



Master of Science (Kinesiology and Health Studies)
Thesis Defense

Natalie A. Adam

*“Comparative Analysis of Peak Cardiorespiratory Function in
Aerobic and Anaerobic Running Tests: A Streamlined Approach
to Fitness Assessment”*

Wednesday, June 17, 2026
10:00 a.m.
HK Room 125

Chairperson: Francesco Biondi, PhD

Thesis Committee: Andrew Perrotta, PhD, *Advisor*
Cheri McGowan, PhD, *Kinesiology, Reader*
Adriana Duquette, MHK, *Kinesiology, Reader*
Chad Sutherland, MSc, *Kinesiology, Additional Reader*