Question

Tom is a high performing ice hockey player. He notices that he sweats more than other players during a hard training session or a competition. Also, he seems to be more tired than some of his teammates after a game. Tom's coach decides to calculate Tom's sweat rate. What steps would you take to calculate Tom's sweat rate?

Answer

Sweat Rate:

Original Weight = 100 lbs
− Weight after = 98 lbs
+ Weight of fluid = 4 lbs → where is this from?
− Weight of urine = —
÷ number of hours trained = 4 hr

Tom's sweat rate = 1.5 lb/hr