

*Florida State University
Institute of Sports Sciences and Medicine*

PERFORMANCE TESTING AND BODY COMPOSITION

OUTREACH SERVICES

Whether you're looking to improve athletic performance or just want see where your health stands, the Institute of Sports Sciences and Medicine at Florida State University now provides a comprehensive list of services that are beneficial to the public, to help individuals reach optimal health.

The ISSM facility uses the highest quality testing equipment, including the Alter G Anti-Gravity treadmill - ideal for those with physical disabilities and injured runners to help maintain cardiovascular endurance without bearing full body weight on joints.

Additional services include state-of-the-art body composition measurements, aerobic fitness, lactate threshold, fuel utilization assessments and more.



1104 Spirit Way
Tallahassee, FL 32306



Monday - Friday
By Appointment



issm.fsu.edu



issm@fsu.edu



[850.645.1016](tel:850.645.1016)

SERVICES & PRICING

We ensure our services are of the highest quality, while at an affordable price. All current tests and services are below. Pricing is split between affiliates (FSU students, alumni, and employees) and non-affiliates.

	AFFILIATE	NON AFFILIATE
ANTI-GRAVITY TREADMILL <i>(PER HOUR)</i> Removes up to 80% of body weight for a pain free experience	\$40	\$50
VO2 MAX TEST <i>(WITH FUEL UTILIZATION ANALYSIS)</i> Maximal aerobic fitness and carbohydrate / fat usage thresholds	\$110	\$125
LACTATE THRESHOLD TEST Specific for athletes; learn your training intensities	\$75	\$100
WINGATE TEST Measures power production and provides individual fatigue index	\$40	\$50
LIPID AND GLUCOSE PROFILE Full cholesterol panel with blood sugar analysis	\$25	\$35
BOD POD Measures body fat percentage and lean muscle mass	\$45	\$55
RESTING METABOLIC RATE Measures amount of calories burned in a full day at rest	\$45	\$55
BIODEX DYNAMOMETER Maximal strength, power, and muscle balance profile	\$75	\$100
OPTIMAL PERFORMANCE PROFILE PACKAGE <i>(15% GROUPED DISCOUNT)</i> Tests include VO2 Max, Lactage Threshold, Wingate, Resting Metabolic Rate, and Bod Pod	\$230	\$320

For questions or information:

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ISSM

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