# Influence of external head cooling on the head, core body and blood temperatures using 3D whole-body model

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## Abstract

**Purpose**—The purpose of this study is to evaluate the impact of external head cooling on alleviating the heat stress in the human body by analyzing the temperatures of the core body ($T_c$), blood ($T_{blood}$) and head ($T_h$) during exercise conditions using 3D whole body model.

**Design/methodology/approach**—Computational study is conducted to comprehend the influence of external head cooling on $T_c$, $T_{blood}$ and $T_h$. The Pennes bioheat and energy balance equations formulated for the whole-body model are solved concurrently to obtain $T_c$, $T_{blood}$ and $T_h$ for external head cooling values from 33 to 233 W/m$^2$ Increased external head cooling of 404 W/m$^2$ is used to compare the numerical and experimental Th data.

**Findings**—Significant reductions of 0.21°C and 0.38°C are observed in Th with external head cooling of 233 and 404 W/m$^2$, respectively. However, for external head cooling of 233 W/m$^2$, lesser reductions of 0.03°C and 0.06°C are found in $T_c$ and $T_{blood}$, respectively. Computational results for external head cooling of 404 W/m$^2$ show a difference of 15 per cent in $T_h$ compared to experimental values from literature.

**Originality/value**—The development of stress because of heat generated within human body is major concern for athletes exercising at high intensities. This study provides an insight into the effectiveness of external head cooling in regulating the head and body temperatures during exercise conditions.

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**Keywords**

Blood temperature; Core body temperature; Exercise condition; External head cooling; Head temperature; Whole body model

## 1.  Introduction

The human body produces nearly 1,000 kilocalories of heat per hour because of metabolic activities during strenuous exercise (Hyde, 2015). Thermoregulation is achieved when there is a balance between the amount of metabolic heat generation in the body and the amount that is lost through conduction, convection, radiation and sweat evaporation. During exercise conditions, evaporation of sweat is the most efficient method for dissipating heat to the surroundings (Hyde, 2015). If there is more heat generated in the body than what is dissipated, energy is retained in the body leading to higher blood temperature ($T_{blood}$), core body temperature ($T_c$) and head temperature ($T_h$). Therefore, it is essential to regulate the temperature of the brain and the core body during exercise to evade severe physiological consequences such as heat rashes, heat stroke and hyperthermia induced brain edema/ inflammation. An experimental study suggests that the head cooling compared to forearm immersion in chilled water, ice water perfusion-cooling vests, ice towels and liquid cooled garments is more effective at removing heat from the body (Hyde, 2015).

Łaszczyk *et al.* (2014) have evaluated the heat transfer during hypothermia therapy of a neonate's body suffering with hypoxic-ischemic encephalopathy. They modeled the neonate's body, legs and arms as cylinders and the head as an ellipsoid. They calculated the cooling process by considering an ambient temperature of 10.8°C near the head and convective coefficient of 19.5 W/m$^2$K. This study determined that the neonate's brain was cooled to 28°C. In a later study (Laszczyk and Nowak, 2016), the physiological neonate's geometry was evaluated using magnetic resonance imaging (MRI) and computed tomography (CT) scans. The neonate's body was modeled using MRI and CT images in Mimics software. This study also showed a similar outcome of neonate's brain cooling as reported in their previous study (Łaszczyk *et al.,* 2014). Pichurov *et al.* (2014) have developed a numerical model to predict the skin temperature distribution because of the airflow inside a room. They studied the effect of 22°C (cool) and 28°C (non-cool) air on the skin temperature. They determined that when using 22°C air, skin temperature decreased by 2–5°C when compared to 28°C air. Angelova *et al.* (2015) extended this model and studied the effect of clothing insulation on the skin temperature. They determined that the skin temperature increased to 41°C by using a clothing insulation of 1.54 clo. However, none of these researchers have studied the effect of external cooling on the human head during exercise conditions.

The effects of head cooling on the brain temperature of the human body has been conducted by Harris *et al.* (2008). A forced convective cooling device has been used for delivering cold air to the head. This study reported that with a head cooling of 404 W/m$^2$, a relatively significant reduction of 0.45°C has been obtained in the brain temperature. The main limitation of this study is that the flow rate of the air delivered by the cooling device is high

(2,550 l/min) and its temperature is low (14.5°C), which may not have physiological relevance. Despite the limitation, Harris *et al.* (2008) have experimentally concluded that head cooling leads to a relatively significant reduction of the brain temperature.

Paul *et al.* (2015) developed a whole body model for obtaining the transient response of the human body during cold water immersion and exercise conditions using the Pennes bioheat and energy balance equations. A computational model that resembles the human body is generally referred to as the "Whole Body Model (WBM)". Although this study focused on obtaining the thermal response of the human body during exercise scenarios, the effect of external head cooling during exercise scenarios is not reported. Similarly, Kalathil *et al.* (2017) assessed the effect of uncertainty of the tissue parameters on the thermal response of a firefighter during firefighting scenarios using the WBM. A maximum overall uncertainty of ±0.23°C in the core body temperature ($T_c$) is reported because of combined uncertainty in tissue parameters such as metabolic rate, specific heat, density and thermal conductivity. While Kalathil *et al.* (2017) have highlighted the application of the WBM in firefighting scenarios, the importance of head cooling in reducing the heat stress during firefighting conditions is not evaluated.

