

# Fitness Assessment Testing at BCOM

## Information and Prices

At BCOM we have a number of fitness tests which are compatible with different fitness goals and can be chosen according to your requirements and level of training. Regular fitness testing can be used to objectively measure the effectiveness of your exercise programme over time.

Fitness assessments are available at the BCOM Human Performance Laboratory at Lief House just across the road from Finchley Road Tube Station.

## Aerobic Fitness / VO2 Max

As assessed by maximal exercise stress test using Cortex Metalyser 3B on either bicycle ergometer or treadmill. The VO2 max is regarded as the gold standard test for aerobic fitness, and describes an individual's ability to take in and utilise oxygen by the working muscles.

**Fees: £60**

*You will be sent a medical screening questionnaire which must be completed prior to testing to check suitability for a VO2 max test.*

## BodPod

Body Fat Percentage and lean mass assessment , including calculation of estimated total energy expenditure and resting metabolic rate. Such an assessment of body composition can be useful in assessing health and monitoring effectiveness of diet and exercise programmes

**Fees: £40**

## Bone Scan

Using CUBAclinical heel ultrasound. This test describes the bone mineral density of the heel bone, which helps to indicate whole body bone health.

**Fees: £30**

## Lung Function Tests

FVC (Forced Vital Capacity) and FEV1 (Forced Expiratory Volume in One second) measured using digital spirometer. These three tests describe an individual's lung capacity, strength and power

**Fees: £20**

## Muscle Strength & Power

Maximal force generated, work per repetition and fatigue index using Cybex Norm, usually working the knee, although other joints may be selected

**Fees: £60**

You will be sent a medical screening questionnaire which must be completed prior to testing to check suitability for a maximal force test. Please note it is not advisable to book VO2max and muscle strength tests on the same day.

To make an appointment or for further information please contact Daphne Bird on 0207 472 5841 or email [db@bcom.ac.uk](mailto:db@bcom.ac.uk)