapter has been expanded. Reasons for developing and using population specific equations for the estimation of Vo2 max and body fat percentage has been clarified.

Minor essential revisions:
1. The manuscript has been extensively edited for errors in grammar and writing to improve coherence and flow.
2. * Sign has been used in all tables wherever applicable to signify statistical significance. Table II has been edited. The style of tables has been modified.
3. Rewriting has been done.
4. References have been rearranged
5. The description of Bruce Protocol has been edited

Reviewer No 2
The paper layout has been changed to improve clarity. Results and discussion section have been separated. Results from the table have been described under a separate section of Results. These observations have been discussed in ‘Discussion”