The present study modifies the WBM developed by Paul *et al.* (2015) to further investigate the impact of external head cooling on $T_h$, $T_c$ and $T_{blood}$ during exercise conditions. Here, $T_c$ is defined as the average temperature of the internal organs in the human body (Paul *et al.*, 2015). The WBM, representing the limbs, the torso and the head, is shown in Figure 1a. In this study, a physiological scenario of a human exercising on a treadmill for 90 min with a walking speed of 1.8 m/s is simulated using the WBM. The muscles, internal organs and head are categorized as major subdomains constituting the WBM. The physical properties of the blood and tissue are assumed to be equivalent (Paul *et al.*, 2015). The physical and physiological properties of each subdomain are summarized in Table I. The current study analyzes the WBM for a set of external head cooling values ranging from 33 W/m$^2$ to 233 W/m$^2$ (Froese and Burton, 1957) to determine the effect of external head cooling in regulating $T_h$, $T_c$ and $T_{blood}$ during high-intensity exercise conditions. Additionally, a comparison between numerical and reported experimental $T_h$ data for an increased external head cooling of 404 W/m$^2$ (Harris *et al.*, 2008) is also performed.

## 2. Methods

The temperature variation within the human body is determined by evaluating the a) Pennes bioheat equation and b) energy balance equation (Kalathil *et al.*, 2017). The Pennes bioheat equation is defined as:

$$\rho_t c_t \frac{dT_t}{dt} = k_t \nabla^2 T_t + q_m + \rho_{blood} c_{blood} \omega \left( T_{blood} - T_t \right) \tag{1}$$

where $T_t$ (°C) is the body tissue temperature, $\omega$ (1/s) is the blood perfusion rate, $\rho$ (kg/m$^3$) is the density (subscript $t$ refers to the tissue properties), $c$ (J/kg °C) is the specific heat, $k$ (W/m °C) is the thermal conductivity and $q_m$ (W/m$^3$) is the volumetric heat generation rate because of metabolism. $T_{blood}$ is computed by solving an energy balance equation using

perfusion-weighted average tissue temperature ($T_{wt}$) and volumetric average blood perfusion rate per unit volume of tissue ($\omega_{avg}$). $\omega_{avg}$ and $T_{wt}$ are calculated using user defined subroutines. The energy balance equation is expressed as:

$$\rho_{blood} c_{blood} V_{blood} \frac{dT_{blood}}{dt} = -\rho_t c_t \omega_{avg} V_{body} (T_{blood} - T_{wt})$$ (2)

where $\omega_{avg}$ and $T_{wt}$ are defined as:

$$\omega_{avg} = \frac{1}{V_{body}} \iiint_{V_{body}} \omega dV_{body}$$ (3)

$$T_{wt} = \frac{1}{\omega_{avg} V_{body}} \iiint_{V_{body}} \omega T_t dV_{body}$$ (4)

where $V_{blood}$ (m$^3$) is the total volume of blood in the human body and $V_{body}$ (m$^3$) is the combined volume of all the domains of the human body. As the governing equations (1) and (2) are coupled, they are solved simultaneously to calculate the temperature variation in the human body. An overall heat transfer coefficient ($h$) of 5.1 W/m$^2$°C is obtained by iterating the value of "$h$" until $T_{wt}$ becomes equal to the initial $T_{blood}$ value of 37°C (Paul *et al.*, 2015). Therefore, the obtained "$h$" value of 5.1 W/m$^2$°C with an ambient temperature of 25°C are used as boundary conditions (Paul *et al.*, 2015) to evaluate the steady state temperature profile of the human body. This steady state temperature profile is later used as an initial condition for solving the transient heat transfer problem.

## 2.1  External head cooling

When an external cooling $Q_{ext}$ (W/m$^2$) is applied to the head subdomain during exercise, the body loses additional heat along with the heat lost by sweating. A physiological heat flux (233 W/m$^2$) has been considered from Froese and Burton (1957) to evaluate the effect of external head cooling on $T_h$, $T_c$ and $T_{blood}$. Additionally, increased external head cooling of 404 W/m$^2$ based on reported experimental data (Harris *et al.*, 2008) is also assessed to determine its impact on $T_h$. For comparison, external head cooling ($Q_{ext}$) values of 33, 83, 133 and 183 W/m$^2$ are also evaluated. These external cooling ($Q_{ext}$) values are incorporated as boundary conditions at the surface of the head, as described below:

$$-k_t \frac{\partial T_t}{\partial n}\Big|_{at\ the\ surface} = Q_{ext} + E_{sw}$$ (5)

where $n$ is the normal direction to the skin surface and $E_{sw}$ (W/m$^2$) represents the heat loss because of sweating. $E_{sw}$ is determined using the evaporative heat transfer rate ($h_e$, W/m$^2$. kPa), vapor pressure of water at the skin temperature ($P_s$, mmHg) and the partial pressure of water vapor in the ambient air ($P_{air}$, mmHg) (Brake and Bates, 2002). The equation for $E_{sw}$ is as follows:

$$E_{sw} = h_e(P_s - P_{air})$$ (6)

