

HUMAN ENERGY EXPENDITURE ANALYSIS UNDER CONTROLLED TASK

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Abstract

Generally there is a feeling that a slim person or a light weight person does physical work with ease, since the body mass involved for such an individual is lower. Hence it was thought that if criteria, based on anthropometric data, for selection of subjects for undertaking physical work can be defined, it will lead to lesser energy consumption for such subjects, which in turn lead to increased productivity for an organisation, employing the people on suitable anthropometrical parameters.

The aim of the present study was to find out co-relationship between different work habits and the energy expenditure as well as heart rate. This is with an intention to find out the effectiveness of physical exercise for the shop floor employees in improving their efficiency. It is observed in this research that the subjects undertaking some sort of physical work on regular basis have got better Heart Rate for related factors, compared to those not doing the same.

Keywords: Heart Rate, Energy expenditure rate