



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.

\$30 - Clark Students

\$50 - Community

Resting Metabolic Rate Testing

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

\$30 - Clark Students

\$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 VO_2 max

\$80 - Clark Students

\$100 - Community Members

Anaerobic Power Testing

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

\$30 - Clark Students

\$50 - Community

Aerobic Fitness Assessments

Measured VO_2 max, cardiovascular fitness testing on treadmill, rower or bicycle. Consultation includes discussion of normal VO_2 max & LT ranges, strategies for improved performance and training plans based on test results.

Maximal Measured VO_2 testing

\$80 - Clark Students

\$100 - Community

*Measured Blood Lactate/Anaerobic threshold testing

\$20 - Clark Students

\$30 - Community

*Prices are in addition to Max VO_2 test costs



Complete Fitness Assessment Package

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

\$100 - Clark Students

\$150 - Community

Endurance Training Package

Package includes aerobic fitness assessment with consultation, custom training plan and heart rate monitor.

\$100 - Clark Students

\$150 - Community

Race Ready Package

Package includes an MPT assessment to set up your fueling & recovery plan then a follow-up metabolic test at race pace to determine current fuel use approx. 2-3 weeks before your race.

\$120 - Clark Students

\$180 - Community

Contact the Fitness Testing Lab, OSC141 for appointments

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