



FITNESS TESTING SERVICES

Body Composition Testing - BOD POD or Hydrostatic Weighing Test Options

BOD POD assessment also includes estimated resting caloric expenditure (RMR) and skin-fold measurements for comparison. Consultation includes discussion of healthy body composition and strategies for maintenance.

\$40 - Fitness Partner: Includes Faculty, Staff, & Alumni

\$50 - Community

Resting Metabolic Rate Testing

Measurement of daily caloric requirements and energy expenditure. Consultation includes weight management strategies and goal setting.

\$40 - Fitness Partner: Includes Faculty, Staff, & Alumni

\$50 - Community



Metabolic Profile Testing - MPT

Find your unique heart rate zones for specific training goals along with your fuel utilization (fat vs. carbohydrate) at various intensities, Ventilatory Threshold and your VO² max

\$80 - Fitness Partner: Includes Faculty, Staff, & Alumni

\$100 - Community Members

Anaerobic Power Testing

Measured peak anaerobic power, anaerobic capacity and fatigue index using the Wingate Anaerobic Test

\$40 - Fitness Partner: Includes Faculty, Staff, & Alumni

\$50 - Community

Aerobic Fitness Assessments

Measured VO² max, cardiovascular fitness testing on treadmill, rower or bicycle. Consultation includes discussion of normal VO² max & LT ranges, strategies for improved performance and training plans based on test results.

Maximal Measured VO₂ testing

\$80 - Fitness Partner: Includes Faculty, Staff, & Alumni

\$100 - Community

*Measured Blood Lactate/Anaerobic threshold testing

\$20 - Fitness Partner: Includes Faculty, Staff, & Alumni

\$30 - Community

*Prices are in addition to Max VO² test costs



Complete Fitness Assessment Package

Package includes aerobic fitness assessment, body composition test, muscular endurance, flexibility measurements and consultation to review all results.

\$120 - Fitness Partner: Includes Faculty, Staff, & Alumni

\$150 - Community

Race Ready Package

Package includes Aerobic Fitness assessment to set up your training, fueling & recovery plan then a follow-up assessment at race pace to determine current readiness & fuel utilization approx. 2-3 weeks before your race.

\$150 - Fitness Partner: Includes Faculty, Staff, & Alumni

\$180 - Community

Integrated Movement Assessment

The IMA is designed to identify inefficient movement patterns & postural imbalances. After reviewing your results you will be given a personalized corrective exercise plan tailored to your specific needs.

\$80 - Fitness Partner: Includes Faculty, Staff, & Alumni

\$100 - Community

Contact the Fitness Testing Lab, OSC141 for appointments

PH. 360-992-2185 or Email: sdamassa@clark.edu