

Term	Definition
Spinal Cord Injury (SCI)	<ul style="list-style-type: none"> Refers to persons who have sustained a spinal cord injury.
Cardiovascular Disease (CVD)	<ul style="list-style-type: none"> Refers to diseases affecting the circulatory system (i.e., heart and/or blood vessels) including acute myocardial infarction, coronary artery disease, arteriosclerosis, heart valve disease, heart failure, high blood pressure, peripheral vascular dysfunction, congenital heart disease, stroke, and arrhythmias.
Physical Activity	<ul style="list-style-type: none"> Refers to all leisure and non-leisure body movements resulting in an increased energy output from the resting condition.
Exercise	<ul style="list-style-type: none"> Refers to structured and repetitive physical activity designed to maintain or improve physical fitness.
Aerobic Training	<ul style="list-style-type: none"> Refers to an exercise program that incorporates activities that are rhythmic in nature, using large muscle groups at moderate intensities repeated across a week (e.g., 3 to 5 days per week).
Heart Rate Reserve (HRR)	<ul style="list-style-type: none"> Refers to the difference between maximal heart rate (HR_{max}; predicted or determined directly) and resting HR. The %HRR formula takes into account resting and maximal HR to provide an appropriate target HR (or range) for training. Training Heart Rate = ((HR_{max} – HR_{rest}) x 40-85%) + HR_{rest} If an exercise stress test cannot be done, the training heart rate should be set at 20-30 beats above HR_{rest}
MET	<ul style="list-style-type: none"> Refers to an estimate of resting metabolic rate while sitting quietly. 1 MET = 3.5 mL·kg⁻¹·min⁻¹ or 1 kcal·kg⁻¹·h⁻¹
Moderate Intensity Exercise	<ul style="list-style-type: none"> Exercise performed at relative intensities of 40-59% HRR, approximately 4-6 METs, or 55-69% of HR_{max}.
Current General Physical Activity Recommendation	<ul style="list-style-type: none"> 150 min of moderate-to-vigorous intensity physical activity per week. Please note that this is quite distinct from that recommended for SCI and as such should not be used with SCI participants (see below).
Current SCI Physical Activity Recommendation	<ul style="list-style-type: none"> Moderate to vigorous intensity aerobic exercise for at least 20 min per session 2 times per week, plus strength training 2 times per week, consisting of 3 sets of 8-10 repetitions of exercise for each major muscle group (SCI Action Canada 2013).
Activities of Daily Living (ADLs)	<ul style="list-style-type: none"> Refers to the activities in which one engages during daily life.
Cardiovascular (Aerobic) Fitness	<ul style="list-style-type: none"> Refers to the ability to transport and utilize oxygen during prolonged, strenuous exercise or work. It reflects the combined efficiency of the lungs, heart, vascular system and exercising muscles in the transport and utilization of oxygen.

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Maximal Aerobic Power (VO ₂ max)	<ul style="list-style-type: none"> • The maximum amount of oxygen that can be transported and utilized by the working muscles. Also, commonly referred to as maximal oxygen consumption.
Health-related Physical Fitness	<ul style="list-style-type: none"> • Involves the components of physical fitness that are related to health status including cardiovascular fitness, musculoskeletal fitness, body composition and metabolism.
Quality of Life	<ul style="list-style-type: none"> • Refers to an overall satisfaction and happiness with life, and includes the facets of physiological, emotional, functional and spiritual well-being.