These parameters ($h_e$, $P_s$ and $P_{air}$) are chosen to incorporate the maximum possible evaporative loss in the absence of clothing by neglecting the $f_{cl}$ (clothing area factor), $R_{e,cl}$ (clothing resistance) and $w$ (skin witteness), respectively (Paul *et al.,* 2015; Pichurov *et al.,* 2014). It is noted that external cooling is applied only for the head subdomain. Therefore, the boundary condition defined for the rest of the body surface is:

$$-k_t \frac{\partial T_t}{\partial n}\Big|_{at\ the\ surface} = h(T_t - T_{air})\Big|_{at\ the\ surface} + E_{sw}$$ (7)

The WBM is solved using the finite volume solver Fluent (ANSYS, Inc., Canonsburg, PA). A mesh independence study (Figure 1b) is conducted on the WBM to obtain a refined mesh of 60,000 tetrahedral elements. A second-order spatial discretization, first-order implicit transient formulation and an implicit scheme are used to solve the Pennes bioheat equation and the energy balance equation, respectively. For an implicit scheme, the value of a dependent variable at a node at the current time is calculated using the combination of values at the neighboring nodes at the current or the previous time, if the current data are not available. Values at all nodes are calculated by solving multiple equations simultaneously at the current time step. The advantage of implicit scheme is that it is unconditionally stable with respect to selected mesh size and time step (1 min for the 90 min duration of exercise) in this study. A time increment of one min and a convergence criterion of 1E-10 are used for obtaining the transient response of the WBM. The convergence criterion refers to all degrees of freedom ($T_c$, $T_{blood}$ and $T_h$). Compared to a recommended value of 1E-6, a lower residual value of 1E-10 was selected to achieve an improved numerically accurate solution. Further details regarding the numerical scheme are given in Kalathil *et al.* (2017) and Paul *et al.* (2015).

## 3. Results and discussion

### 3.1 Temperature profile of the whole-body model at steady and transient conditions

Figure 1c shows the steady state temperature profile obtained using the WBM under ambient conditions ($T_{air}$ = 25°C). $T_t$ varies from 30.24°C at the finger tip area to 37.3°C in the head, while $T_c$ and $T_h$ have a uniform temperature of 37.23°C (Figure 1c). Due to an efficient heat removal mechanism observed in the head, $T_h$ is very close to $Tc$ despite having a metabolic rate 6.5 times greater than that of the internal organs. A maximum $T_t$ of 37.3°C is observed in the head because of the large metabolic heat generation rate of 9225 W/m$^3$ (Zhu *et al.,* 2009). There is an increased ratio of surface area to volume, 103.9 m$^{-1}$ and 67.59 m$^{-1}$ (Tikuisis *et al.,* 2001), for hands and feet of a human body, respectively, for a body surface area (BSA) of 2 m$^2$. Therefore, a lower $T_t$, varying from 32.81°C to 36.43°C, are observed in the skin regions of the hands and feet. Figure 1d shows the temperature profile obtained after 90 min of exercise when an external head cooling of 233 W/m$^2$ is provided. $Tt$ varies between 29.18°C and 37.34°C, while $T_c$ and $T_h$ are computed to be 37.32°C and 36.99°C, respectively.

### 3.2 Temporal variation of $T_h$, $T_c$ and $T_{blood}$

Figures 2a, b and c represent the temporal variation of $T_h$, $T_c$ and $T_{blood}$ without external cooling ($T_{h\_b}$, $T_{c\_b}$ and $T_{blood\_b}$; subscript *"b"* is baseline) and with external head cooling of 233 W/m$^2$ ($T_{h\_ec}$, $T_{c\_ec}$ and $T_{blood\_ec}$; subscript *"ec"* is external head cooling). Maximum reductions of 0.21°C (= 37.30°C - 37.09°C) or 0.57 per cent, 0.03°C (= 37.30°C - 37.27°C) or 0.07 per cent and 0.06°C (= 37.24°C–37.18°C) or 0.16 per cent are observed in $T_h$, $T_c$ and $T_{blood}$, respectively, because of external head cooling. $T_h$ is lowered because of external cooling provided directly to the head. This localized head cooling affects primarily $T_h$ without significantly influencing $T_c$ and $T_{blood}$

### 3.3 Validation of numerical results and comparison of a steady state $T_c$ and $T_{blood}$ with $T_h$

Figure 3a shows the temporal variation of $T_h$ for:

- without external cooling i.e. baseline ($T_{h\_b}$);

- with external head cooling of 233 W/m$^2$ ($T_{h\_ec}$); and

- with external head cooling of 404 W/m$^2$ ($T_{h\_ref}$).

