

## Lakeshore Sports Science and Performance Center: A La Carte Testing

Category	Service	Description
Body Composition	Body Measurements	Various methods available, including, but not limited to, segmented, circumference or full body measurement(i.e. waist circumference, wing span or segmented height).
	Total Body DEXA Scan + Estimated RMR	Low density, whole body x-ray scan that provides a comprehensive report of body composition, including body fat, lean tissue, and bone mineral density using an FDA-approved device.
Metabolic	Resting Energy Expenditure (Parvo True One Metabolic Cart)	This test provides an estimation of daily caloric needs based on the person's body measurements and carbon dioxide exhaled during the test. A person is asked to lie down and rest comfortably for approximately 30 minutes while a dome-shaped headgear is placed around the head and neck area.
Cardiovascular	Peak VO2 (Consult staff for test options)	A maximal assessment of a person's aerobic fitness using a device that measures the amount of oxygen consumed and carbon dioxide exhaled during the test. (Can use a treadmill, bicycle or arm crank to complete the test.)
	Peak VO2 (Wheelchair ergometry test)	A maximal assessment of a person's aerobic fitness using a device that measures the amount of oxygen consumed and carbon dioxide exhaled during the test. (Test will be completed using a wheelchair ergometer.)
	Submaximal VO2 (Consult staff for test options)	A submaximal assessment of a person's aerobic fitness using a device that measures the amount of oxygen consumed and carbon dioxide exhaled during the test. (Can use a treadmill, bicycle or arm crank to complete the test.)
	Submaximal VO2 Wheelchair ergometry test	A submaximal assessment of a person's aerobic fitness using a device that measures the amount of oxygen consumed and carbon dioxide exhaled during the test. (Test will be completed using a wheelchair ergometer.)
	Submaximal Test (No-Gas Collection)	A submaximal assessment of a person's aerobic fitness using protocols that assess heart rate to determine when submaximal levels have been reached. (Can use a treadmill, bicycle or arm crank to complete the test.)
	Six Minute Walk/Push Test	A test where the person is asked to cover as much distance as possible in six minutes by walking or pushing a wheelchair.
	Heart Rate Recovery Test	During this test, a person completes a brief exercise bout while wearing a heart rate monitor and then measures the time it takes for their heart rate to return to resting levels.
Functional	SPPB testing	SPPB testing involves a person completing a set of tests that are designed to assess functional leg strength, balance, and walking speed.
	Biodex Balance Test	This test uses a device with a fixed or mobile platform to assess balance while a person performs assigned movement tasks.
	Timed Walk Tests	These tests assess walking speed. Various distances and protocols available.
Strength	Biodex Strength Test (maximal voluntary isometric strength)	The Biodex Strength system allows isokinetic maximal strength testing of both single and multiple joint movements. This approach reduces risk of injury associated with strength testing as compared with some other methods.
	Functional Strength Test (Consult staff for test options)	Maximal strength or power movements such as max medicine ball toss. Specific test will vary depending on sport needs or team requests.
Power	Wingate Test	This assessment can measure a person's maximal and average power output by performing a brief warm-up followed by a 30-second resisted, maximal sprint using an upper body/arm crank.
Phlebotomy	Blood Draw (Encompass Hospital draw rate )	This service includes the collection of blood samples by a phlebotomist. Analysis of collected sample not included at this time.
Sport Specific Testing	Timed Sprints (Individual Athlete)	Assessment of maximal sprint speed and agility using photocell timing gates. (One athlete, 3 attempts). Multiple sprint distances available.
	Timed Sprints (Whole Team - 5 - 9)	Assessment of maximal sprint speed and agility using photocell timing gates. (3 attempts per athlete). Multiple sprint distances available
	Timed Sprints (Whole Team - 10+)	Assessment of maximal sprint speed and agility using photocell timing gates. (3 attempts per athlete). Multiple sprint distances available
	Agility Tests	Assessment of agility using either a stop watch or photocell timing gates when applicable. (One athlete, 3 attempts) Specific agility test will be selected based on sport movement patterns or specific team requests.
	Agility Tests (Whole Team - 5 - 9 athletes)	Assessment of agility using either a stop watch or photocell timing gates when applicable. (3 attempts per athlete) Specific agility test will be selected based on sport movement patterns or specific team requests.
	Agility Tests (Whole Team - 10 or more athletes)	Assessment of agility using either a stop watch or photocell timing gates when applicable. (3 attempts per athlete) Specific agility test will be selected based on sport movement patterns or specific team requests.