



Figure 1.1 Panel (a): The ventilatory threshold (VT) and respiratory compensation point (RCP) represent distinct changes in the slope of the gas-exchange relationship and demarcate the domains of moderate, heavy, and severe exercise intensity. In this example, the first change in slope (VT, beginning of the *heavy* domain) occurs at 48% and the second change in slope (RCP, beginning of the *severe* domain) occurs at 81% of peak oxygen uptake ($\dot{V}O_{2peak}$). Panel (b): According to the dual-mode theory (Ekkkekakis, 2003), there is (1) homogeneity of affective responses in the moderate domain, with the predominant response being pleasure, (2) variability in the heavy domain, with some individuals reporting increases and others decreases in pleasure, and (3) homogeneity in the severe domain, with the predominant response being displeasure.