The validation of the computational WBM is achieved by comparing the numerical results to the clinical results of Harris *et al.* (2008). Harris *et al.* (2008) have used an external head cooling of 404 W/m$^2$ to obtain a difference of 0.45°C between $T_{h\_b}$ and $T_{h\_ref}$. In the current study, with the same external head cooling (404 W/m$^2$), a maximum difference of 0.38°C or 1.02 per cent [{(37.31—36.93)/37.31} ×100 per cent] is obtained between $T_{h\_b}$ (37.31°C) and $T_{h\_ref}$ (36.93°C) in the presence of sweating. Hence, the 15 per cent difference in $T_h$ between the current study and the clinical data by Harris *et al.* (2008) show that the WBM, which has been developed for assessing the impact of head cooling on $T_h$, is reasonable. One of the possible reasons for the 15 per cent difference could be because Harris *et al.* (2008) used a forced convective cooling device to the head, while the current study implemented heat transfer cooling using a heat flux boundary condition. The absence of external cooling and increases in metabolic and perfusion rate (Paul *et al.,* 2015) allow $T_{h\_b}$ to remain steady for the initial 2 min (Figure 3a). $T_{h\_b}$, $T_{h\_ec}$ and $T_{h\_ref}$ reach their peak temperatures at $t =$ 17,19 and 20 min, respectively. Due to the absence of cooling, $T_{h\_b}$ reaches its peak temperature at an earlier time point of $t = 17$ min. However, when external head cooling of 233 W/m$^2$ is provided to the head, $T_{h\_ec}$ reaches the peak temperature after 2 min when compared to $T_{h\_b}$. Further, with external head cooling of 404 W/m$^2$, $T_{h\_ref}$ takes a longer time (20 min) than $T_{h\_b}$ and $T_{h\_ec}$ to reach its peak temperature (Figure 3a).

The oscillatory nature of temperatures (Figure 3a) is because of the balance of the physiological mechanism of sweating and metabolic heat generation. As exercise begins, an initial small decrease (<0.3°C) is observed in $T_{blood}$, $T_c$ and $T_h$ because of the initiation of cooling effect of blood perfusion that acts as a heat sink. However, as the exercise period increases, blood perfusion is unable to remove the excess heat generated by metabolism and therefore, the temperature increases (Paul *et al.,* 2015). As temperatures become greater than 37.23°C, sweating initiates thermoregulation, leading to decrease in temperatures. As the body cools down, sweating decreases which again causes the temperatures to rise. This results in the temperature profile being oscillatory in nature. The influence of external head

cooling on $T_{blood}$ and $T_c$ is insignificant because the amount of heat transfer from the head surface area is relatively smaller in relation to the other parts of the body. Therefore, the head cooling does reduce $T_h$ but does not significantly influence $T_{blood}$ and $T_c$. $T_h$ is affected because the proximity of the head is close to the external cooling.

Figure 3b shows the comparison of $T_{blood}$ and $T_c$ with $T_h$ at a near steady state condition at 270 min ($T_{blood}^S$, $T_c^S$ and $T_h^S$) for external head cooling rates ranging from 0 to 404 W/m². The temporal variation of $T_h$, $T_c$ and $T_{blood}$ for the time period of 270 min without and with external head cooling (233 W/m²) have been provided in the appendix (Figure A1). As the external head cooling rate increases from 0 to 404 W/m², a reduction of 0.16°C (0.43 per cent) is observed in the $T_h^S$, while a negligible difference of 0.009°C (0.02 per cent) is observed in $T_c^S$ and $T_{blood}^S$, respectively. This shows that external head cooling is beneficial for regulating $T_h$ in exercise scenarios but not $T_c$ and $T_{blood}$. Hence, a different cooling modality, instead of head cooling, must be implemented to reduce $T_c$ and $T_{blood}$ appreciably.

It is observed that an increase of 6.5 per cent [(37.41–37.23)/(40–37.23) × 100], 1.1 per cent [(37.26–37.23)/(40–37.23) × 100] and −3.2 per cent [(37.14–37.23)/(40–37.23) × 100] have been obtained in the head temperature ($T_h$) using external cooling values of 0, 233 and 404 W/m², respectively, when compared to the maximum allowable temperature difference of 2.77°C (40°C - 37.23°C). This maximum allowable temperature difference is the difference in the brain baseline temperature (37.23°C) to the maximum allowable temperature of 40°C (Nybo and Secher, 2004), at which the brain capacity to maintain the physiological motor activity during exercise ceases (Table II). It can be observed that using an external cooling of 404 W/m², head can be cooled to a temperature less than the baseline temperature (37.23°C). Further, the model predicted a decrease in relative temperature difference of 83.3 per cent [(6.5–1.1)/6.5 × 100] and 150 per cent [(6.5-(–3.2))/6.5 × 100] using the external cooling values of 233 and 404 W/m².

