



NORTH CAROLINA RESEARCH CAMPUS ASU HUMAN PERFORMANCE LABORATORY

North Carolina Research Campus, 600 Laureate Way, Kannapolis, NC 704-250-5354;

Contact: ASU-NCRC@appstate.edu

Community Adult Fitness Testing Program

PHYSICAL FITNESS TEST BATTERY \$125

1. **Aerobic Power Test:** Treadmill-VO₂max test, with speed and grade increased until exhaustion. Oxygen consumption and ventilation measurement with a research-level metabolic cart. \$80
2. **Anaerobic Power Test:** 30-second Wingate cycle ergometer test. Cycle as hard as possible, with continuous measurement of anaerobic power. \$40
3. **Body Composition and Resting Metabolic Rate (RMR):** Assessment of percent body fat and calories burned at rest through the Bod Pod (research-level analysis of lean body mass, fat mass, and RMR). \$40
4. **Muscular Strength:** Leg-back strength, measured with a research dynamometer. \$15
5. **Counseling:** Trained counselor will interpret results.



Find out the truth about your aerobic endurance, power, body fat percent, and strength. Data collected from this testing program will be included in a research study establishing new fitness norms for adults.