

Very rough draft

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Did you know that exercise can significantly impact your level of fitness and the health of your heart? Engaging in regular physical activity can help you maintain a healthy weight, reduce the risk of chronic diseases, and improve cardiovascular function. Lab reports such as "Cardiorespiratory fitness, body composition, and all-cause and cardiovascular disease mortality in men" by Lee et al, "Exercise-induced ST depression in the diagnosis of coronary artery disease. A meta-analysis" by Gianrossi et al, and "Exercise-based cardiac rehabilitation for coronary heart disease" by Anderson et al are vital for our understanding of the human heart and how different factors can affect it. Laboratory reports serve as a crucial means of communicating experimental findings and their significance. However, the format of these reports can vary depending on the targeted audience and the specific requirements of the experiment. In this essay, we will compare the formats of three laboratory reports and analyze their strengths and weaknesses. The reports by Anderson et al and Gianrossi et al both demonstrate a detailed and explained process of experiments related to how fitness affects heart health but lack the readability displayed in the report by Lee et al because they leave such amounts of information and hard terminology.

The first report, "Exercise-based cardiac rehabilitation for coronary heart disease," is ranked as the worst among the three due to its length and level of technicality. This report caters to readers who are already familiar with the field and interested in the topic, making it hard to digest for newcomers. However, it has the benefit of using bullet points, which can make the

information more accessible. Additionally, the graphs used in the report are colorful, making them more enjoyable to read and easier to understand.

The second report, "Exercise-induced ST depression in the diagnosis of coronary artery disease," is ranked second. The report suffers from using blocky text and hard-to-read sentences. The language used is not easily understandable for people who are not familiar with the field. Although the report presents its data in a well-organized manner, it falls short in terms of explaining the terms used, which can be problematic for some readers. On the positive side, the tables are easy to understand, and the data is clearly displayed.

The third report, "Cardiorespiratory fitness, body composition, and all-cause and cardiovascular disease mortality in men," is ranked the highest. This report presents the information in the best way possible. Unlike the other reports, Lee et al explains certain concepts that not all readers may know about and explains the purpose of the lab report rather than just stating the purpose, giving some background and analyzing the data. An example of this is shown when the author says, (Another unexplored methodologic limitation in obesity research is that body mass index (BMI; in kg/m²) is commonly used to examine the obesity-mortality association even though BMI is not an accurate measure of obesity. Rather, it mainly indicates overweight for height but does not discriminate between fat mass and fat-free mass (FFM)(Lee). Here the authors explain what BMI is and the weakness of measuring whether a person is obese or not which provides the foundation for how they analyze and present their data. The authors make it easy to differentiate between different topics by providing clear and bolded titles for each section. They also include some of the formulas used to calculate the information presented.

Additionally, the report includes excellent tables and graphs that effectively illustrate the authors' points.

In conclusion, laboratory reports can vary significantly in format, catering to different audiences and experiment requirements. The three reports analyzed in this essay show different strengths and weaknesses. While "Exercise-based cardiac rehabilitation for coronary heart disease" can be hard to digest, it benefits from using bullet points and colorful graphs. "Exercise-induced ST depression in the diagnosis of coronary artery disease" is not easily understandable for people who are not familiar with the field but presents data in a well-organized manner. Finally, "Cardiorespiratory fitness, body composition, and all-cause and cardiovascular disease mortality in men" presents information in a way that is easy to understand and includes helpful tables and graphs. By comparing these reports, readers can better understand how different formats can impact the readability and accessibility of experimental findings.

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