## 4.  Limitations and future work

The WBM used in this study did not consider the brain, bone (skull) and fat regions present inside the head independently. Instead, they are represented as a single subdomain. The rationale behind this assumption is to keep the model as simple as possible, rather than generating a complicated geometry consisting of layers representing different regions. Second, the model assumes a uniform sweating rate to occur all over the body even though certain regions such as the forehead and chest are known to have relatively higher sweating rate (de Dear *et al.,* 1997; Paul *et al.,* 2015). Further, sweating is assumed to begin when $T_c$ > 37.23°C the linear variation of the sweating rate with $T_c$ (Brake and Bates, 2002; Paul *et al.,* 2015). Finally, the spatial variations of $T_{blood}$ and the countercurrent heat exchange between arteries and veins are not accounted for in this study (Paul *et al.,* 2015).

A combined uncertainty of 0.23°C has been reported by Kalathil *et al.* (2017) for the case of a firefighting scenario which incorporates the human gut section and the firefighting suit, with boundary conditions applicable to firefighting conditions. However, the current study uses fixed values for blood and tissue properties while incorporating reported ranges of head

cooling. The variation in $T_h$ obtained because of the cooling is expected to follow similar trend and magnitude for other fixed values of properties. With the head cooling gear, a future uncertainty analysis can be performed.

The outcome of this study can be used to evaluate the effect of head cooling on $T_c$ and $T_h$ of firefighters during firefighting scenarios by incorporating parameters such as $f_{cl}$ (clothing area factor) and $w$ (skin wettedness). Varying $h$ values and different ambient conditions can be used to check the capability of the WBM. Furthermore, the addition of geometric details including a fat layer and skin layer in each subdomain will contribute to a more realistic WBM. Finally, this study is useful as it can limit the requirement for large-scale experiments and restrict the exposure of subjects to heat stress in clinical trials. This study can also be used as a preliminary study before conducting experiments or clinical trials. In conclusion, this research shows that the use of external head cooling during intense exercise produces a favorable cooling in the head domain and a lesser cooling effect in the core body domains.
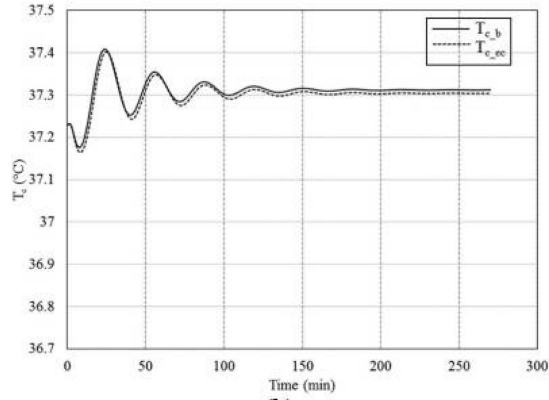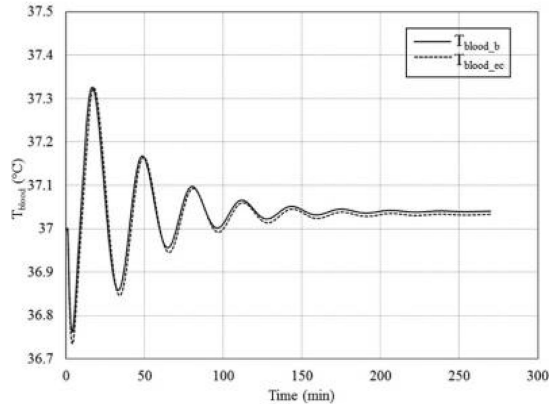
## Acknowledgments

## Appendix
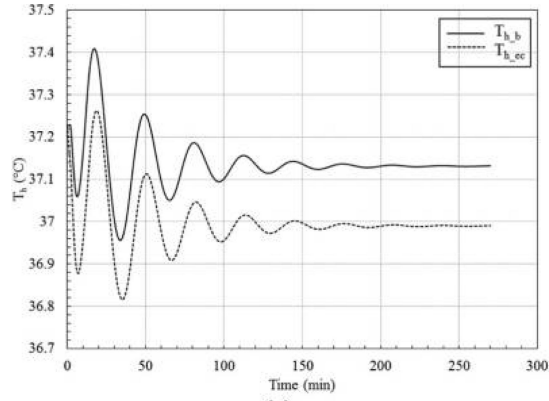
(a)



(b)



(c)

**Figure A1.**
Computation of (a) head temperature ($T_h$), (b) core body temperature ($T_c$) and (c) blood temperature ($T_{blood}$) for the human body model during exercise for: i) without external cooling, i.e. baseline ($T_{h\_b}$, $T_{c\_b}$ and $T_{blood\_b}$) and ii) with external head cooling of 233 W/m$^2$ ($T_{h\_ec}$ $T_{c\_ec}$ and $T_{blood\_ec}$) for a time period of 270 min

It can be observed that the temperatures ($T_h$, $T_c$ and $T_{blood}$) reach a near steady state after 200 min of exercise without the oscillatory nature. $T_h$ has a reduction of 0.14°C Figure

A1(a) using external cooling (233 W/m$^2$) when compared to no cooling after reaching a near steady state. Using external cooling (233 W/m$^2$), $T_c$ and $T_{blood}$ have a reduction of 0.01°C [Figure A1(b and c)] each as compared to the baseline case (no external cooling). The external cooling helps in reduction of the head temperature even at a near steady state condition which is critical for hyperthermia scenarios.

## Nomenclature

| | |
|---|---|
| **BSA** | body surface area (m$^2$) |
| **c** | specific heat capacity (J/kg °C) |
| **E$_{sw}$** | heat loss because of sweating (W/m$^2$) |
| **f$_{cl}$** | clothing area factor |
| **h** | overall heat transfer coefficient (W/m$^2$°C) |
| **h$_e$** | evaporative heat transfer rate (W/m$^2$. kPa) |
| **k** | thermal conductivity (W/m °C) |
| **P$_{air}$** | partial pressure of water vapor in ambient air (mmHg) |
| **P$_s$** | vapor pressure of water at skin temperature (mmHg) |
| **q$_m$** | volumetric heat generation rate because of metabolism (W/m$^3$) |
| **Q$_{ext}$** | external cooling (W/m$^2$) |
| **T** | temperature (°C) |
| **T$_{air}$** | ambient air temperature (°C) |
| **T$_{blood}$** | blood temperature (°C) |
| **T$_{blood\_b}$** | blood temperature without external cooling (°C) |
| **T$_{blood\_ec}$** | blood temperature with external cooling of 233 W/m$^2$°C |
| $T_{blood}^S$ | blood temperature at near steady state condition at 270 min (°C |
| **T$_c$** | core body temperature (°C) |
| **T$_{c\_b}$** | core body temperature without external cooling (°C) |
| **T$_{c\_ec}$** | core body temperature with external cooling of 233 W/m$^2$°C |
| $T_c^S$ | core body temperature at near steady state condition at 270 min (°C) |
| **T$_h$** | head temperature (°C) |
| **T$_{h\_b}$** | head temperature without external cooling (°C) |

| $T_{h-ec}$ | head temperature with external cooling of 233 W/m$^2$°C |
| $T_{h-ref}$ | head temperature with external cooling of 404 W/m$^2$°C |
| $T_h^S$ | head temperature at near steady state condition at 270 min (°C) |
| $T_t$ | body tissue temperature (°C) |
| $T_{wt}$ | perfusion-weighted average tissue temperature (°C) |
| $V_{body}$ | volume of human body (m$^3$) |
| $V_{blood}$ | total volume of blood in the human body (m$^3$) |
| WBM | whole body model |
| w | skin wettedness |

## Greek symbols

| $\rho$ | density (kg/m$^3$) |
| $\omega$ | local volumetric blood perfusion rate (1/s) |
| $\omega_{avg}$ | volumetric average blood perfusion rate (1/s) |

## Subscript

| air | air |
| avg | average |
| blood | blood |
| b | baseline (without external cooling) |
| body | body |
| c | core |
| ec | external cooling of 233 W/m$^2$ |
| ext | external |
| h | head |
| m | metabolism |
| ref | external cooling of 404 W/m$^2$ |
| s | skin |
| sw | sweating |
| t | tissue |

**wt** perfusion-weighted average

## Superscript

**s** steady state condition

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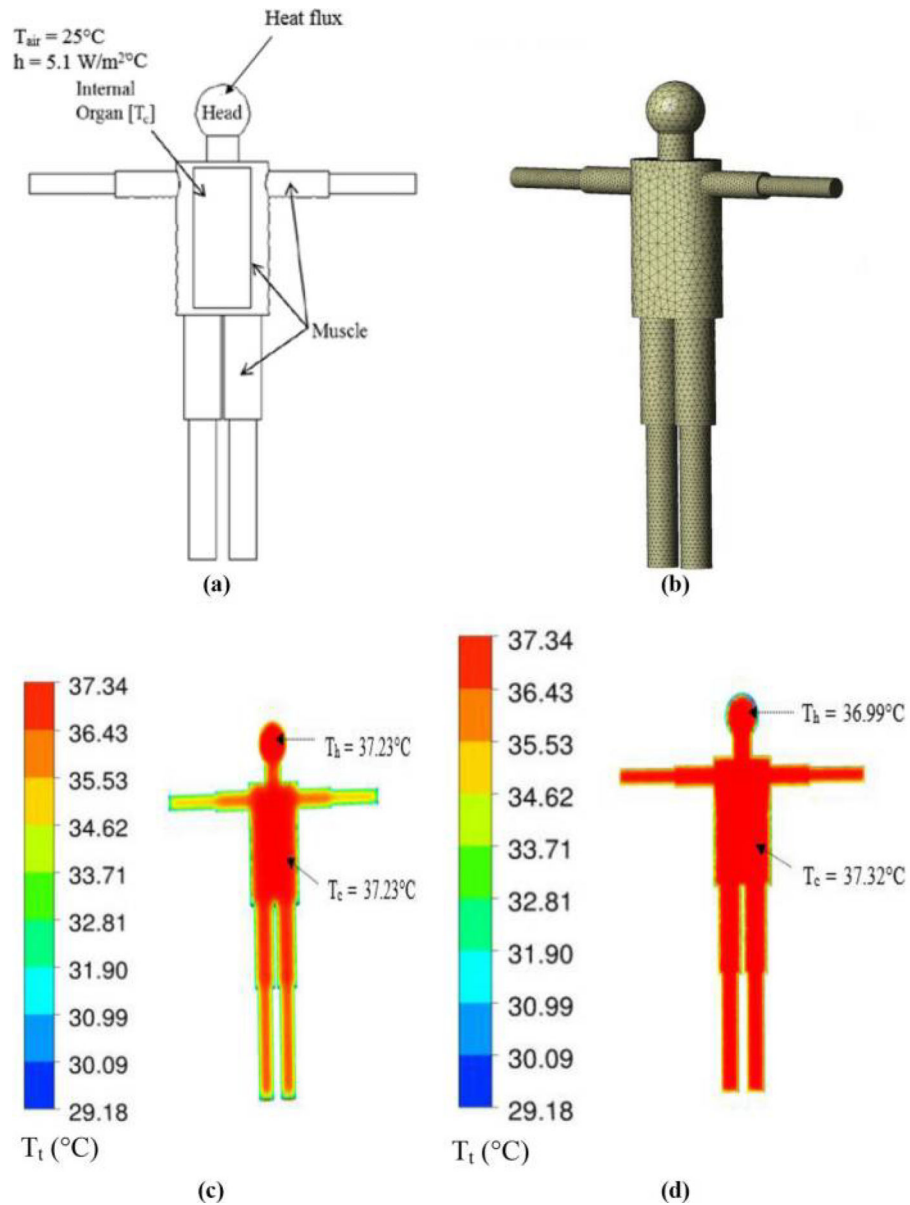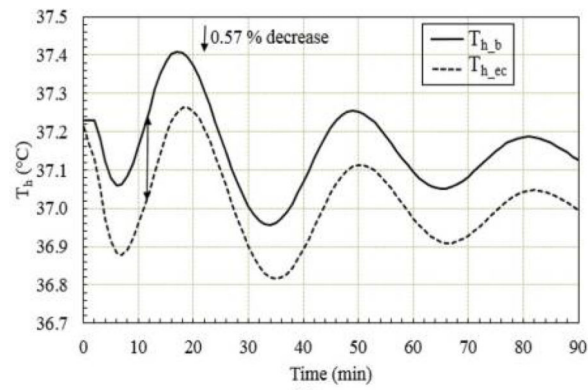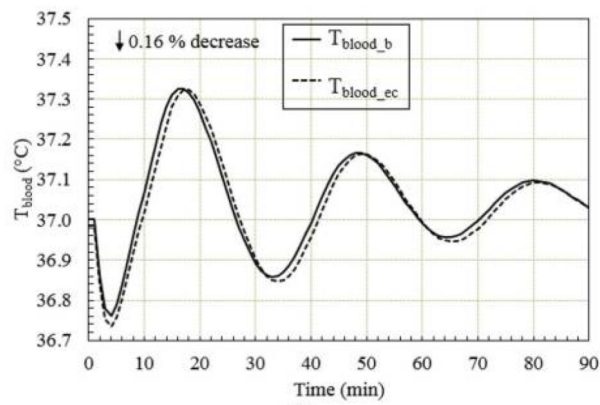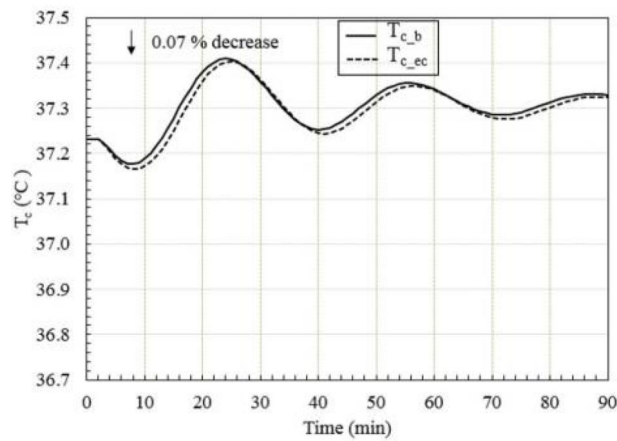
**Figure 1.**
(a) Schematic of the 3D whole body model, (b) Mesh used in the study, (c) Contour plot of steady state temperature of the whole body model under ambient conditions ($T_{air}$ = 25°C). (d) Contour plot of the temperature of the human body model after 90 min of exercise with an external head cooling of 233 W/m$^2$

**Figure 2.**
Computation of (a) head temperature ($T_h$), (b) core body temperature ($T_c$) and (c) blood temperature ($T_{blood}$) for the human body model during exercise for: i) without external cooling, i.e. baseline ($T_{h\_b}$, $T_{c\_b}$ and $T_{blood\_b}$) and ii) with external head cooling of 233 W/m$^2$ ($T_{h\_ec}$, $T_{c\_ec}$ and $T_{blood\_ec}$)
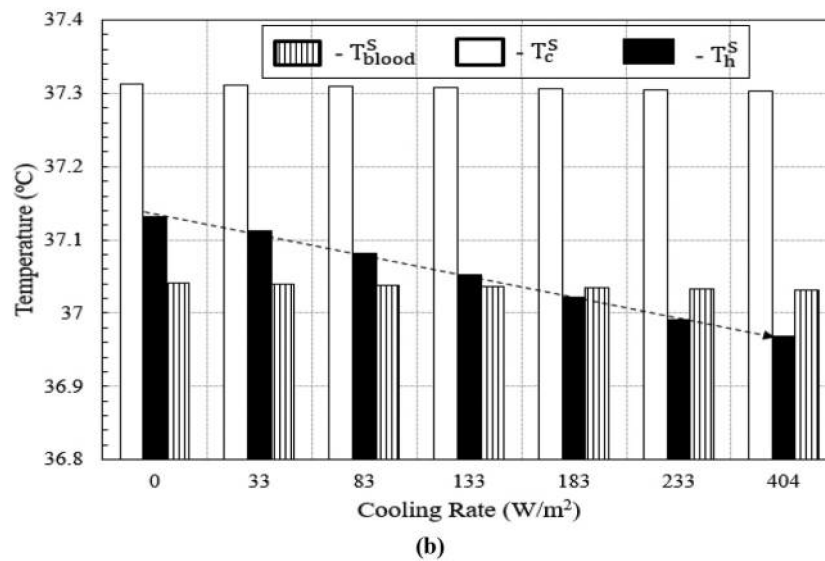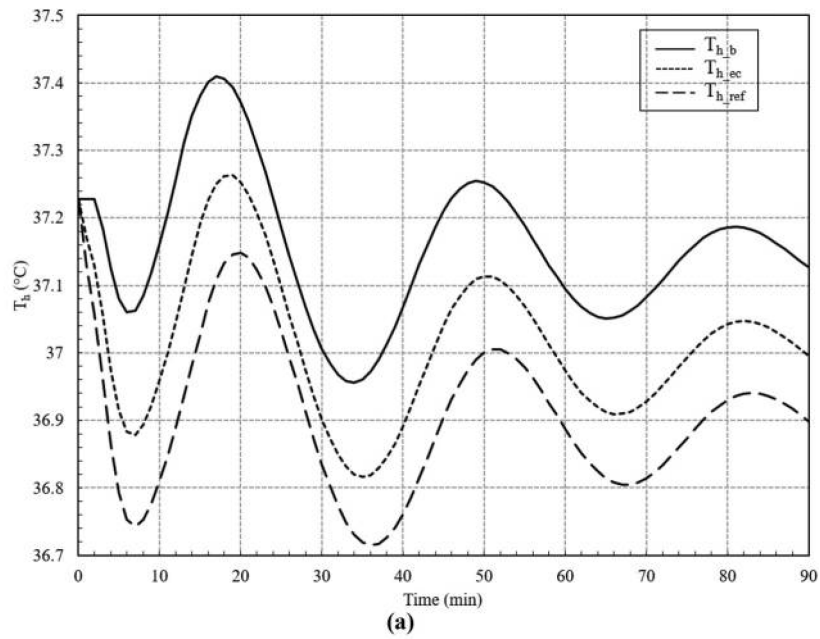
**Figure 3.**
(a) Variation of $T_h$ with time when i) no external cooling ($T_{h\_b}$), ii) external head cooling of 233 W/m$^2$ ($T_{h\_ec}$) and iii) external head cooling of 404 W/m$^2$ ($T_{h\_ref}$) is applied. (b) Comparison of $T_c$ and $T_{blood}$ with $T_h$ atan attained steady state condition ($T^S_{blood}$ $T^S_c$ and $T^S_h$) for external head cooling rates ranging from 0 to 404 W/m$^2$

**Table I.**

Physical and physiological properties of each subdomain used in the whole body model

| Subdomain | Thermal conductivity (W/m °C) | Density (kg/m³) | Specific heat (J/kg °C) | Blood perfusion (1/s) | Metabolic heat generation (W/m³) |
|---|---|---|---|---|---|
| Muscle | 0.5 | 1060 | 3800 | 0.000500 | 553.5 |
| Head/brain | 0.5 | 1060 | 3800 | 0.008330 | 9225 |
| Internal organs | 0.5 | 1060 | 3800 | 0.001266 | 1401.5 |

**Notes:** The physical and physiological properties of the muscle, head and internal organs are obtained from Paul *et al.* (2015) and Zhu *et al.* (2009). Thermal conductivity and specific heat of the muscle are obtained from Skalak and Chien (1987)

**Table II.**

Comparison of the effect of using external cooling on the relative allowable maximum temperature difference during exercise conditions

| External cooling (W/m$^2$) | Peak temperature (°C) | Temperature rise compared to the maximum allowable temperature rise (%) | Decrease in relative temperature difference (%) |
|---|---|---|---|
| 0 | 37.41 | 6.5 | – |
| 233 | 37.26 | 1.1 | 83.3 |
| 404 | 37.14 | −3.2 | 150.0 |